

NEWSLETTER



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AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: <http://yoshinkan.info>

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September Report

New members 3 Total number of adults training 58 Total number of teens & children training 44

Results of Sogo Shinsa on 25th & 26th September

Jun-Shodan Dean Jones	7th Kyu William Kitchin	2Y6 step Joel Delaney
1st Kyu Viktor Ovcharenko	Anika-Jovi McCarthy	2Y5 step Lu Jiang
Andrew Crampton		2Y4 step Dominic Hogan
Jun-3rd Kyu Charlotte Crampton	4Y11 step Kaido Mori	2Y1 step Stephen Cuthbert
4th Kyu Lily Crampton	3Y1 step Murray Booth	S2 step Kent Windress
	Cameron Blake	S1 step Roland Thompson

Events in October

1. Getsurei Shinsa

- Training starts, Thursday 22nd~
- Steps, Friday 30th 7:15pm~
- Shinsa, Saturday 31st 1:00pm~

2. Hajime Class

- Saturday the 24th 1:00pm~
- Please note that we will have no regular classes on this day.

3. This Month's Holiday

- Labour Day – Monday 5th
- Dojo's Holiday - Monday 2nd November

Paragraphs from the Demo winners

Firstly congratulations to everyone again for a great effort at our 20th anniversary demonstration and to my fellow four man group members on their great training and performance.

I would presume that for a lot of students, participating in the four man Kyogi embu event seems like a daunting challenge left only to the abilities of the more senior students. I agree that the four man is a bigger commitment, however, if you train at the dojo regularly with 3 other people (of any rank) who share your passion to improve their aikido, then this the event for you!

Here are some ideas as to how I approached composing and training our routine.

- Firstly, consider the theme or purpose of the routine otherwise it will just seem like a collection of random techniques. Our routine was formed around the 4th kyu renzuko-waza against shomen-zuki (punch) and featured variations of kotegeashi finishing locks and throws.
- Divide the routine into smaller manageable sections. I liken these to a composition of a song where the first section introduces the theme and establishes a rhythm. Other sections can now develop from this introduction incorporating techniques of higher difficulty.
- Consider switching directions, ukes and pace to give a presence of "light and shade"
- To develop the harmonized movements between pairs, work to the speed of the slower pair and then build from there. (This pair was in fact the lead group in our routine.)
- In training, develop a general framework to the routine first and then focus on the fine-tuning of each section in turn.
- Train with Spirit!!!

There are easily 10 years worth of DVD footage of previous group jiyu-waza to RIP-OFF!!!.....Whoops... I mean..... study!!! ☺

I hope these ideas can inspire you to give the 4-man Kyogi Embu a go next year! OSU!!

Matt Carpenter

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This was my second year participating in four men jiyu-waza. I strongly recommend anyone to try and participate next year if you'll have a chance. Majority of techniques and exercises that we do in aikido solely depend either on you or on uke and shite equally. Whereas while practicing for demonstration this year with Matt, Victor & Bastian I noticed that a lot of personal skills like speed, ability to quickly recover after the roll etc didn't really matter as much as overall harmony and coordination. Personal advantages (as well as disadvantages) were mixed together and provided a good basis for the whole performance.

For example, when I'm uke I'll try to recover as fast as possible and treat any delay or inability to quickly recover as one of my shortcomings or mistakes. In 4 men jiyu-waza slow recovery of one the of the participants lead to better synchronisation of the overall performance while the gap crated helped all four of us to keep on going at the same pace. Once you start looking at it from optimistic point of view, things do happen. I want to congratulate my jiyu-waza partners in crime.

Another thing I noticed while watching a video of the demonstration: my punches look funny. But there is always something to improve for the next year and I can't wait for the 21st Yoshinkan Brisbane Demonstration.

Vladimir Roudakov

I have been told that the essence of the Four-men Jiyu-waza we were performing is to achieve a perfect timing and harmony in between each other. Yet, no matter how many times we had tried I did not feel that I could reach even a reflection of harmony. The timing also was always very relative and ranged from rushing forward to a very slow movements.

To my astonishment at the time of the demonstration everything seemed to came to a sync and I got the amazing feeling of fluidity and harmonisation not only with the other participants of the Jiyu-waza but with the whole space around.

At first it was a kind of subconscious feeling of connection, but when my little son who was watching the performance loudly screamed "Daa-ddy!" it turned to became focused and wonderfully smooth sense of harmony and connection. I truly appreciate the trophy we have received. It helps me to remember the feeling of connection and harmonisation I had while performing our Four-men Jiyu-waza. OSU!!!

Viktor Ovcharenko

I've been training at the dojo for just over a year and this was my first demonstration. When I had a chat about the demo to Kaïdo, a few months out from the event, I had no intention of participating – I wasn't too confident and just wanted to attend and watch to get a feel for things. So there was some trepidation involved when I was asked to make up the fourth spot in the day-time group Jiyu-Waza. A few weeks later, Andrew offered to partner with me so all of a sudden I was participating in two events. As the most junior member in these groups I was really pleased that we received awards, in part because this meant that I hadn't let down the team, so to speak.

I'd like to thank all the guys: Andrew, Viktor, Vladimir, and especially Matt, who deserves a lot of the credit for the four-man award. As unofficial senior black-belt of the day-time class he consistently

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marshals the troops and is selfless with his time. I'd also like to express my gratitude to everyone I've trained with this past year - I appreciate your patience. Most of all, thanks to Sensei and Shuko-san for their immense generosity and dedication to the dojo.

Bastian Hartmann

Firstly thank you to Sensei and Shuko San for creating such a great dojo to train aikido. Secondly I would like to thank my kyogi enbu jiyu-waza partner, Vladimir, who is an all-round good guy and who also works hard to develop his ability and understanding of aikido. After just grading Shodan in June, I really wanted to contribute to the 20th annual demonstration to the best of my ability. This being my 3rd time participating in a demonstration (1st time as white belt & 2nd time as brown belt) I finally came to the realisation that the kyogi enbu really isn't so much a competition amongst the students of the dojo, but rather an opportunity to demonstrate my understanding of aikido. Most of all I wished that for whoever was watching our jiyu-waza might for a moment think it is a great thing to train at Yoshinkan Aikido Brisbane Dojo. I was humbled to receive an award, as I saw many great jiyu-waza pairs and am just happy that our kyogi enbu jiyu-waza was at a satisfactory standard.

I just wanted to take this opportunity to say how impressed I am with the women who train regularly at the dojo. Joshi Goshin-waza is always great to watch and I really think Janna did a great job this year (oh and Murray too of course), following the footsteps of many other highly skilled women at the dojo. To see the difference in strength and size of the shite and uke, and then see how quickly the uke is dropped to the floor is inspiring. Demonstration aside, I am generally in awe of the physical and mental toughness of the women who train with us daily as they show all is needed is a strong spirit if you wish to strengthen and grow in Yoshinkan Aikido.

Look forward to training with all of you. OSU!!!

Stephen Cuthbert

20th Anniversary. I wanted to make this count. To show Sensei how much I appreciate the dojo, both building and spirit, that he and Shuko have built in this time and what it means to all of us.

I decided to sign up for tanto and bokken, thinking that if I run out of time I can always just focus on just one of them. Two weeks into training and I am getting the hang of the ken-soho but massive confusion still reigns with tanto. Not looking good so I might leave that one. On the way out of training Sensei says, "I see you are doing tanto, good idea with jun-shodan coming up".

Well there goes any idea of dropping that... Time to double down and I still need a partner for jiyu-waza. Looking around I remember that I have been uke for a couple of Bastian's recent gradings and the renzoku seemed to go well. That's agreed and now for some training time. Hmm, he trains at lunchtimes and occasional night class. I am sure it will work out. Then a week before the demo Cameron asks if I want to be in his four man team. More to learn but an honour to be asked. Demo day arrives.

Jiyu-waza time, hit the mat, kamae and go for it, total focus, kamae. That was over fast. Watching all the other pairs is great as the standard is so high. Everyone is obviously giving it their all. Huge thanks to Bastian for being my partner and making time to come to evening class for training sessions. Real strength of spirit to take part when injured and not saying anything until afterwards, so as not to let people down.

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Thanks also to all my training partners over the weeks before as I learnt a lot and could feel the improvement in many areas of my Aikido. To all the senior students who are always happy to show you one more technique or how to make it easier and look better. Extra thanks to Cameron for helping us work out the transition and ending for our jiyu-waza.

Finally and most importantly thanks to all my family, especially Christine, for supporting my training and all the time I have been spending at the dojo. Osu

Andrew Crampton

Congratulation everybody on the dojo's 20th anniversary! Yay! This year I had to face a different kind of obstacle: sickness. With a strong flu going around at the time demonstration was getting closer taking people down with it I thought I wasn't going to made it. On the second last week before the demonstration I fell down defeated by the flu, it was a very frustrating and anxious time, our four men Jiyu-waza wasn't completely ready yet, I still didn't know all the Tanto group techniques and I still had to work on my own Jiyu-waza, oh man! I tried my best at getting better as soon as possible and then I came back to training on the last week before demonstration! And I wasn't the only one still feeling weak and dizzy. We worked hard during the last week with my Jiyu-waza partner Kaido who was also sick. Thank you very much Kaido for having so much patience with me and teaching me new techniques, Thank you Sam and Roland for the four men Jiyu-waza, we made it together through sickness and injury!

I couldn't believe I won another Jiyu-waza award, it was an exciting surprise! (Especially after I almost die from the flu haha) This encourages me to keep training and developing my Aikido skills. It made me realise once again that I have a long way to go yet and I can't wait to be back on the mats. ☺ Also I wanted to congratulate everyone who participated in the demonstration, it is such a nice event full of hard work, laughs, friendship and pride; Thank you very much Mori-sensei and Shuko-san for such a wonderful dojo that I'm very happy to be a part of. Osu!!

Andrea Troncoso c:

Every year I enjoy demonstration training, rehearsal and the actual demonstration. The nervousness and excitement make my eyes wide open, nerve wrecking atmosphere and really high adrenaline during the demonstration make me forget all the injuries I had, then realising that night all over my body was in pain getting thrown around the whole day was also fun too.

For this year's demonstration, I was aiming to win the Group Jiyu-waza for the 5th year in a row but sadly couldn't... Whenever our group tried to gather for a practice for the last one month towards the demo everyone got the deadly August flue one by one that prevented us from training enough. It was a shame that we could not win the award but it was still a great fun that we trained our hearts in unity and in harmony that made our bond strong. I want to thank all of my group members; Andrea, Roland and Samuel for contributing your time to train as a whole. I really want to thank Andrea, my Jiyu-waza partner, for extra training after every class even though you were sick and looked as if you were going to faint at any time. A really big thank you for the senior students who helped my techniques to be sharper and smoother yet strong, and Sensei and Shuko-san for letting us use the dojo till late. I really look forward to participating in the next year's demonstration with everyone. OSU!

Kaido Mori