

J U L Y 2 0 1 8



# A.K.I Australia

Issue No. 4 July 2018

## UPCOMING EVENTS

### Aikido Gnosis

A mighty paradox  
We seek transcendence of the physical  
Within the physical  
With endless circles of movement  
We roll and fall and re-emerge  
Looking for a moment  
Wholly present in that moment  
Past and present fade away

We want to touch the infinite  
The universal energy  
Without bounds  
Without time  
Purely within a single  
Never-ending second of existence

Pure presence  
Pure energy  
Pure light  
Love ... we discover

Stephen Nugent  
July 2000

**18<sup>th</sup> - 19<sup>th</sup> August: Roots of Aikido**  
(Newcastle Dojo)

**21<sup>st</sup> - 23<sup>rd</sup> September: ASC 15<sup>th</sup> Anniversary Gasshuku**  
With Daiyu Takeda Sensei  
(Sydney City Dojo)

**26<sup>th</sup> - 28<sup>th</sup> October: Spring Gasshuku**  
With Yasuyuki Suzuki Sensei  
(Tasmania/ Hobart Dojo)

**24<sup>th</sup> - 25<sup>th</sup> November: AKI Friendship Gasshuku No.3**  
Theme: Many Stream, One River  
(Mittagong, Harmony Centre etc)  
Brought to you by Erindale, Orange, West Ryde & Bowral dojos  
We look forward to celebrating our friendships with you there  
(Stay tuned for details in our Flyer)

Aikido Kenkyukai NEWCASTLE invites you to:

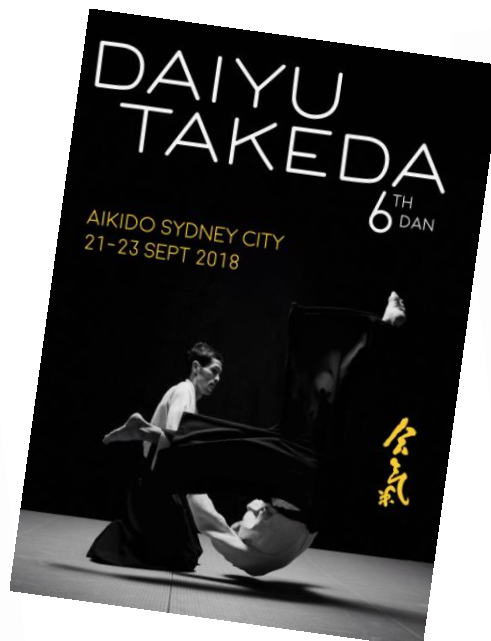


### ROOTS OF AIKIDO 2018 STUDY GROUP

**WHAT?** A structured, collaborative, process-oriented workshop bringing practitioners together to study the ancient origins of aikido.  
**HOW?** Use lectures, demonstration and shared practice with experienced leaders to help us examine the terms used for the accepted principles of aikido in the context of its Chinese and Japanese heritage.

The art of aikido is a synthesis of ancient martial arts knowledge and experience derived from India, China and Japan. This workshop is an opportunity to receive input from teachers with roots in Chinese and Japanese martial arts to help us examine the language we use to communicate **why** we do what we do in our practice. It is also a forum for **each of us** to demonstrate and share with others **how** we synthesise, embody and communicate, in mind, body and spirit, the knowledge and experience we pass on in daily practice.

Instructors: **Damon Bramich** 6<sup>th</sup> Dan Chief  
Seymour 5<sup>th</sup> Generation Disciple  
Yang Family (China)  
Instructor 6<sup>th</sup> Duan Chinese Wushu (China) Aikido  
Kenkyukai Australia



Aikido Kenkyukai Australia  
and the University of Tasmania Aikido Club  
**Tasmanian Aikido Spring Seminar**  
With Yasuyuki Suzuki 7<sup>th</sup> dan  
26-28 October 2018 - In Hobart, Tasmania

The University of Tasmania Aikido Club invites you to join us for this tremendous opportunity, when Suzuki sensei returns to Tasmania to demonstrate his powerful yet soft style of Aikido. It will be an outstanding opportunity to experience the legacy of Yamaguchi Aikido practice in Tasmania.

The seminar is open to all practitioners of Aikido, details of the venue will be available later. Please check at <http://www.aikidoutas.org.au> - Events.

Fri 26<sup>th</sup> 5.30pm - 7.30pm - UniGym UTAS, Sandy Bay  
Sat 27<sup>th</sup> 10.30 a.m. - 3.30 pm - UniGym UTAS, Sandy Bay  
Sun 28<sup>th</sup> 10.30 a.m. - 3.00 pm - UniGym UTAS, Sandy Bay  
Fri only \$20, Fri to Sun \$180, Sat & Sun \$160, Sat or Sun only \$90; early bird payment received by Jul 31, applies to Fri to Sun only - \$160

Please bring Aikikai passports where applicable.  
For registration, inquiries and suggestions regarding accommodation  
email: [info@aikidoutas.org.au](mailto:info@aikidoutas.org.au)  
or call Uwe: 0422 513 453  
UniGym UTAS, Sandy Bay -> Hobart, see <http://www.unigym.com.au/contact-us>

<http://www.aikidoutas.org.au>

## Seminar#1: Dairy of a Women's Camp

### Thursday 17th May

Orange dojo packs up mats, weapons, banner and shomen into the hired trailer and borrowed Prado and becomes what the Orange blokes dub the "Hobo Dojo". I tell them that they better not mean the *HO-bo* dojo. We laugh. It's 8.30pm after training and the chilly Orange nights have well and truly arrived. It's cold outside but we all pitch in, in our dogis and thongs, to get this show on the road. The fellas are looking wistfully at our mobile dojo and wish that they could be part of what's about to happen. After months of planning, venue inspections and research into accommodation with help from Clare, Assunta and Natalia, the second AKI Women's Camp is about to launch.



The mobile Dojo arrives in the Blue Mountains.

### Friday 18th May

Stephen helps with scraping the frost off the windscreen and I thank the heavens the mats were covered with a good tarp. It is time to head off to the Blue Mountains to meet Nakayama-san, Sasaji-san and Narita-san who will soon be met at Sydney Airport by the incredibly generous and dedicated Nikki. She'll drive them to the mountains and then head back to Sydney for her teaching commitments at Sydney City Dojo. I avoid kangaroos on the early morning drive but it is painfully slow. Get to Katoomba BMCC office at opening time to pick up keys to the venue. Drive to the Faulconbridge Community Hall where we will hold the camp to have a first look. This was a last minute change and nobody has actually seen it yet. It's perfect! Goldilocks size with good kitchen and an outdoor area for breaks in the sun – the weather is glorious.

Meet Nikki and our Japanese friends and we head off to the two houses that we have hired for the weekend. Make up beds and do a massive grocery shop for dinner and lunches over the weekend. The Japanese are grateful for a cuppa and a bit of a relax after their travelling. I spend the afternoon and evening meeting people at Glenbrook station and ferrying them to their accommodation. I get to have a lovely one on one time with old friends and new as we drive (via the bottle shop) to the house where the clan is slowly gathering for dinner. There is a feeling in the air of excited anticipation; a sense that something special is about to happen. Even though many have not met our Japanese guests before and there are two complete strangers to AKI; Elizabeth from Byron Bay and Gillian from Northern Sydney, already we feel like a tight group. Assunta channels an Italian Mama and cooks a pasta meal for us all.



Right:  
Nakayama-san, Narita-san and Sasaji-san with Amanda and Gabby.



Left:  
"The Portias" in Trina and Clare's weapon's class.





**Saturday 19th May**

Dojo open, mats down, food in the kitchen and final arrivals, including another 'stranger', Melanie from Aikido Yuishinkai in Sydney. Stephen arrives from Orange with the pair of Portia's from our teenager's class. They quickly become known as one entity; "The Portias" or, as Nakayama-san liked to say, Portia Portia.

Training gets underway with a quick game and then we settle into some serious aikido. I teach, after which Nakayama-san leads us in a sensational session of Kamakura speed and control. The aikido is smooth and energetic. We break for lunch. I enjoy this relaxing time, chatting and getting to know two new students from Sydney City Dojo, Florence and Leanne. It is so wonderful to see the enthusiasm of beginner students. That enthusiasm is infectious and reminds me of why we do this amazing martial art in the first place. It also heartens me, showing that there *is* fresh blood coming into our organisation and there is a future for aikido.

The first afternoon session is outside as the weather is, yes, glorious! Clare and Trina lead a fabulous session on the jodo kata. It's a refresher for a few of us but totally new for the rest. I'm really impressed with everyone's focus and by the end of the session the whole of the first block of the kata is learnt and beginning to flow! beautifully. We head back inside for a session taught by Assunta. As a teacher, she is clear, attentive helpful when things are challenging. It's a lovely calm way to end our day of training.

Dinner is at the Glenbrook Bowling Club which we invade with huge appetites and hilarity. We talk about how wonderfully the weekend is going and start discussing plans for the next women's camp. We have a wish list; a beach, nice accommodation right next to a beautiful dojo with mats included. And, affordable! Sigh! The day catches up with us and we head for bed and no-one even remembers, let alone watches, the royal wedding!

**Sunday 20th May**

Of course, it's a glorious day weather wise. Houses are packed up and we get to the dojo for another fabulous day of training. Gabby leads off and explores the role of breath in technique. This idea is followed up with Nakayama-san's second session and has all 22 of us working in one large group; a wonderful way to see and feel how each of us interprets a technique. Once again it occurs to me what a tight knit group we have become.

In order to nurture the next wave of teachers in our group, the next session is devoted to junior black belt and high kyu grades. We break up into small groups and each 'teacher' leads a 10 minute session with about 6 students. Apart from acknowledging that we all have something to learn from everyone, I believe this is a useful way to expose people to the skills and responsibilities of teaching. Hopefully this early introduction gives them confidence for the journey from student to teacher. This is very important for succession planning within the organisation. I hope to see more women take on senior roles within AKI. I believe events like the Women's Camp can help to encourage women to stick with this art for the long term, knowing there is a future for them in the organisation structure.

As usual for a gasshuku we finish with gifts for the teachers and "Group Photo". Mats are packed and we finish off the last of the food. Final clean-up is rushed as the next hirers of the hall arrive to set up for their birthday party. Farewells in the carpark are long and lingering. Nobody is keen to rush off to that other world. Stephen arrives to pick up the Portias and he and I lead Nakayama-san, Narita-san and Sasaji-san on a bushwalk. Nikki, once again, drives our Japanese friends; back to Sydney where they have dinner with Steve and Ayano-san.



A 'glorious' day for a bushwalk.

Thanks to all the women who attended this year's camp and thanks to all the blokes who helped it happen. I especially want to thank Yasuyuki Suzuki Sensei for his support of the Women's Camp and being the conduit for communication between myself and the Japanese women of AKI. He encouraged many women to join us for the Women's Camp by, according to Nakayama-san, telling them that it wouldn't be hard. We smile at each other. More images from the 2018 Women's Camp can be found on the Aikido Women Australia and the AKI Orange Facebook pages.

Best wishes for happy training for the rest of 2018. I'm looking forward to catching up with you at the Friendshuku in November.

Fiona Hawke

PS Thanks Nuge

## Seminar#2: Masao Ishii Sensei Seminar



Seaforth Seminar day 1: excellent training with precise explanations in clear English.



Day 2: explanations of inside and outside the movement with use of intent and spirals



Day 3: smaller crowd but that meant better and more personalised instruction

Following up from last year's visit to Sydney and Canberra, this time Ishii Sensei came to Sydney, training in lovely Seaforth at the Scout Hall, followed by a class at Jeff Standen's West Ryde dojo.

Ishii Sensei is great to train with, as he takes the time to clearly explain (in excellent English) what he wants to show, and continues to correct people to fix the movement to at least an approximation of what he intended.

Sensei continued on from last year's theme of loosening and expanding the body, keeping shoulders disengaged from torso, the use in intent to enter into the inside of the movement, and using spiral forms. Here are some of my favourite quotes:

"Aikido is 'the way of aiki'. That is, the way of learning how to use aiki: it is a training method, not learning how to fight."

"the term 'ki' is used in natural language and culture in Japan. It is not something mysterious; it is an everyday term. So 'aiki' is to fit to 'ki', it is a method of movement, to take the person's balance."

"grabbing attacks such as morotedori are not techniques anyone would use to attack you in real life. So why do we do this so much in Aikido? To learn aiki."

"disengage shoulders and allow the torso to move first, starting in the hara – shoulders follow."

"open the hand from the index finger to the little finger, so you can use tenouchi (lit: home of the hand) in the movement. Close the hand with the opposite movement, like you are picking up a sword."

"enter inside the person's movement, killing the body (taking their balance). Don't be on the outside of the movement."

"some think tENCHINAGE is a technique. It's not. It's a teaching to show you how to enter into a person's movement in spiral form and break their balance."

By Nigel Carruthers-Taylor



## Oversea Trips

### Trip#1 February: Internal Power and Aiki in Hawaii



In February 22 Aussies, predominately made up of AKI members, attended Sangenkai workshops in Hawaii. These were a two-day open workshop followed by a five-day private intensive for the Australian group. Aikikai and other martial arts participants came from around the world - Australia, New Zealand, Singapore, Korea, Japan, Sweden, California, Canada, Washington, Massachusetts, and Hawaii locals.

The workshops were with Dan Harden, multiple martial arts practitioner (mainly Daito-ryu), a fighter, and internal power and aiki teacher. The methods he teaches are very practical and include solo stationary training, slow movement drills, paired stress training, and management of force under stress.

This training is complementary to our Aikido practice and provides a fundamental understanding of the underlying foundation to our art that is aiki, which O'Sensei learned through his Daito-ryu heritage. As Dan says on his [website](#) "esoteric practices were pursued by warriors to generate power in a relaxed body in an age when their very lives were dependent on the measurable results. Unfortunately, few modern practitioners have experienced the true power and stability once available through these systems that made their founders legends in their time."

The whole experience was intense and produce some amazing results. As with all our practices, daily training is the key to keeping and expanding on these results. The Aussie contingent included AKI members Stephen Seymour, Bruce Lowes, Jeff Standen, Michael Dreyer, Uwe Rosebrock, Patrick Flynn, Chris Rodgers, Adrian Knight, Mick Nash, Stephen Saulwick, Veronica Clipsham, Don Cleur, Tze Ling Loh, Simone Sandoval, Gregor Erdmann and myself. Also attended were Simon Thakur, Brisbane Aikikai members David Kolb, Janine Whitten and Roland Stettler, Chris Clarke from NZ Aikikai, and Ray from Aikikai Singapore.

An amazing and thoroughly worthwhile experience, and one we encourage if you get the chance.

By Nigel Carruthers-Taylor



## Trip#2 May: Aussies in Japan



Mt Fuji from Enoshima



Lantern in Shrine Garden  
near Kenroku-en, Kanazawa



Sensei with the Aussies at the Hachimangu Embukai, Kamakura.



Zen Garden in Kyoto



Mt Fuji from Lake Kawaguchi

### Greetings all.

Jeff and I spend a wonderful time in Nippon in May. The training was excellent our travels relaxing. We were joined for a few days by Lex Manefield from AKI Sydney City dojo, and then trained and travelled to some very marvelous parts of Japan.

### Training

Our first engagement was with Sensei at the Hatchimangu Embukai. As expected Waka Sensei led the proceedings. He has strong Aikido. In our session with Waka Sensei Jeff got to take some ukemi from him, a rare opportunity to experience our future Doshu.

The demonstrations from Sensei and our dai senpai were inspiring; each expressing themselves uniquely, reminding us of the amazing variation that is possible in our Art. We were also reminded how many different ways movement and technique can be represented. A debrief over sake that evening reinforced how our dai senpai are at once so similar and yet so very different in what they bring. This conundrum that required more sake.

At the Embukai we ran into Tony Butt, Zolt and Olivier from Cook Dojo, who were having their own adventures in Nippon.

We also trained with Hiroshi Yamamoto sensei and the students he brought with him to Australia earlier this year, followed of course by some excellent conversation and dining. A real treat. Then there was the Kamakura Gym crew, what a great group. Sunday training was led by Suzuki sensei and followed of course by dining and a 'small' taste of beer and sake. It doesn't get much better.

As ever our Japanese Aikido friends treated us wonderfully and with great hospitality.

### Travels

During our time with Lex we explored Enoshima and Enoshima Island, a great experience on the last day of Golden Week. We enjoyed plenty of the flavours of Japan, saw lots of people and caught a great glimpse of Mt Fuji across the waters.

We travelled to Kanazawa and visited the famous Kenroku-en, one of the 3 Great Gardens of Japan. It was beautiful, though like most trips to Japan there is something amazing around every corner making choices very difficult. We found a shrine right near Kenroku-en with an equally beautiful garden.

Next we were off to a serene traditional Minshuku in Fujikawaguchiko with awesome views of Mount Fuji right out our bedroom window. Cycling around nearby Lake Kawaguchi brought a kaleidoscope of more awesome views of Mount Fuji.

Finally we headed to Kyoto; Tea Ceremonies, tours of amazing Zen Gardens; fabulous food, temples, lanterns, Buddhas and best of all, great company.

Hope to see you over there next time.

By Jeffrey James



## Dojo Updates: Newcastle Dojo

Hello everyone

Despite being small in number, Newcastle dojo continues to offer 3 classes per week. We operate as a section of the PCYC and, in the second half of last year, we collaborated with PCYC management to conduct an OOSH Aikido class, which continues weekly on Wednesday afternoons. The children are bussed to the OOSH program from several local primary schools. Risk management considerations for this age group include having two instructors and keeping participant numbers low. Amanda's 10 year old son Takoda attends regularly and participates enthusiastically. He also contributes some gravitas that rubs off onto the younger children during training. Aikido is offered as a privilege to those who want to participate, so it's the children who have to volunteer and they have to earn it. Some parents have popped their heads into the dojo and we hope that in this way, and in the absence of an advertising budget, the profile of our dojo may slowly increase over time.

In January two of us spent a few days in Canberra to indulge in some extra training. Then in March, three of us made the most of the smorgasboard that is Easter Camp and we much appreciated Canberran's warm hospitality. Whilst there Mario Bechelli undertook his 1<sup>st</sup> dan grading and we congratulate him on his perseverance. I think it was former Novocastrian, Bob Jones (now of Bingil Bay, Qld), who once said that attaining 1<sup>st</sup> dan is the sign of a serious student.

From our AKI outpost at Wagga Chris Rodgers writes: "I visited the Iwama dojo of big Mark in May, run by Gia Sensei, 5<sup>th</sup> Dan. So if you're in Templestowe, Melbourne, drop in - nice people. I've also found a Ki Society Dojo in Wagga under David Bardos to try out while I'm working there. Random thought: Bob Gibbon used to say "Keep extending". So I want to say "Extend in all directions". In February Chris Rodgers also joined other AKI members in Hawaii to train with Dan Harden and has brought back ideas and initiatives, as well as much enthusiasm to invigorate our training. Communicating some of these practices to beginners is enlivening as well.

Gaby and Amanda participated in the recent Women's Camp in the Blue Mountains, which provided a forum for women from various dojos to demonstrate a range of teaching talent. I know Fiona will contribute more on this topic. Amanda writes: "I enjoyed Easter Camp and Women's Camp very much this year. Thanks to all who continue to support my aikido journey."

Attending the first day of Ishii sensei's gasshuku in Seaforth during the long weekend made me wish for more time with him. His contributions to aikido training are unique in that his early learnings with Yamaguchi shihan are described in such a way that the wisdom of age and the experiences of youth are vividly rendered during his demonstrations on the mat. His insights, including into the purposes of technique, foot position, ki development, breath and warming up exercises, illuminate structure, making them immensely valuable to beginners and long term practitioners alike.

At this time we are looking forward to welcoming people to Newcastle in August for an inaugural *Roots of Aikido Study Group*. Please watch for the workshop flyer and registration forms which will be emailed to dojos this month. Visiting other dojos gives us a sense of connection to the larger group that we don't get in any other way. We hope you will also get that experience in Newcastle.

Happy training to all from

Gaby, Chris, Amanda, Mario and other members of Newcastle dojo

Please note, we have changed the newsletter to be published biannually rather than quarterly.

**Deadline for the next newsletter:**  
End of November 2018

Please forward any news, articles, ideas etc to the email address [tomonish@hotmail.com](mailto:tomonish@hotmail.com).



Kenroku-en Garden, Kanazawa  
By Jeffrey James

**Additional notes:**

Don Cleur (Balmain Dojo) has requested to share the below:

"May I share some excerpts from the book "The Teachings of Don Juan" by Carlos Castaneda which has struck a chord with me. For those unfamiliar with the book, Castaneda is an anthropologist and Don Juan is a traditional Yaqui Indian sorcerer. Aikido is my "path with heart" ... Due to copy-rights reasons, we could not publish the contents of the book. However, for those interested, please have a look at the book or contact us.

**Editor's notes:**

Greetings everyone. It seems like we had another busy year thus far with various gasshukus being held (as well as many traveling abroad).

May the rest of 2018 bring you many joy and happiness...

Happy training!

Lots of love,  
Adelaide crew.

**Edited by AKI Adelaide**

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