



# AIKIDO

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"The Art of Peace does not rely on weapons or brute force to succeed; instead we put ourselves in tune with the universe, maintain peace in our own realms, nurture life, and prevent death and destruction. The true meaning of the term samurai is one who serves and adheres to the power of love."

O'Sensei

## Welcome

Aikido is a sophisticated martial art. By that I mean the techniques have been thought through in such a way that, when performed correctly, leave the perpetrator's helpless and the defender impermeable. Each technique then, can properly be described as an art-in-itself. Such is the depth of this Martial Art. But the real depth of Aikido comes from it's 'spiritual' qualities, a reason many start and continue in Aikido.

Aikido, the word, can be broken down into three parts: AI - KI - & DO.

This etymology can be quite illuminating. AI - means Harmony, KI - means Energy, & Do, or Tao, is the Way (perhaps, the way of Life.) So, the etymology of Aikido reads as 'the Way of the Harmony of energy'.

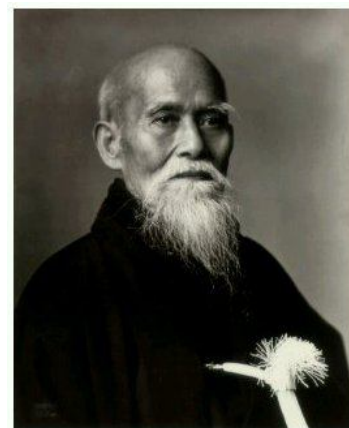
And so, as you have no doubt found, you will find in Aikido no blocking, no resistances. The same applies to the psychology found in Aikido - no blocking, no resistance, more a free spirited flow amongst objects. As such, Aikido is properly a form of Budo - training in a Way of living.

It is a Martial Art beyond the realms of simply Fighting.

If all of this is appealing to you, then you have found your Martial Art. And I welcome you to the ANU Aikido Club(JTS).

I look forward to seeing you on the mats,

Clint Shinn  
President  
ANU Aikido Club(JTS)



O'Sensei Ueshiba, the Founder of Aikido

## Training at Hombu Dojo

Training at the Hombu has been an interesting experience and one I have really enjoyed.

## Location

Initially I found it hard to locate, a 10 minute walk from Wakamatsu-kawada station, it is situated down a narrow laneway in what looks like a residential area. Only after asking someone in poor Japanese ("Aikido dojo wa doko des ka?"), was I able to find it, also knowing the kanji for aikido helped. The building is 3 storeys high; ground level is office area and where one takes off their shoes, level 1 has a smaller dojo for beginners, children and women only classes and female changing room, level 2 has the larger dojo for regular training, level 3 another dojo.

## Aikido Students

There was a whole mixture of students in the dojo. I met quite a few people from different nationalities, including France, Poland, Israel, Cyprus, Britain and America. I would say three-quarters of the students were blackbelt in the regular classes, however abilities varied heaps. There were some black belts who were fantastic, who seemed to control your ki and centre without doing much.

## Inside this issue :

<i>Welcome</i>	1
<i>Quote</i> <i>The Art Of Peace</i>	1
<i>Training at Hombu Dojo</i>	1 - 2
<i>Club Notices</i>	3
<i>Club Activities</i>	3

Initially when I started training at the hombu, I was greeted with politeness but generally ignored. However after a week of daily training and I suppose showing genuine sincerity in my training, everyone was a bit friendlier and I would be greeted after the initial good morning (ohayoo gozaimus) with g'day. They seemed to like Australians, and once breaking the ice, told me stories of how they went to Sydney or Ayers Rock or how they would love to go to Australia.

## Training

### Doshu

Doshu's class was at 6:30am and for such an early morning class, the dojo was packed!! The dojo would be about twice the size of ANU dojo, but with 60 students easily. 5 minutes before class students would sit in rows in seiza, shoulder to shoulder in dead silence waiting for Doshu. Doshu would come in, bow to the kamiza, then bow to the class, then have 5-8 minutes of vigorous warm-up/stretching exercises, the first exercise being funekogi (rowing exercise).

The first technique he would usually demonstrate was shomen-uchi irimi nage. Doshu was fantastic and great to watch, as he was so smooth with heaps of ki and just great movement. The other main techniques he would mainly demonstrate are ikkyo, nikkyo, shihonage and sankyo. He would demonstrate the omote and ura version of the technique. Sometimes it was very difficult to replicate his techniques as the dojo was so crowded....I couldn't do any big movements, it was difficult to keep ma ai and extend ki....at times I spent most of Doshu's class being aware of people around me and trying not to knock anyone over. However with the dojo being so crowded it was inevitable to occasionally knock into other people, so usage of the word 'sumimasen' (meaning excuse me or sorry) was quite frequent.

### Other Teachers

There were quite a few different teachers at the Hombu, each one was different...some I preferred more to others. Although each Sensei varied slightly in their technique and teaching style, all had heaps of ki. Some were very yang and got their uke to really resist the technique, others explained the techniques (alas it was all in Japanese so I didn't understand a word).

### Yokota Sensei

After Doshu he was my favourite teacher and I learnt the most from him. His classes were sooooo much fun and I would always be surprised how quickly the time went. He did quite a few techniques that I had never done before and focussed on kokyu nages. He would normally demonstrate two techniques for us to do (for example ikkyo and nikkyo). Alas I would struggle big time if both techniques I didn't know. He had heaps of ki, great movement, great ma ai, and was smooth. Even though he was explaining things in Japanese I could generally understand what he was explaining from his movements. He really kept pounding in ma ai, centreing on heaven/earth axis and big movement. I would make sure I never missed any of his classes.

### Protocols

General protocols at the Hombu differed slightly to Australia. When entering the dojo, one does a full seiza bow to the kamiza and then to the class. For the main dojo, males were only allowed to enter the dojo through the changing room entrance, whilst only sensei's and females could enter through the main entrance. Females were allowed to enter through the main entrance as their changing room was on the floor below.

A couple of minutes before the start of the class, all the students wait in rows in seiza for the sensei. The sensei would enter the dojo, full seiza bow once to the kamiza at the entrance, walk in bow to the kamiza in seiza, then bow to the class in seiza and say onegaishimas and the students would bow at the same time and say onegaishimas.

Generally a technique was demonstrated once with the omote and ura version or the long and short version of the technique. The sensei would then say hai douzo (basically means offering the student to train) and sometimes the name of the technique. Some classes you would have the same partner for the whole class or if the class is less crowded, then you would change partners with each new technique.

Class was concluded in a similar fashion to the way it was started but saying arigato gozaimushda....however it is said extremely quickly and initially I did not know what they were saying. The sensei would leave the dojo with one more bow to the kamiza which the rest of the class would then bow back to the sensei again

### Conclusion

Overall training at the Hombu has been a fantastic experience and I have learnt heaps, including new variations of techniques, or totally new techniques. I will definitely be going back at the end of 2009

Tamara Abed



## PREVIOUS CLUB ACTIVITIES

Grading : 21<sup>st</sup> October 2007

Summer School : 5<sup>th</sup> – 9<sup>th</sup> January 2008

ANU Market Day & Demonstration : 20<sup>th</sup> February 2008

## CLUB ACTIVITIES

Beginner's Pizza & Movie Night : 7<sup>th</sup> March 2008

5<sup>th</sup> kyu grading for Beginners : date to be set - immediately after the semester 1 beginner's course.

## Committee Contact Information

President : Clint Shinn

Vice President : Sonam Shelly

Treasurer : Tamara Abed

Publications : Annette Vincent,

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Women's Officer : Ann O'Hehir

aikido@inet.net.au

## Club Notices

### Training Sessions - 2008

This year from the start of the semester 1 the training sessions will be

#### Senior Sessions :

Sunday (5<sup>th</sup> kyu and above)

Tuesday

Wednesday

#### Beginner Sessions :

Monday

Thursday

Friday

### Generous Donation

Sonam Shelly who has recently attained Shodan (1st degree black belt) gave a generous donation of \$350 to the club. This generous donation will go toward dojo hire and is greatly appreciated by the club

## Aikido T-shirts

T-shirts are available from Tamara - \$25

**AIKIDO**  
John Turnbull Sensei

