



AIKIDO

Volume 5, Issue 1

February 2007

WELCOME

Day after day
Train your heart out,
Refining your technique:
Use the One to strike the
Many!
That is the discipline of the
Warrior

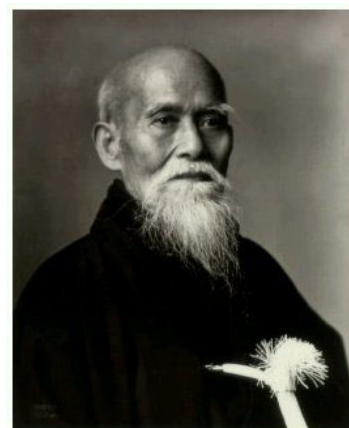
Instructors can impart only
a fraction of the teaching. It
is through your own
devoted practice that the
mysteries of the Art of
Peace are brought to life.

O'Sensei Ueshiba,
Founder of Aikido

I would like to take this opportunity to welcome the beginners to Aikido. You have selected a superb art in which to develop and I hope you find what you're seeking and more. Your training in Aikido will provide you with fantastic new ways to investigate both yourself and the world around you. It will open doors that you never knew existed and give a sense of ease and confidence you will carry into all aspects of your life.

As a martial art, Aikido is rigorous and demanding. But with dedicated training you will begin to see the rewards, in both physical skill and mastery over yourself. As you continue to train, over the years, you will see the cumulative effects of your study and wonder at how far you have progressed.

The ANU Aikido Club has an unrivalled heritage as a training centre in Aikido. Founded in 1968 by John Turnbull, the club continues the tradition of authentic training in the original style taught by Seiichi Sugano Sensei upon his arrival in Australia. Sugano Sensei, a *uchi deshi* or 'inner student' of O-Sensei Morehei Ueshiba (the founder of Aikido 1883-1969), brought with him the teachings and training methods of O-Sensei as they were taught towards the end of his life. As one of Sugano Sensei's first students in Australia, Sensei Turnbull was taught these same techniques. And it is this line of teaching that you experience throughout the beginner's course and beyond.



O'Sensei Ueshiba, the Founder of Aikido

I encourage you all to train genuinely and sincerely, and to absorb as much as you can from this introductory course. And of course I would like to extend an invitation to you to join the club so that you may continue that journey.

See you on the mat.

Clint Shinn
President

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PREVIOUS CLUB ACTIVITIES

Summer School - 6th - 10th January 2007

'Back to Basics' Session - 25th February 2007

CLUB ACTIVITIES

Updated Dates (after storm)

Outdoor Training with Question and Answer Session -
Friday 2nd March (weather permitting)

Aikido Video & Pizza Night - Friday 9th March after
training (\$5)

Beginners Outdoor Training and Bar-b-que Lunch -
Sunday 11th March (\$5)

Coastal Training - 24-25th March

Grading - 1st April

Committee Contact Information

President : Clint Shinn

Treasurer : Tamara Abed

Publications : Annette Vincent,
annettev@ozemail.com.au

Women's Officer : Ann O'Hehir

aikido@iinet.net.au

Aikido T-shirts

T-shirts are available from Tamara - \$25



Club Notices

Club Membership

Membership of the ANU Aikido club is \$65 for students and \$90 for non students. Beginners who are currently doing the beginner's course and are interested in continuing training after the course is finished are encouraged to become members of the club sooner rather than later. If beginners become members during the beginner's course the cost of membership is \$50 for students and \$75 for non students.

Any non ANU students will also need to become members of the ANU Sport and Recreation Association (SRA). SRA membership for 2007 is \$99 from February 2007. If you have any queries, please see Tamara.

Training Fees are currently \$30 per month for students, \$40 per month for non-students.



Aikido brushed by O'sensei
From 'Enlightenment through Aikido'
Kanshu Sunadomari