



AIKIDO

GRADING IN AIKIDO

"Seeing me before him,
The enemy attacks,
But by that time,
I am already standing
Safely behind him."

"When attacked, unify the
upper, middle and lower
parts of your body. Enter,
turn, and blend with your
opponent, front and back,
right and left"

O'Sensei Ueshiba,
Founder of Aikido

Grading is an important aspect of aikido. At the last grading in October, Sensei emphasised the importance of grading.

I personally see grading as a good opportunity to explore some techniques that aren't regularly practised during class times. For example we rarely practise suwari waza techniques and so I was never good at them, I tended to shuffle around on my knees and feel totally uncoordinated. However in preparation for 3rd Kyu, I was forced to practise a whole series of techniques on the knees and actually became fairly proficient in them. I started enjoying the feel and movement of suwari waza and I no longer avoid practising them.

Another aspect of grading that I believe is important, is that grading is quite nerve racking and stressful. As we don't have any competitions in aikido we rarely have an opportunity to practise any of the techniques under pressure. Under pressure I tend to rush the techniques, lose my softness and become less centred. Grading helps me face those problems.

Grading also gives me an objective to become proficient in certain techniques by a set date. Two to three months before a grading, I start preparing. I regularly 'hassle' my sempai, asking what this or that technique means.

I encourage all club members to go for their next grading, particularly those who have never graded before. It is important for the individual but also for the club.

Tamara



O'Sensei Ueshiba, the Founder of Aikido

GRADING RESULTS

5th Kyu

Brad Blumberg
Iain Little
Michael Couchman
Anton Nurcayho
Stefanie Tran
Luke Worth
Andreas O'Keefe

3rd Kyu

Tomomi Sato

2nd Kyu

Clint Shinn
Tamara Abed

1st Kyu

Sonam Shelly

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PREVIOUS CLUB ACTIVITIES

General Meeting 11th September 2006
Grading - 15th October 2006

CLUB ACTIVITIES

Summer School - 6th - 10th January 2007
Grading - 10am, 9th January

Committee Contact Information

President : Clint Shinn
Treasurer : Tamara Abed
Publications : Annette Vincent,
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Women's Officer : Anne O'Hehir

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Club Notices

Club Membership

Membership of the ANU Aikido club has risen to \$65 for students and \$90 for non students. Current members will not be affected till beginning of February when membership renewals are required. 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 Rec Association (SRA). SRA membership for 2006 is \$120 and will go down to \$99 from February 2007. If you have any queries, please see Tamara.

Aikido T-shirts

T-shirts are available from Tamara - \$25.

Bowing when Sensei enters the dojo

When sensei enters the dojo, everyone should bow in greeting.

The first person to see Sensei should clap to get everyone's attention, so everyone can bow in unison.

Combat Aikido DVD

The Combat Aikido DVD is available for \$25 to club members. See Tamara or Tom Finnigan for a copy.

Voluntary Student Unionism (VSU)

With VSU coming into full effect next year the sports centre will not be receiving the same amount of money from the university in 2007. To recoup some of this money there will be a few changes which will affect our club.

- SRA membership will be reduced to \$99 (ie currently \$120)
- Peak hour usage of the dojo (ie 5pm to 8pm weekdays) will incur a cost. The actual hourly charge is yet to be finalised.
- Each club is entitled to one free training session during peak hour time per week
- Additional training sessions during off peak time are free
- This means our club will have to pay for one training session per week
- For more details, see Tamara or Clint

The Final Word

"Breath Power (Kokyu-ryoku)

The core of Aikido techniques is breath power, that is, the natural power that each human being possesses. Often, when the term "breath power" is spoken, people conjure up an image of some strange, supernatural force; but in fact breath power is the natural source of all human movement - no-one would normally think walking is difficult or a supernatural feat. Without conscious effort, one's body moves in the most natural and efficient manner; all of us demonstrate breath power in the acts of everyday life.

On the other hand, consider this example: when drinking tea, if your shoulders and elbows are stiff and you hold the cup too strongly, it is very difficult to sip the tea properly. It is the

same with Aikido techniques - too much unnatural force renders the techniques inefficient. When the cup is held lightly, however, and the movements of the arms are natural, it is easy to sip the tea. This goes without saying, of course, and the same holds true for Aikido techniques.

To illustrate further: while training, you develop the urge to down and throw your partner. When that aggressive thought arises, you begin to force the technique, and even simple movements become difficult. That is the time you should return to the fundamentals - focus on smooth, natural movements, and proper breath control and timing. Do this repeatedly. Rather than explaining how to use breath power, more effective training is to let breath power manifest itself naturally in smooth and free-flowing body movements"

From Aikido Master Course, Moriteru Ueshiba