

# AIKIDO AUSTRALIA

40th Anniversary issue



合気道

オーストラリア

## A Celebration for Everyone

For Sugano Sensei and Aiki-Kai Australia's 40th Anniversary, at this most important Summer School in Melbourne January 17 to 22, 2006, Sensei's special guest will be

**Aikido Doshu Moriteru Ueshiba.**

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Editor's note:

**Don't forget, Aiki-Kai Australia is celebrating its 40<sup>th</sup> Birthday this year, and it is up to every one of us to make it something special, by attending National schools, special training weekends, TTC Courses and other events that may be organised in the various states.**

*The next winter school, to be held from the 3<sup>rd</sup> to the 9<sup>th</sup> of July 2005 will be the official birthday event, so do try to be there.*

*It is to be held once again at the Sydney Academy of Sport and recreation, Narrabeen Lakes, and those who were there last year will certainly remember what a great location it is.*

*Check your dojo noticeboard for more information about winter school.*



***Celebrations will culminate with a visit from Doshu Moriteru Ueshiba, with many important guests Including Yamada Shihan from New York also coming for this very special event at Summer school in Melbourne in January 2006.***

***The time to put aside is from January 17th to 22nd, 2006. Unlike other times this school will commence on a Tuesday with registration taking place on Monday 16th.***

The cost, names of important guests, and all relevant information will be announced shortly and posted in every dojo. Please make an effort to allow some holiday time or free time to attend this important event, as it is unlikely you will see something like this again for a long time.

You will notice this second issue of the newsletter celebrating our 40<sup>th</sup> anniversary has some more historical photos kindly supplied by Graham Morris Sensei on pages 10 and 11. Photos from John Litchen are on page 15, and the front and back pages. The large photo of Sugano Sensei on the back page is from David Scott Sensei.

**The photo above is of course Doshu, and it is from his book *Best Aikido – The Fundamentals*. He is demonstrating Shiho Nage.**

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## SPECIAL COURSES

Every year members of the Technical Teaching Committee and other senior instructors have been taking courses and special training days in the various states across the country. For example TTC members Tony Smibert Sensei was in Queensland and NSW, Hanan Janiv Sensei was in Tasmania, Bob Botterill Sensei was in NSW and Queensland, and John Watson was in NSW. Also in Queensland we had visits by Geoff Savage Sensei and David Scott Sensei both of whom conducted extremely interesting weekend courses. Graham Morris has been in Victoria and South Australia, and from what I hear his courses were also very popular and had good attendances.

The TTC usually conducts two courses per year in each state, and often Area Representatives from one state will invite other senior instructors to come for a visit. These activities are likely to increase in the future so that students of all levels can be exposed to senior teachers and varying approaches to gain a greater technical and philosophical understanding of Aikido.

It should be pointed out that attendance at TTC weekends is essential for students who think they may be recommended for grading. At some times attendances have been poor and students need to realise that they are required to attend at least one course during any given year. Attendance will be recorded in their membership book and checked before a grading test is permitted, so bring your book and make sure it is signed by the instructor.

This newsletter would like to report these activities, but this is only possible if someone who has attended at least one writes and sends a report, preferably with some photos, to the editor of this publication. Reports can be e-mailed or sent by regular post. If you are going to send photos contact me by e-mail first so I can explain resolution and format required.

I can only report on those that I have personally attended, so this section this time is Queensland orientated.

First for 2004 was Geoff Savage Sensei whose main focus was using weapons and how the bokken and the Jo related to techniques such as Shiho Nage, Irimi Nage and Kokyunage. The point of this was to study distance and timing and a direct line of entry to create a technique.



Of course Geoff Savage Sensei didn't avoid the usual techniques as this composite shows him doing a big circular iriminage. Note how deep he has taken his Uke before allowing him back up in preparation for the final throw.



A month later Bob Botterill Sensei's TTC focussed entirely on the fundamentals needed by all students when preparing for a grading test. This was not only for Kyu grades but also for Yudansha.



Explaining the importance of the grip taken for Ikkyo and the techniques such as Nikyo and Sankyo that follow.



A classic "Neck Breaker" – often demonstrated by Sugano Sensei at National schools.

Tony Smibert Sensei came to Warwick in August for a TTC that had people from Armidale (NSW), Brisbane and the Gold Coast attending. Apart from the fundamentals always stressed at every TTC Smibert Sensei extended our perception by teaching us how to deal with a second attack that follows on top of the initial attack; eg. avoiding the first punch by turning around it ending in a position to deal with a second punch that immediately follows because the first one missed.



Special courses **continued on page 8**

Catherine Strong sent this report

## The 9<sup>th</sup> IAF Congress

### A 2<sup>nd</sup> Kyu's perspective

In September last year, a group of Aikidoka from around Australia traveled to the 9<sup>th</sup> Congress of the International Aikido Association in Tokyo, Japan. I was one of them, and have written up a few of my thoughts and observations on the trip.

The training was physically very difficult, mainly because of the very high temperatures and the continuous hard falling. There was very rarely any room to roll, and no group work was done, so most techniques had to be received from a breakfall, which became very hard after the first few days. The etiquette on the mats was also quite different to what I was used to, with a lot more bowing and thanking of your partner.

The highlight of the training for me was on the second day in the class taken by Sugano Shihan. Being in this class made me feel I understood a bit better what it means to be a part of Aikikai in Australia, and made Sugano Sensei seem less like a remote person at national schools and more like someone I have a direct connection to.

The class gave me a perspective on Sugano Shihan as my



The training part of the Congress was held over five days at the Yoyogi Training Centre, not far from Shinjuku in Tokyo. The classes were taken by highly ranked Shihan, including Tissier from France. All the instructors were amazing to watch – their individual styles varied, but all emphasised the same principles, particularly focus and harmonising with your Uke, and we were often told during training to ‘go slower’.

The hall used as a dojo was enormous, and even so the mats were very tightly packed with Aikidoka from around the world. I personally trained with people from Brazil, England, New Zealand, Korea, the USA and Indonesia, and many others. It was very interesting to train with so many unknown people and to notice the differences in how we did things, and to occasionally overcome language barriers to work things out!

The differences were mostly small, for example a lot of people seemed to be used to doing a technique 4 times before changing Uke and Nage, instead of two, which occasionally led to some confusion. I also noticed the politeness of the Japanese students in particular, who would always insist that I do the technique first regardless of whether they were Yudansha or white belts. However, despite these differences, there was never any difficulty doing what we were there to do, we were all practicing the same art, and I was so impressed with how, although I would not have been able to have a conversation with many of my partners, I could communicate fluently with them through the shared experience of the Aikido that we were doing.

teacher and on the lineage from my own Sensei to Sugano Sensei and to the tradition of Aikido in which the techniques are passed down from teacher to student. It was suddenly much clearer that the people who teach me every week have learnt directly from Sugano Sensei and are passing his teaching on to me.

Some of the other classes particularly stood out for me. Isoyama Shihan, who took the last class on the first day, was particularly stern, and made a number of comments about what was and wasn't acceptable etiquette on the mats. He was particularly hard on people he saw standing or sitting on the mats incorrectly (for example, with their arms crossed), stressed the importance of being correctly attired, and said that there was no point in being on the mats just to ‘get sweaty’, but to concentrate on techniques and attitude. Tada Shihan, on the last day, took a class entirely on breathing techniques, and the class after, the very last class, was taken by the Doshu. This was the most well attended class of the week, with over 800 people on the mats! The impression I had of the Doshu was that he was like a moving textbook; his techniques were so clean and unaffected, and he looked incredibly relaxed and leisurely, even though he was moving fast. He concentrated on fairly basic techniques during his class, and it felt like he was the perfect model to move towards what I *should* be doing, if only I could!



Some of us also had the chance to go to Hombu Dojo to take a class there with Doshu. I went to a 6-30 am class which was very well attended. Hombu Dojo gave me a real appreciation of how lucky we are in Australia to have the space we do. The main room at Hombu, where the Doshu's class was held, was only half the size of any dojo in Australia I have trained in, and had many, many more people in the class. At this class the Doshu also concentrated on basic techniques, and, interestingly, left about fifteen minutes at the end of the class for people to do whatever they wanted. My partner, a regular at Hombu, said that he always did the same techniques as the Doshu since it was still his class. Again it was a great learning experience for me!

Although I had been worried beforehand about not being able to keep up, or not properly understanding the etiquette, everyone there was very friendly and helpful, and there were a lot of visitors around, so a few slip-ups seemed to be accepted.

The congress was overall a fantastic experience, and one I would encourage others to attend in the future.

Being on the mats with so many people from so many different places taught me a lot, and put my own training in a new context where I could see more of the 'overall picture' of Aikido as an international form of communication creating bonds between people who otherwise would be strangers, and promoting harmony in a real and practical way.

(With thanks to Sensei Janiv and Sensei Smibert for their guidance and help during the trip).



People arriving for the Embu are dwarfed by enormous size of the training area. What a fantastic space!

As Editor I would like to thank all the contributors who have taken the time to write articles and send in photographs for this newsletter. It is your newsletter, and your contributions are what makes this a unique publication. The more contributions we have the more diverse the publication will be, and please note, you do not have to be a high ranked Yudansha to contribute. This issue is proof of that with the wonderful report on the IAF Congress from Catherine Strong, the testimonial from Gaye Webb, and the reports from the recent Summer School in Melbourne by Felicity Peters and Dave Robinson. If you are concerned about your ability to write The Editor is willing to assist, so please don't be shy. I would also like to thank Jacques Sayers for his thought provoking article on the Physics of Potential and Kinetic energy as applied to Ikkyo.

# Aikido — A physics Perspective

## By Jacques Sayers



Jacques Sayers has been studying AIKIDO under Shihan Sugano's national leadership. He is a third Dan. He lives in Canberra with his wife Lynne, and works as a geophysicist with Geoscience Australia.

Like many of us that have Aiki flowing through our veins after many years of practice, Aikido movements still fascinate me and I find myself naturally compelled at times to think more deeply about why and what we are doing on the mats. There are many ways from which to view and understand Aikido, the following is a Physics perspective, and merely represents a unique point of view that is only transitory throughout my life-long learning.

We often hear words like harmonizing, capturing or merging with Uke's<sup>1</sup> attack; after all we use Uke's movement to redirect his/her energy so as to carry out a throw or apply an immobilization. Can we represent the above concept using a Physics perspective?

Let me introduce the concept of potential energy (or energy due to its state). Of particular relevance in Aikido is 'elastic' potential energy, similar to potential energy stored in a spring. Let us also introduce kinetic energy (energy of motion). Mathematically kinetic energy is simply defined as  $\frac{1}{2} * m * v^2$  where 'm' is equal to the mass of a person and 'v' is equal to the velocity or speed of the person. These energies are interchangeable in training: Uke's kinetic energy becomes Tori's<sup>2</sup> potential energy. If that transfer of energy is seamless and efficient, then Aikido becomes much more enjoyable and is easier on our bodies. The alternative would be not to capture Uke's kinetic energy and use our own energy – this is, however, how we all start off in Aikido. It all sounds amazing doesn't it, Uke can come charging at me with his/her kinetic energy, and bingo I can capture that energy, and redirect the attack as appropriate! In reality we also dissipate energy through heat loss... don't we know it! Let's look at an example to help illustrate the above.

Consider *tsuki ikkyo* and let us consider three moments within the movement. Picture 1 shows Jamie at the point in the movement where there is the greatest speed and therefore maximum kinetic energy. Margaret is forced to move back so as to capture Jamie's attack at the point where speed is near zero (Picture 2). The key point here is that in order for Margaret to maximize the efficiency of her movement she must move such that she captures the incoming energy so that it becomes her potential energy. Simply going limp and then moving and extending would not be as efficient since Uke's kinetic energy would not have been made use of! In other words Margaret must coil up the incoming energy.

Another way to understand the transfer of energy that occurs in Aikido is to think of the same style of transfer that occurs in the movement of a spring. Maximum potential energy is stored at the ends of the spring's displacement. Maximum kinetic energy occurs half-way along that displacement. So it must be with our bodies! We must become like springs that extend and contract, move and absorb! You will note that in picture 3 that even though Jamie is forced to receive *ikkyo*, he is still trying to coil up whatever potential energy

he can absorb so as to use this energy to counter-attack. We do not passively receive, even when rolling or break-falling, we must coil up our energy, again like the action of a metal spring. The alternative would be to let all the energy dissipate in the mat and use our own kinetic energy to get up: this is, however, how each one of us started off! Aikido is more comfortable if we conserve energy as much as possible!



Picture 1 – Jamie Cherryh (Uke) attacking tsuki and Margaret Dinan (Tori) defending with ikkyo.



Picture 2 – Margaret Dinan absorbing tsuki and Jamie Cherryh at the end of tsuki attack.



Picture 3 – Margaret Dinan extending and moving forward and Jamie Cherryh receiving but absorbing as well.

### (Footnotes)

<sup>1</sup> Uke – initiates the attack and receives.

<sup>2</sup> Tori – Applies the movement.

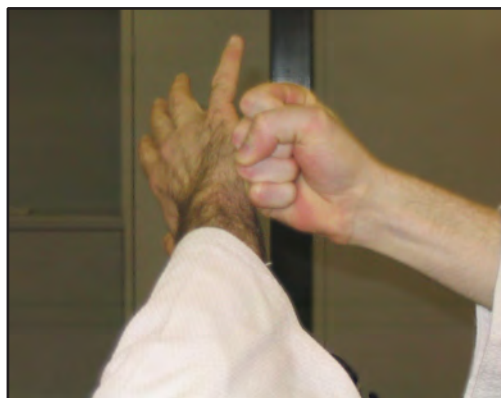
Let us consider another example. Are you getting hurt or are you scared of those hard *tsuki* attacks? Can Physics principles help you understand how to deal with them! Sure can! Let us consider *tsuki jodan*. Picture 4 shows an attack where Tori is simply extending and receiving all of the kinetic energy at one point on the forearm. Ouch! We cannot do anything about Uke's mass 'm' nor can we do anything about Uke's incoming speed 'v'! We can, however, undermine Uke's speed to reduce the overall impact of the attack on our arm. How?

First of all, we must extend our arm and spirit forward to receive *tsuki jodan* but note what picture 5 shows! If Tori brings his forearm slightly back, at high speed and in the same direction as Uke's attack, what happens? A small backward motion at high speed will greatly reduce the difference between the two speeds both travelling in the same direction, thus reducing the impact on Tori's forearm. No more ouches, small movements can have incredible effects!

The reduction in the intensity of the impact on Tori's arm allows Tori to apply *ikkyo* with more ease since Tori's energy will not have been expended in meeting Uke's incoming kinetic energy. The resulting effect is that there is a greater emphasis on absorbing and then redirecting incoming energy rather than blocking and then redirecting energy: overall the movement is softer while still being effective and efficient.'



Picture 4 – Dean Stretton (Uke) attacking with *tsuki jodan*, Jamie Cherryb (Tori) extending and absorbing kinetic energy full on, ouch!



Picture 5 – Same as above, difference here is Jamie moves arm slightly back at high speed but still extending strongly.

NB. Jacques would like to thank Sensei Hanan Janiv (6<sup>th</sup> Dan) for permission to write this article and Sensei's Ruth Treyde and Guy Fripp for reviewing it.

## Aikido — A Testimonial

### By Gaye Webb

I was first drawn to Aikido in 1994. I was working at a Natural Health Expo in Hobart doing Shiatsu massage demonstrations. I had heard about Aikido while studying Shiatsu and decided to go by and try it thinking that it could possibly enhance my focus and fitness, which is important when doing physical bodywork such as Shiatsu.

I went to Hobart PCYC to check out Aikido and met people who were friendly and approachable. They looked like they were having the time of their life and I wanted some of that. For two years I threw myself into training and devoting myself to this incredibly engrossing sport. Aikido was a good outlet for my intense energy and helped me to become more grounded.

I also suffer from dyslexia and although I found the techniques very frustrating when going from left to right sides of the body, I knew it was doing me good. Aikido was the discipline I had been searching for.

In 1996 I had a new journey to embark on and gave birth to a beautiful little boy in September of that year. His name is Kurtis.

Being a mother can be very demanding and I couldn't keep the same lifestyle that I had before my child. I did try and get back to training from time to time but Kurtis needed his mother and I respected that.

Last year before Christmas 2003 I was talking to a man who was going to Japan to enhance his experience of martial arts and the way he spoke so devotedly took me back to my own memories of being in the dojo. I made a point to look into it when I had the chance. Early in January 2004, I was surfing the internet looking for information on "reflexology walking paths" and came across a picture of people walking on roll up mats that stimulate the foot reflexes and these mats were set up in a dojo and there was a big Aiki-Kai logo on the wall, and that was it. I immediately organised to go back to training that week.

Seven years had passed since I last trained. I was unfit and overweight, I forgot about the constant rolling: In fact I had forgotten everything. I was delighted to see familiar faces still training, and they remembered me. It felt good to be back. One night per week training has now developed into two, and I try to get as many training weekends as possible. It's addictive!

Many things can change a person in seven years. The body doesn't respond the same, and it took 5 months before I felt like I had settled back into training. Now that I am older I feel I have come back to Aikido with a stronger mental attitude and I am able to see the essence of the techniques with their flowing graceful movements and logical application for great control over oneself and the attacker.

I love watching it and I love doing it. I feel grounded and confident and I look forward to many years of training and getting better all the time.

I'm glad I made the effort to come back.

Gaye Webb

4<sup>th</sup> Kyu.

Hobart.



### Special Courses Continued from page 3

Smibert Sensei also had us working on some quite interesting Kokyunage in suwari waza, but I think the highlight of the training on Sunday was seeing Grace Ompoc, who was born with cerebral palsy which has left her with speech problems and poor motor skills, take her test for 4<sup>th</sup> Kyu. She was ably assisted by Kathy McCarthy, her primary instructor at Warwick.

Graham Morris Sensei and Tony Smibert Sensei took her through the test, and when she passed, her look of joy and excitement was truly inspiring.



Moving in a straight line to get behind Uke Nage allows his fist to slide along just a fraction above Uke's extended arm until it impacts with Uke's face. By this time Nage is completely behind Uke and has taken hold of the back of Uke's neck with his other hand.

Our last visit for the year was from David Scott Sensei who took a slightly unconventional weekend course. The weekend was incredibly wet and stormy with floods everywhere and still people came from Warwick and Brisbane even though a wide detour to get the Gold Coast from Warwick was needed.



A close view shows the position Nage should be in when his fist reaches Uke. To finish Nage would step back while tipping Uke's head over to the rear. Uke falls into the space created by Nage's back step.

The exercise as shown in the photos was initially practiced from a static position with both partners standing face to face, fists touching. Once the body position and angle of entry was understood we practiced it with full movement. That is Uke attacked with a strong Chudan Tsuki and Nage would respond by entering to the rear making sure his maai was correct by sliding his fist up along Uke's attacking arm.

He didn't leave out the big circular movements either. We began each of the two days with Tai no henka and with Gyaku Hanmi Katatetori Kokyu Ho but with emphasis on being aware of everything around us. We were not to focus so much on the movement but more on seeing who was where and what they were doing all around us.

One of the main exercises was how to enter directly in towards Uke attacking with a punch so as to get behind for the throw. This was direct entry iriminage or Kokyunage and not a big circular movement. We all do some form of this but David Scott Sensei presented it in a way that made us all appreciate the value of seeing something familiar from a different viewpoint.

As can be seen from the picture sequence we began with Uke extending his fist and Nage standing there also with his fist touching.



Scott Sensei also introduced us to the sounds of Kotodama and had us all doing Irimi Tenkan movements combined with Kotodama as solo exercises before having us do a technique like shihonage while using Kotodama.

It was a memorable weekend.



Gokyo

Graham Morris Sensei also took several special courses over a number of weekends during the year and all of these were well attended with people from Warwick and Brisbane as well as the Gold Coast.



Sankyo

These special weekends are not always held at the Gold Coast dojo. Morris Sensei travels to both Brisbane and Warwick with people from all three dojos often attending, which fosters both a good training atmosphere as well as getting us all together socially.

I feel that not enough people take advantage of these special training days, and if they really want to advance with their training they should take the time to check the programs listed for each state and make every effort to attend where ever possible.  
Report and photography by John Litchen.



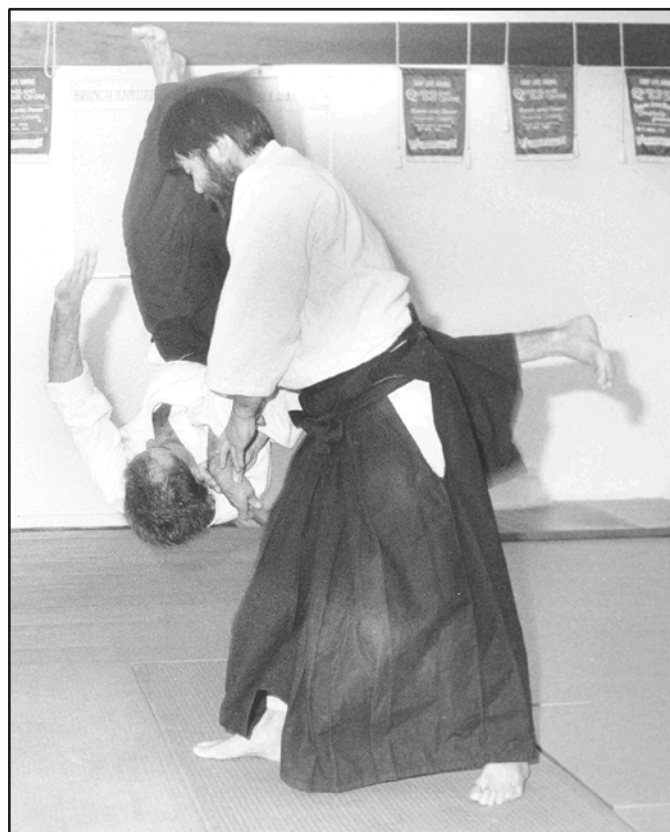
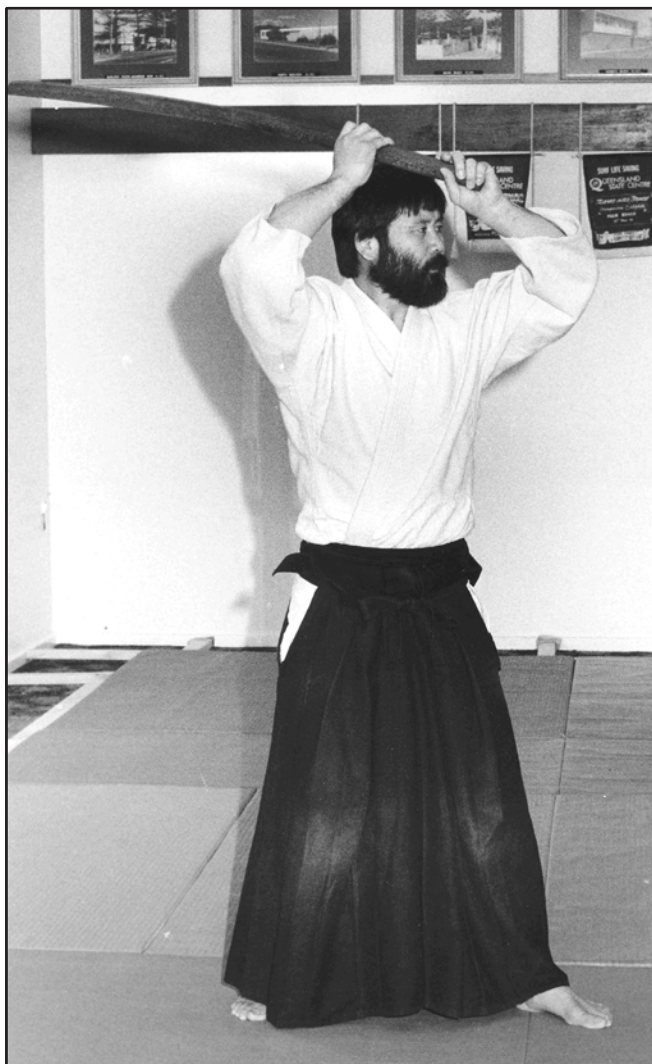
Scott Sensei watching Lyford and Ross interact.



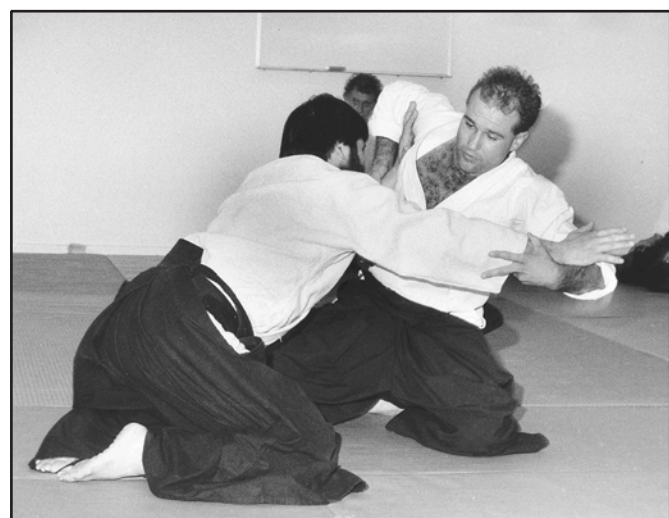
Smibert Sensei drops to a seated position taking his Uke down into a forward ukemi.



Botterill Sensei explains about shifting Uke's balance as he enters for standing Kokyu Ho.



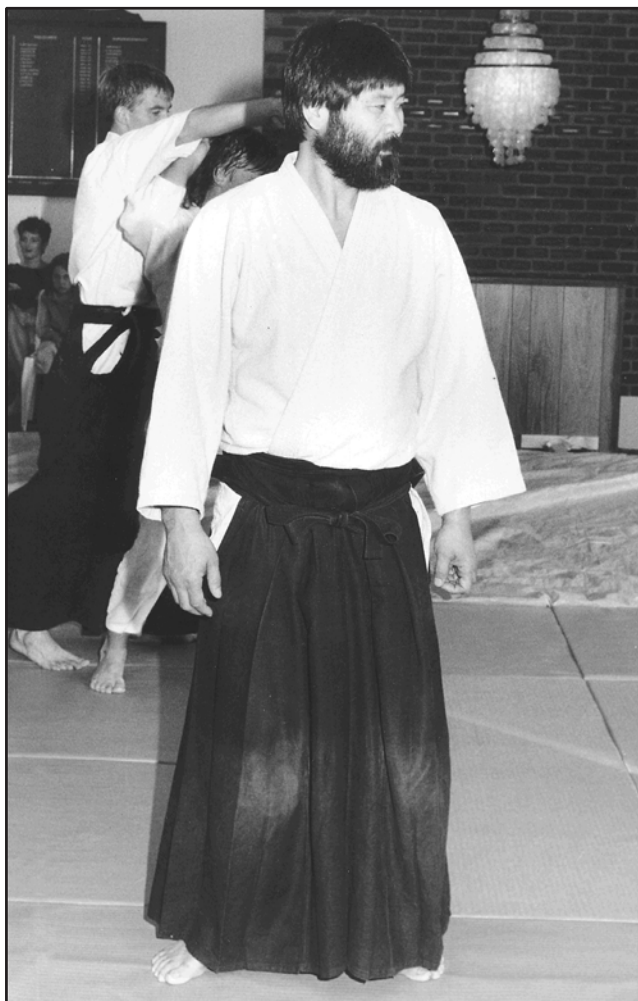
These historic shots are from the collection of Graham Morris Sensei and they show Sugano Sensei during his first visit to the Gold Coast in 1987.



This publication will continue to bring these historic shots to remind everyone what a rich and interesting history Aiki-Kai Australia has had over the last 40 years.

If anyone has photos they would like to see published here, please send them to the editor as medium resolution jpeg images (scanned at 150 dpi minimum) or send the actual photos to the editorial address. They will be scanned and returned.

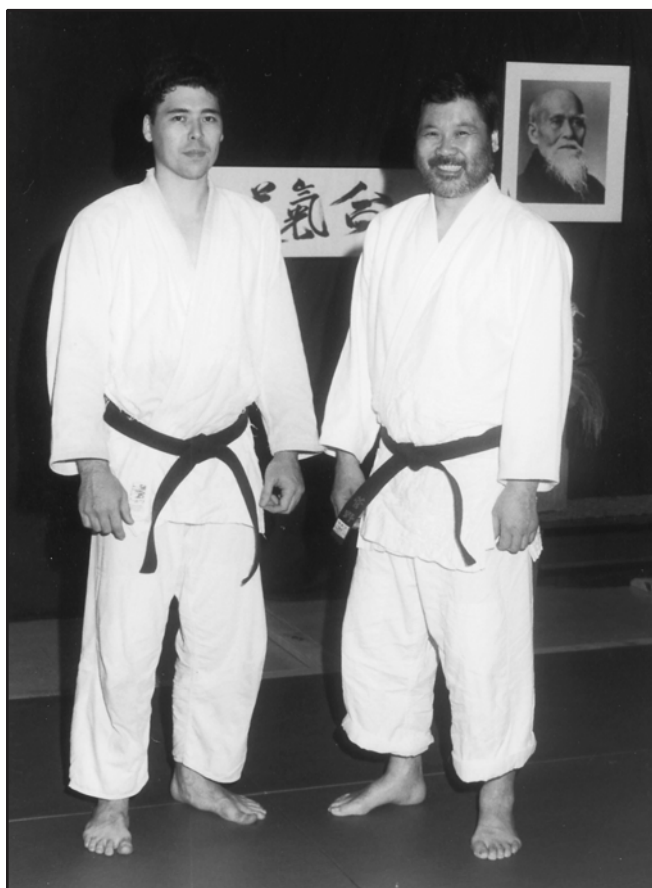
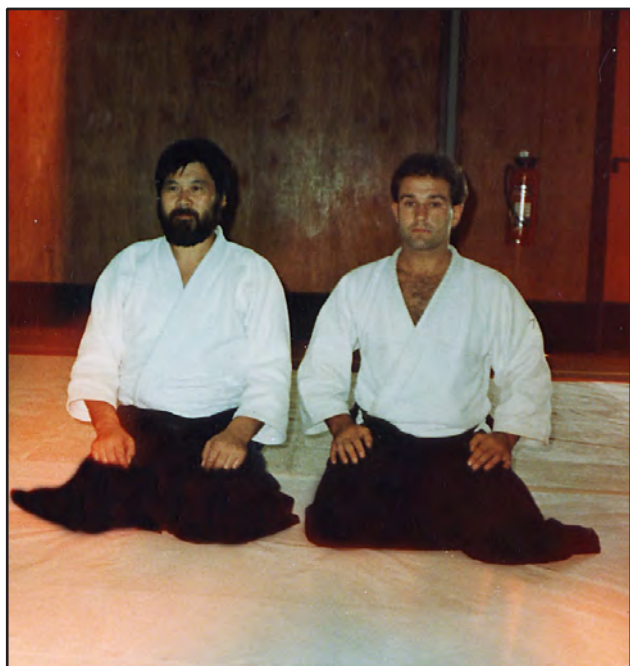




Of course these last two shots were taken much later when Sensei made another visit to the Gold Coast for one of the Winter schools held there.



By the beach in 2001.



With son Jikou at Winter school on the Gold Coast.

# Summer School 2005, Melbourne

## A report by Felicity Peters.

The Melbourne team did a great job in setting up the large 260 mat dojo, which was an ideal training venue for the 150+ students for the week. The accommodation at St Mary's college was memorable for its tranquil leafy courtyard garden, where many students relaxed after training. The evenings usually involved a pilgrimage to Lygon St, in search of the perfect Italian restaurant and gelato bar. Though I don't believe agreement was ever reached on the preferred Italian restaurant, a number of students did become regular customers at one particular gelato bar. One notable incident involved a senior Yudansha being bailed up by a couple of plain clothes police, who thought he fitted the description of a wanted criminal suspect. Luckily the accomplished aikido practitioner showed restraint and refrained from responding with a potentially lethal aikido technique when they grabbed him. Fortunately he had ID on him at the time, which was adequate evidence that he was Graham Morris Sensei and not the wanted person, and the police subsequently went on their way.

Sugano Sensei took all the morning classes, and had us working on a range of techniques including Irimi nage, Kokyu nage, Ushiro Ryotetori, Morotedori and Hiji tori techniques. Each morning included a weapons session, with bokken, jo and tanto techniques all practiced during the week. Sensei spoke of four important aspects aikido practice: Chiiku (the intellectual), Taiku (the physical and technical), Tokuiku (the moral) and Jooshiki (common sense). His mention of the last one in particular got some students thinking.

Sensei spoke of the difference between the use of "ate" and atemi during the practice of some techniques. The key difference being that ate involved striking with a concentrated point with the fist, whilst the whole arm or the whole body could be used for ate. Sensei also impressed us with the ease with which he performed atemi knuckle push ups, and encouraged us all to do these on a regular practice to improve our tsuki atemi. I wonder how many students have been doing so since the school.

During one session, Sensei singled out his senior students, asking them to progressively step forward in accordance with which decade they commenced aikido. We noted in particular the line up of his first students who started with him back in 1965 when he first came to Australia, including Tony Smibert Sensei, Richard Barnes Sensei and David Brown Sensei. His other pre 1970 students who were present for the line up included Hanan Janiv Sensei, Robert Botterill Sensei and Roger Savage Sensei. (*My sincere apologies to any aikidoka that I have inadvertently not mentioned that should have been mentioned above*).

Memorable afternoon training sessions included Graham Morris Sensei's session with its emphasis on ukemi. We were all reminded of his country of birth during his Union Jack ukemi practice routine.

During Hanan Sensei's session we gained increased understanding of the weight of some of our training partners whilst practicing Koshinage and those triple scoop gelatos from Lygon St during the week may have been partly responsible for some of the surprises

Andrew Dziedzic Sensei had us taking extra care of our training partner's necks whilst practicing unusual kokyunage (kubi nage?). Bob Botterill Sensei had us all on knees working on our hanmi handachi techniques.

At the gradings on Friday afternoon eight students presented for Shodan, one student for Nidan and four students for Sandan. All students passed and Friday night celebrations were held at St Mary's college. One of the Melbourne students, Matthew Wade, who has an interest in the synergies between aikido and salsa, organised a lively salsa performance with his regular dance team. Though they set a very high dance standard, we were luckily saved by his basic salsa dance class which followed. 40+ aikidoka and their family/friends took advantage of the group lesson, and did their best to move in a salsa like way with the music whilst remaining aware of the location of each others toes. Sugano Sensei was spotted enjoying a personal salsa lesson amongst the evening action. Alternate evening entertainment in the courtyard included watching some students, who may have had a few drinks, trying to learn how to juggle from David Scott Sensei.

Many thanks to the Melbourne team for hosting a fabulous 2005 Summer School. I'm already looking forward to the next Melbourne Summer School!



### Dave Robinson said:

**My first Summer School** was an extremely enjoyable experience because of the friendly atmosphere created by the many people who hold a similar interest as I do in Aikido. To know the diversity of backgrounds from which people came and then to see such unity of spirit when we trained was a truly uplifting experience.

By the end of the week I was dreaming of techniques and analysing them in my sleep. I enjoyed every minute on and off the mat and I am now planning for my next national school where I hope to see (old) friends made, and to make some new ones.

*Below: Dave as Uke during training on the Gold Coast.*







Here are a few shots courtesy of Russel Cosby which show some of the excitement of the Summer school.

Those who were there will remember the friendships and the camaraderie and the fabulous training; those who were not there will probably regret it and wish that they were. There is always next year — and Doshu will be there!



The following people attended Summer School.  
Those with a P beside their name only attended a part of the school.

Aitken, Matt. P Albert, Wendy. P Alfors, Nina. P Ashard, David. Baker, David. P Bales, Graeme. Barnes, Richard. Barrell, Ross. P Begley, Hamish. Belers, Henric. Bell, David. Birman, Felicia. Birnbauer, Bill. P Boon, Russell. Botterill Robert. Boyde, Julie. P Brandariz, Osvaldo. P Brooks, John. Brown, David. Brown, Julian. P Browne, Dale. Butcher, Don. P Camilleri Alfred. P Chambers, Andrew. P Chang Ok-Hean. P Cherryh, James. Chong, Chee Kuan. Clarke Russell. P Clarke, Sharon. Clarke, Tom. P Clayton, Phillip. Cleaver, Adrienne. Cochrane, Matt. P Connor, Patrick. P Cook, Peter. Cosby, Russell. Costa, Joe. Christiano, Michael. Curtis Patrick. Davenport, David. Davidson, Marion. Davidson, Michael. Davie, Robert. P Davis, Murray. De Yound, Michael. Derham, Tristan. P Dinan, Margaret. P Ding, Choon Hong. Doepel, John. P Duckett, Marcus. P Dugan, Geoff. Dziedzic, Andrew. Eccles, Bruce. Egge, Scott. P Encell, Marcus. Etter, Vivienne. P Faller-Sipton, Csilla. P Fisher, Peter. Fleming, Lachlan. Ford, Barry. Freeman, Geoff. P Fripp, Guy. Garrett Maberly, Travis. Giovinazzo, Joe. Godfrey, Linda. P Gon-salves, Merrill. P Guglielmi, Mathew. Gulbis, Jacqueline. Hajzler, Darko. Hall, David. P Harbard, Dennis. Head, Richard. P Heysman, Mark. Hirata, Machiko. P Hutchinson, Chris. Ivory, Kevin. Austin, James. James, Geoff. P James, Peta. Jamieson, John. Janiv, Hanan. Johns, Brian. Karas, Nathan. Katic, Rade. P Kelleher, Patricia. P

Kelleher, Sean. Kemper, Dirk. Kinnane, Mark. P Koczy, Stephen. P Lane, Dominic. P Last, Andrew. Lee, Dinah. Leong, Richard. P Lewis, Hugo. Lim, Jenny. Logan, Mercedes. Lombard, Wayne. P Love, Darren. P Ly, Trung. P Lytle, Gavin. Macgregor, Bruce. P Maling, Jason. Margetts, Anna. Matcott, Mark. P McCard, Sean. McCarthy, Kathy. McDonald, Bernadette. McIntosh, Crawford. P Metwally, Magdy. Metzeling, Leon. P Miller, Rebecca. P Moffat, Stewart. Moline, Mathew. Morgenroth, Peter. Morris, Graham. Nagele, Michael. Naughton, Anthony G. Nelson, Daniel. O'Regan, Patrick. Oldman, Ray. P Ong, Rae Ming. Osbourne, Paul. Pascoe, Andrew. Pascoe, Brendon. Pavichievac, Paul. Pearce, Simon. Pearson, David. P Pellizer, Daryl. Penna, Sam. Peters, Felicity. Petery, Marie. P Petery, Mike. Pfau, Zigmund. P Quinn, John. P Ramadanovic, Seik. P Rich, Steve. Richards, Sarah. Robinson, David. Rogerson, Austin. P Rosalie Julian. Rosos, Lynford. Ross, Andrew. Rowe, Norman. Savage, Brett. Savage, Geoff. P Savage, Roger. P Saville, Colin. Sayers, Jacques. Scheerer, Damon. Scott, David. Searle, Stephen. P Seymour, Scott. P Sheills, Wayne. P Sicurella, Jose. Smibert, Tony. P Sparrow, Rob. Stankovic, Kate. Stefopolous, Bill. Stevenson, Duncan. Stewart, Sharon. Strong, Catherine. Susa, Miroslav. Symons, Chris. P Taffee, Joshua. Tainsh, Bill. Tan, Terence. P Taylor, Len. Torre, Orazio. P Travers, Anne. P Travers, Gordon. P Treyde Ruth. P Uhe Wayne. Ujvari, Peter. P Ursnik, Martine. Van Papenrecht, Lis. Wade, Jo. P Wade, Matthew. Watson, John. Webster, Beverley. P Wendelborn, Anke. Weston, Upasak. Whyatt, David. Young Wyman.

# BEGINNINGS

By Ray Simmons

For those who can remember, the sixties were a buzz for many of us; a time of revolution, technological change, unforgettable and forgettable fashion, music, civil rights. Women's Lib, Vietnam, a man on the moon as well as peace, love, and mung beans baby.

In the sixties life was pretty normal for this young bloke; surfing footy, hanging out with the mates, all the usual stuff except there was this thing that hung over our heads when we celebrated our twentieth birthday. The Federal Government had re-introduced National Service.

The unfortunate thing about National Service was that it could take two years out of your life. National Service was a lottery, only you hoped your numbers *didn't* come up. If they did you were in the Army and that meant a very strong possibility of being sent to the war in Vietnam.

A few of my mates had been 'called up' and it didn't sound too good. There's not much surf in Vietnam and people there were trying to kill you, and not for just 'dropping in.'

Learning some self defence had long been in the back of my mind, so with National Service and the possibility of Vietnam looming ahead, it was time to do something.

My older brother Barry had done some wrestling at the Bondi surf club as well as a bit of Judo and he was keen on learning Kendo. I thought that's some martial arts thing, something I could have a go at and if I got into any trouble I'll look for a big stick, or the end of a rifle, and beat them into submission — no thoughts of harmony or reconciliation here.

So Barry, Frank (our brother-in-law) and I went one night in May 1965 to have a look at a martial arts demonstration at a ju-jitsu club at Mosman. That night we saw some Kendo, Judo, and some police style ju-jitsu (incorrectly described as Aikido) and that was interesting. However we also saw something else, something that was both fascinating and thought provoking.

That same night at the club there happened to be a young Japanese gentleman doing a demonstration of Aikido.

Mr Seiichi Sugano, 5<sup>th</sup> Dan, had just arrived from Japan. He intended to make Australia his home with his young Australian wife, and develop Aikido in this country.

This was his first demonstration in Australia.

We had no idea what to expect and neither did the ju-jitsu students being used as Uke in the demonstration.

Gliding onto the mat, black hakama flowing came sensei. I don't remember a lot of the detail from that night, but I do remember being overawed by the movement. I still am whenever I see Sensei during his return visits to Australia.

We could not comprehend the pure expression of this art. The Ukes were being tossed around without effort, even when several attacked at once. They were as surprised as we were.

How did he do it? The Ukes were all seasoned martial artists, black belts who knew how to take care of themselves. Some resisted, and that was a big mistake! Sensei also did demonstrations with Jo and Bokken.

We were mesmerised, hooked.

Where do we sign?

Aikido became a big part of our lives, at least for the next few years.

From then on we trained regularly with Sensei: Firstly at the Mosman ju-jitsu club, then at Vince's gym at Top Ryde. The pub across the road from Vince's gym often saw a lot of discussion on techniques learned that night along with a few beers shared with Sensei. We trained in a hall in Woolloomooloo off William Street just below 'The Cross' and at the Fort Street High School near the Harbour Bridge. The classes were usually small but growing as newcomers joined.

One new student turned up one night not wearing shoes and very smelly. He left dirty footprints behind him when he walked on the mat and was promptly told by Sensei that's not the correct thing to do and to go and have a wash. You may remember Shintaro and the Iga Ninjas, a very popular TV programme at that time. Well Shintaro visited Australia to put on a show at the Stadium which was Sydney's old entertainment centre and a couple of Sensei's students appeared in the show as flying Ninjas with star knives (shuriken) and the whole Ninja kit.

Training with Sensei was always great and being a bit younger I really enjoyed the harder training. I remember lots of wrist push-ups, lots of Yonkyo — we could never get Yonkyo to work on Sensei, we would be lucky to get our hands around his forearm, and even then he felt nothing. One evening he turned off all the lights and trained in the dark. We all wondered what the hell was going on!

Training in the mountains was always a favourite with Sensei, and I recall one such winter weekend at John Turnbull's place up near Lithgow. Stepping around cow pats whilst practicing with the Jo, John chasing after his dog when it ripped into a sheep, meditating in a cave with it poring rain outside, a freezing cold morning and thinking I had frostbite when I got my hands wet getting water from a well, blowing up the engine of my car on the way home, and Sensei towing us into Lithgow with his VW Beetle. It was an eventful, wonderful weekend.

As you would imagine there were many demonstrations with Sensei as he began to spread the word about Aikido. I recall another night at the Japanese Trade Centre. We arrived to find not mats but a thin red felt type carpet stapled to the floor. That didn't last long and we rolled it up and took ukemi on the concrete floor. Ouch! I couldn't do that now.

The impression Sensei made on me during those few short years in the sixties was immense, and was something I often thought about after I stopped training.

Being back learning Aikido again is a real buzz and even though my training is a bit slower, it is still as fascinating and thought provoking as that first night I saw Sensei





### Late news!! from Tony Smibert Sensei.

I was among the small but happy group of Australians who attended Takase Shihan's New Zealand Aikikai's 35th Anniversary Celebration in Auckland during early March 2005. The editor of this publication and I were among the happy group.

The instruction was wonderfully led by Doshu Moriteru Ueshiba, and included a number of other visiting Japanese Teachers. It was a terrific event — lots of training, a public Embukai, and a formal banquet.

I heard various estimates of the numbers attending — certainly no less than 250, and perhaps as many as 300. There was great friendship all around. From my own perspective the highlight was having the chance to once again observe the wonderfully clear way that Doshu teaches and demonstrates — a characteristic I remember from his father's classes.

I was also able to catch up with many great Kiwi friends, and, I hope, to make new ones.

All of us here in Australia extend our warmest congratulations to Takase Shihan for his efforts and achievement over 35 years. At the same time thanks go to the Takase Family and many others for their hospitality, as well as all the team (too many to name) who made this event so friendly and such a success.

We send our warmest invitation to please join us for our Australian Celebration in Melbourne next January (17th to 22nd, January, 2006) where you will be most welcome.





