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From: Aikido Yoshinkai Foundation <ayfs@carol.ocn.ne.jp>
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Dear AYF members.

This year summer teased us with a very long and chilly rainy season. But as soon as the heat showed up, we regretted that we ever had looked forward for it, because the temperature level turned out murderous. However, it now feels as if it's already stepping aside for the sake of the school activities to resume. Hello, everyone, how have you been? We hope you enjoyed the long vacation in which ever hemisphere you are.

For the last quarter we had a bunch of events to report. Here are the topics;

1. Results of the 1st High Rank Grading Committee meeting of year 2019
2. The 2nd High Rank Grading committee meeting announcement
3. International exchanges
4. AYF Worldwide on-spot reports
5. Summer events report from Honbu
6. The 64th All-Japan Yoshinkan Aikido demonstration announcement

1. High rank promotions

On the 1st High Rank Grading Committee meeting of year 2019, held on June 30th, the following individuals were promoted in their ranks.

Graham Stewart of Aikido Ryugikan, Canada to 6th Dan

Sebastian Sliwinski of School of Martial Arts Seimeikan, Poland to 6th Dan

Along with the High-rank promotions, the Committee approved their Shihan titles as well. Our sincerest congratulations to;

Graham Stewart Shihan, Canada

Sebastian Sliwinski Shihan, Poland

2. The 2nd High Rank Grading committee meeting scheduled on October 6th.

As previously announced through AYF Newsletter network, the 2nd meeting for the year will be held in early October. We ask interested parties to learn the details [here](#) and apply accordingly. The deadline is September 15th.

3. International exchanges (detailed reports on [FB](#))

Noriki dojocho's international seminars. Honbu is grateful to the hosts, their family, friends and students who took part in picnics and sightseeing tours for Noriki Dojocho.

- April 20th-21st at Hishokan (Chief Instructor. Arkadiy Krasovskiy sensei), Kiev, Ukraine
- May 23rd to 29th at Makotokan (Chief instructor: Steve Nickerson Shihan), Nova Scotia, Canada
- June 11th to 15th at Seikeikan (Chief instructor: Steven Miranda Shihan), Sacramento, USA



International guests to Honbu. Having international visitors is very stimulating for us,

thank you very much for dropping by.

- April 11th to 18th Sendokai group (Terry Harrison Chief Instructor and his students), England
- May 22nd Matsuo Masazumi Shihan's group (Evgeniy Shimanovich Shihan of Shinbukan and Olesya Antonova Chief Instructor of Kobukan, Russia, and Jakub Kubacki Chief Instructor of Renseikan, Poland with their students)
- July 3rd to 4th Ryokushinkan-Kohakukan joint group (Chief Instructors Alexey Vlasov and Denis Motylkov and their students), Russia
- Individual guests; Stephan Litzcan of Ryugikan, Canada, Aleksandr Kozlov of Daseikan, Russia, and two of our former Sewanins Chris Born, USA and Rosie Slater, UK.





4. A new feature: AYF Worldwide on-spot reports

As Budo practitioners we always strive to improve and it applies to the AYF newsletter too. We thought hard over how to improve its accessibility and attractiveness and came to the conclusion that some changes must be done.

So far AYF newsletter has been distributed only to registered dojo representatives, but from now on every new number will be archived on our web site and shared as an open resource. As for the content, we have often worried that only hearing news about Honbu would become repetitive (and even a little boring) to many of our members. AYF is a diverse organisation and we pride ourselves on having such a wide spread collective of people who are dedicated to Aikido across the globe. With this in mind,

we wanted to hear from many different voices about their experiences, hoping that this newsletter could become a means of communication and sharing between our many and various members. Therefore we have decided to invite those of you who wish to, to write about your own experiences of Aikido training and allow us to share them. This way we expect to expand the function of the AYF newsletters from an inside-community wall newspaper to an open worldwide invitation from Yoshinkan Aikido to the whole Non-Aikido population. Let's make it a place to declare how we all love Aikido.

For the time being Honbu will take the initiative to choose writers, so Dear members, please wait until your turn comes to make YOUR declaration. For the first essays we asked Steve Nickerson Shihan (Makotokan, Canada) and Steven Miranda Shihan (Seikeikan, USA), who wrote splendid articles "UNITED IN AIKIDO" and "Aikido Yoshinkan Sacramento". AYF is truly grateful that both senseis kindly agreed to write the essays during their vacation and within a mere week.

The essays are placed at the end of the newsletter. Any feedback will be highly appreciated.

5. Summer events report

"Sho-chu Geiko" is translated literally as "Training in the heat" and has been one of traditional practices among Budo and Japan's traditional stage arts as well as "Kan Geiko (Training in the cold)". These two annual special training periods are undergone in the hottest and coldest time of the year to challenge the limits of both body and soul. In Yoshinkan Honbu for Sho-chu Geiko we organize a full week of morning training, which kicked off this year on Saturday, July 20th. The brief greeting Noriki Dojocho gave at the beginning was concluded with these defining words;

"At Sho-chu Geiko you have to keep the rhythm fast, don't stop to think what was wrong or redo, keep moving."

These seasonal special training weeks are also interesting for its variety of instructors. The members, for example, get to practice under instructors who are not in charge of their course, which can be quite inspiring.

Right after the summer special training week we left the Honbu and Takadanobaba for the **Summer camp** at Ajigaura, pref. Ibaraki. The weather forecast was bad, we were warned of a typhoon approaching, but miraculously it hardly affected our plan, passing through during the night. The one night two days camp included 7 hours of training, BBQ, fireworks, the sea activities, a drinking party with Karaoke, tea ceremony and card games.

These two events right after one another are a dream come true for anybody that practices Aikido. And also a rare opportunity to train shoulder to shoulder with senshuseis. This year a senshusei course graduate and former sewanin Rosie Slater 3rd Dan (now in Singapore) visited Japan for her vacation and joined us for the camp. The participation is open for all international AYF members, so please consider it as a part of your next summer vacation plan.





Finally, the last event of the summer in Honbu is the **Summer party**.

For this year we decided to make it more homely, with home-made Yakisoba (fried noodle), a typical festival street food in Japan), tapioca, one of the most popular street drinks these days, and draft beer. As usual we set a prize for those who'd come in Kimono. We think it was quite a success and believe that everyone had their fill of drinking and partying.



6. The 64th All-Japan Yoshinkan Aikido demonstration coming

On coming October 5th the 64th All-Japan Yoshinkan Aikido demonstration will take place at the same venue as last year, Indoor ball sports field, Komazawa Olympic park General sports ground. Sadly we had very few international entries, but it's said that watching is a part of the training, so please drop by to observe. [Here's](#) the location.

This is all for this quarter, thank you for the attention and patience. Now please enjoy the promised essays with Worlwide on-spot reports.

AYF Foreign affairs

UNITED IN AIKIDO

It is said that time is relative, but, perhaps not on the East Coast. Reflecting on the past 27 years of Aikido, I cannot imagine my life without it and how fast the time has passed. Having started this pursuit while living in Borden, Ontario, it has been 22 years since I moved to Nova Scotia and introduced Aikido Yoshinkan to the East Coast with the opening of the Makotokan Dojo in Halifax and a second location in Greenwood, Nova Scotia a few years later.

This year, we decided to host a Honbu Instructor for a Kenshu and several months of planning went into this high-level event held in our Greenwood location in May 2019. Masahiko Noriki Sensei, 7th Degree Black Belt, Honbu Dojocho, taught five classes during this series of seminars held in our Valley location.



This event, “United in Aikido,” was the first in Canada to feature Noriki Sensei as a guest instructor. We were joined by more than 75 students during the seminars which included students from Dojos in Greenwood, Halifax, Trenton, Ottawa and Saint John, NB. In addition to the adult seminars, we also offered a children’s class with Noriki Sensei - the kids absolutely loved him. Noriki Sensei’s wonderful teaching style, expert instruction and precise Aikido technique captured the attention of all students and spectators alike.



The seminars mark 22 years of Aikido on the East Coast of Canada and culminated in a public demonstration performed by many of the students and instructors on Saturday, 25 May. The finale was an advanced demonstration by Noriki Sensei in front of more than 100 spectators. During his stay, Noriki Sensei was treated to true East Coast hospitality which included sightseeing throughout the Annapolis Valley, a traditional East Coast Kitchen Party and a Lobster Boil. The entire event united so many students from so many towns and provinces and inspired many others to start their journey in Aikido - "the way of harmony."

It is often said Aikido is life and I must acknowledge that this certainly does apply to me. Perfection does not exist and therefore should not be the goal. The pursuit of excellence, on the other hand, while subjective, is an attainable and rewarding goal that each student can achieve and continue to improve upon. This is our target during training at the Makotokan Dojo. We are very proud of our Aikido and accomplishments here on the East Coast. With 120 students training in two locations, we often have 40 children lined up for a single class and have moved many young students through Junior Shodan and into AYF Dan registration. Children are the future of this beautiful Art. The Makotokan also has many Yudansha with a few now approaching the 5th Dan level. Several of the more senior Yudansha have been training at the Makotokan Dojo for more than 20 years.

The true pursuit of Aikido is to share the beauty of the Martial Art and its values. As we share the art and each class with others, every student is encouraged to train with enthusiasm, friendship and compassion while helping others along the Aikido path. To this end, making Aikido a part of your life is essential – as life changes so too does Aikido adapt. In this respect, as we grow in Aikido and progress through life, it is imperative that we preserve the integrity of the Art for future generations to embrace. Aikido, therefore, unites mind and body in peaceful exploration through a devoted spiritual and physical practice – revealing the true Way of Harmony. Should you find yourself heading to the East Coast of Canada, please reach out to us and feel very welcome - we love visitors.



Steve Nickerson, Shihan
6th Dan
Dojocho Makotokan Dojo
Nova Scotia, Canada

Aikido Yoshinkan Sacramento

Seikeikan Dojo USA

This past June, the Seikeikan dojo celebrated its 20th Anniversary. In celebration of this milestone, our 19th annual seminar featured honbu dojocho, Masahiko Noriki. This was Noriki Sensei's first time teaching aikido in the United States and we were honored to host him. We were joined by our good friends from the Sanbukan, Aikan, Shinrikan and MugenJuku San Diego dojo's.

The Seikeikan dojo was founded in June 1999. In July of 2000, our first seminar was held and featured Amos L. Parker Shihan, 9th dan. This relationship would continue until his passing in 2013. The dojo was named by Terada Kiyoyuki Hanshi in 2000. Along with the beautiful scrolls created by Terada Hanshi, he provided the following two translations. The first is the longer inspirational translation which is "*The house located in steep-walled valleys with holy and pure water streams, where many Budoka*

and Wise persons with Noblesse Oblige meet each other”. The shorter translation which is more commonly used is “House or gathering place for the spirit of the mountains and rivers”.



When I first reached out to Terada Hanshi, he asked me to describe the environment the dojo was in and to provide a brief history of my aikido journey which began in 1982 under Mitsuru Yamashita Sensei (1982–1998). From the information I provided, Terada Hanshi provided the name 精溪館. The first character is also Terada Sensei’s name, Kiyoyuki. His inspiration comes from the many rivers and lakes and the majestic Sierra Nevada mountain region that are found in Northern California and the greater Sacramento region. When I met Terada Hanshi in Vancouver in 2002, I inquired about the “Wise Persons with Noblesse Oblige” part of the translation and he said this was mainly due to his top student, Amos Parker Shihan, being our technical director and my teacher (2000–2013), and the many fine aikido-ka who had visited the dojo since our founding.



The Seikeikan dojo's aikido is primarily inspired by the teaching of Mitsuru Yamashita Sensei and Amos Parker Shihan. With a touch of Jacques Payet Shihan, Chida Tsutomu Shihan and now Noriki Dojcho. In addition to our annual seminars, members of the Seikeikan have travelled to Japan in celebration of Yoshinkan Aikido's 50th, 55th and 60th anniversary and Payet Shihan's 10 year anniversary. In addition to Payet Shihan and Noriki Dojocho, we have had international guest Aikido Yoshinkai instructors from Kyoto, Japan, Belper & Stafford UK and London Ontario Canada teach at Seikeikan. Guest instructors from Chula Vista, Poway and Del Mar California, Ashland, Oregon, Detroit, Michigan and Indianapolis, Indiana have all taught lessons at Seikeikan. The dojo has also hosted seminars and events featuring lessons in Iaido, Eskrima, AikiSambo, Kenpo Karate, Tai Chi Chuan and Yoga. Members have also travelled within the United States and Canada to attend seminars. For myself, I have been privileged to teach aikido throughout the United States, United Kingdom, Canada, Philippines, Japan and the Kingdom of Bahrain; and continue to provide assistance to those smaller dojo's that are unable to attend or host events.



The Seikeikan dojo is the only AYF recognized and operational Aikido Yoshinkai dojo in the Greater Sacramento region and currently offers classes for families, youth, teens and adults. The dojo has been at its current location since 2001. While Sacramento is the political seat and State Capital, it is not necessarily a tourist destination. However if you love the outdoors, nature and history, this is the place to be. Sacramento is 2 hours from San Francisco, Lake Tahoe and Reno. Yosemite, and the majestic Giant Redwoods are all within driving distance. We are surrounded by nature. The dojo has an open door policy, meaning anyone wishing to visit the dojo is welcome with open arms, regardless of affiliation. As such, visitors from around the world have visited the Seikeikan. It is our hope that you who are currently reading this article will come visit us. You are most welcome. Until then, remember to keep your centerline straight and don't forget to breath.



--- Steven Miranda, Founder & Chief Instructor



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