

kskaikido@outlook.com

From: Aikido Yoshinkai Foundation <ayfs@carol.ocn.ne.jp>
Sent: 29 September 2021 09:02
To: kskaikido@outlook.com
Subject: AYF Newsletter, 2021 September





Shioda Gozo Kancho's dogi

Dear AYF members,

Many of us had our hopes up that the summer heat will somehow slow down the spread of Covid-19 only because the typical epidemic time of year is winter, and were cruelly disappointed to face the so-called 5th wave of infections and the Emergency state declaration. It was even harder to choke down the fact that such huge events as the Olympic and Paralympic Games were to take place in spite of the situation. The sense of disorientation was something as horrible and destructive as the disease itself. However, with the newly infected cases slowly decreasing, and the Prime Minister stepping down, we regain the thick-skinned attitude toward life and start hoping again that things will get better SOON. In the end, moving on is the only thing humans can do.

For the last 4 months the attendance rate was low due to the worsening Pandemic conditions and the Emergency state. However tests were conducted regularly and with consistent amount of applicants, which we found very pleasing.

In this newsletter we will talk about the following topics;

1. The 66th All-Japan Demonstration meeting cancelled
2. Online seminar with Aikido Yoshinkan München successfully completed

3. Videos with the Compulsory Techniques, April 2021-March 2022 available online
4. Quarterly tests and preparatory seminars
5. Visit to Gozo kancho's grave
6. 2022 International Senshusei course cancelled
7. AYF on-spot reports

1. The 66th All-Japan Demonstration meeting cancelled

We regret to announce the cancellation of the 66th All-Japan Yoshinkan Demonstration meeting, scheduled for October 2nd, 2021 at Indoor ball sports field of Komazawa Olympic park General sports ground, due to growing concerns over the outbreak of COVID-19 and in consideration of the health and safety of participants and staff members.

2. Online seminar with Aikido Yoshinkan München successfully completed

Starting from February 13th, Aikido Yoshinkan München and Honbu had been holding on-line sessions regularly for 5 months. The main part of them was led by Noriki Honbu Dojocho and the rest by Shimizu Shihandai and Shigihara Shidoin. In total we had 10 sessions and the geographic range of participants, besides Germany, included Russia, Canada, USA and UK. In average each session had

about 30 people engaged.



This seminar was realized originally at the request of Aikido Yoshinkan München for its members. After some time of practice, we both got used to the technical specifics and slowly started to invite AYF members in other countries via Facebook. The administrative moment was taken care of thoroughly by München, for what we are grateful to Ms. Aya Yamasaki. Without her patient effort of delivering sign-in info to every participants, the seminar couldn't have grown into the multi-regional event it became at the end.

3. Videos with the Compulsory Techniques, April 2021-March 2022 available online

We've been uploading to our YouTube channel the videos of compulsory techniques, demonstrated by Noriki Dojocho every year. Previously all the wazas were in one video and it was inconvenient to look up the ones a student need, depending on his/her grade. This year we made a small change, releasing one video with one technique. [Here](https://www.youtube.com/playlist?list=PLG8bgN1G2K14eKv-dch5E558KGKBFv2Tz) is the playlist.



We hope this QR code will help sharing the videos.



4. Quarterly tests and preparatory seminars

Following the year schedule, we had two quarterly tests, in June and September. To facilitate Honbu members' better skill mastery, we held preparatory seminars for two categories: '4th to 1st kyu' on August 22nd and September 4th and 'Shodan and above' on August 21st and 28th.



snapshots from Yudan (Black belts) seminar

5. Visit to Gozo kancho's grave

As many of you may know, Shioda Gozo Kancho passed away on July 17th 27 years ago. We paid a visit to his grave, did the cleaning and asked for his further guidance and blessing. We hope he'll put in a good word for us up there so that the pandemic will end soon and we'll be able to enjoy Aikido freely again, without masks and time or capacity restrictions.





6. 2022 International Senshusei course cancelled

It is deeply regrettable that 2022 International Senshusei Course has been cancelled due to the strict border enforcement related to COVID-19.

7. AYF on-spot reports

We hear from all over the World that dojo training has resumed, although with all the precautionary measures. The way people enjoy what little that we have is truly noble.

As Budha's words suggest "吾唯足知 - I only know sufficiency", being content with what we have proves helpful in these difficult times.

For this quarter we have 3 reports from our international member-dojos;
"PRESENTATION OF AIKIDO YOSHINKAN IN MUNICH" by Martin Heß sensei,
Aikido Yoshinkan e.V., Germany, "Lifestyle - Shinkikai" by Vadim Chernykh sensei,
Shinkikai Dojo, Ukraine and "Light at the end of the tunnel" by Neville Coupland
sensei, Eiryukan, UK.

It's very encouraging to learn how every sensei and his dojo had his unique story. It makes us believe that we are not passively dealing with the Covid reality. We shall go forward proudly because the history that brought us here will always back us up.

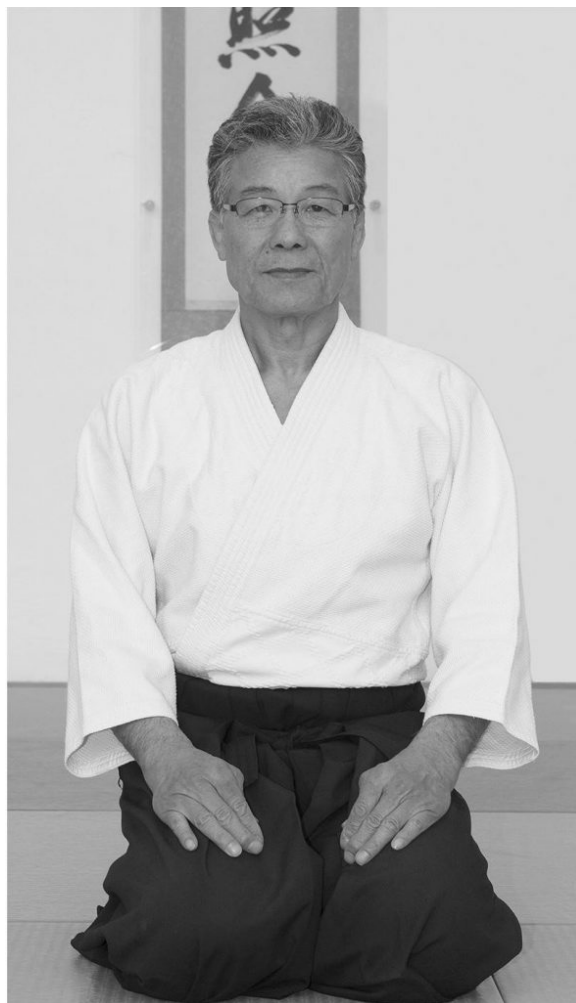
Thank you for the attention.

AYF Foreign affairs

PRESENTATION OF AIKIDO YOSHINKAN IN MUNICH (GERMANY)

On the occasion of our 30th anniversary of our club, we would like to briefly introduce the history of our Dojo in Munich.

We owe the establishment of our Dojo to our highly esteemed Sensei Hiromichi Nagano (8th Dan Yoshinkan Aikido, * 19.06.1947, † 01.12.2017), who after his time as Uchi Deshi with Gozo Shihoda Kancho was sent to Germany to work as Shibuchō to establish and build up Yoshinkan Aikido. The Dojo started in 1986 as a private school in an underground car park in Maxvorstadt (Munich), in 1991 the non-profit sport club "Aikido Yoshinkan e.V." was founded and in 1994 the Dojo was relocated to a permanently rented small sports hall close to the river Isar. Nagano Sensei attracted numerous members with his charisma, his dynamic technical performance and the equally pleasant and effective training style, some of whom still train regularly today.



As the number of members increased, we looked for an even better training room and finally moved into our today's Dojo at Lothstraße 62. It is located in a quiet courtyard with cherry trees, has high, bright windows and a mat area of 162 m². With a high of almost 400 members in best times, our Dojo is one of the largest outside of Japan.



The current training offer includes 12 training units per week for adults (including 2x in the early morning) and 12 training units for children and adolescents by our experienced and highly committed children's trainers, plus free training on Sunday. In summer and winter there are also the 10-day morning Shochugeiko and Kangeiko. In addition, the hall is used for recreational sports in the morning.



There is also weapon training, namely Jodo and Iaido. These disciplines were established many years ago parallel to Aikido and are instructed by high-ranking trainers (Robert Völkmann Renshi and Susanne Berko Renshi - both 6th Dan Jodo, 5th Dan Iaido, and Albrecht Klüver 5th Dan Jodo). Our Jodoka and Iaidoka regularly take part in national and international championships and have already achieved highest placings several times.



In addition to his work as Dojocho and head trainer in the Munich Dojo, Nagano Sensei has carried out numerous demonstrations and examination courses, thereby promoting the seriousness, the team spirit and the technical and mental progress of

his students. He supported and promoted the establishment of further Yoshinkan Dojos in the surrounding area and also the spread of our style to Italy, Croatia, Poland, Ukraine and Switzerland.

The organization of international courses with excellent masters of Yoshinkan Aikido by our club has brought about the networking "with the world" and made it radiate great fascination and incentive for everyone. Shioda Kancho (1988), Inoue Hanshi (2004, 2010, 2013), Takeno Saiko Shihan (2001, 2017), Muguruza Shihan and Yates Shihan (several times), Chida Shihan (1996, 2006), Ando Shihan (1998, 2007), Amano Shihan (2012), Thambu Shihan (2013, 2019), Noriki Shihan (2019) and their companions came to Munich.



After Nagano Sensei's death in December 2017, the board and coaching team got together and reorganized the responsibilities and processes in the Dojo. Since then we have all tried with great commitment to continue the legacy of Hiromichi Nagano in his sense - with an unchanged wide range of training courses, participation in the Munich Japan Festival and Moon Viewing Festival (Tsukimi) and hopefully soon again offering national and international courses. The work in our Dojo is based on a team of trainers who, after some 30 years of training with Nagano Sensei, have continued their education (three of them also completed the Senshusei course in Tokyo) and always orient towards the great Yoshinkan role models. I would like to mention our leading trainers Stephan Otto (6th Dan, Shihan), Karoly Berko (6th Dan, head coach), Akinori Watanabe (6th Dan) and Marie-Luise Tomasek (6th Dan).

In response to the covid-19 pandemic, the long-term closure and the subsequent measures of contact restrictions made training on the mat impossible at first and then made it very difficult. Like many other sports clubs and Dojos, some members resigned, but - more importantly - many members have remained loyal to us. After a period of online training offers we have used every relaxation of official regulations to gradually get our Aikidoka back on the mat. A particularly valuable measure during this time was a series of online training offers from the Honbu Dojo, for which we are very grateful to Noriki Shihan and his team!

Munich, September 13th, 2021
Martin Heß for Aikido Yoshinkan e.V.

Lifestyle - Shinkikai

Hello Everybody!

My name is Vadym Chernykh and I am the President of the Lviv organization Shinkikai.

I want to tell you about our organization not with just facts, but to communicate with you as with old and good friends.

Founded in the fall of 2009, Shinkikai began its work with a single dojo and a small number of students. Later, we opened 6 more dojos in different parts of Lviv, where real experts still teach.

Shinkikai translates as "organization of true energy" and we do our best to make all our work fit the name.

Our organization has been developing and promoting Japanese martial arts like Aikido Yoshinkan, Shinkendo and Bojutsu in Ukraine and abroad already 12 years. The main parts of our students are children and teenagers. We also have groups for

adults.

The Shinkikai instructors are young people who are in love with their work. By their own example, they charge the hearts of everyone who is train and practice on the tatami.



Due to the fact that in recent years, sports and martial arts are "getting younger" and children from 4 years old are start to training, our instructors had to develop special training programs, based on the Honbu Dojo test syllabus , that are separate for children aged 4 to 6 years; for children from 6 years and teenagers and adults. In 2016, we created the first and only school of future instructors in Lviv and whole Ukraine, Hobai no gakko. The school was established to prepare our students for

teaching martial arts. Thanks to additional training, teenagers first help as Senpai, and later will be able to work directly as an instructor. At the trainings in Hobai no gakko, our students not only improve their own Aikido skills, but also learn to teach martial arts, to conduct high-quality and safe training on their own. These students take an active part in all activities that take place in Shinkikai (seminars, demonstrations, camps, etc.).



In our training, we began to use the work of the weapon, because we believe that the weapon (boken, tanto, jo, bo) helps to improve physical fitness and coordination, especially in children. Especially when any mass events were banned, working with weapons easily replaced working with a partner in online training.



During the quarantine period, Sinkikai instructors developed a special program "hitorigeiko", thanks to which our students were able to continue training. Students received video assignments, worked on their own for 3 days, recorded what they learned on video and sent to instructors. After some comments from the instructor, they corrected mistakes and received new tasks. So we didn't stop training, which allowed us to move forward.

We gained a lot of experience working remotely, working with video tasks, because it was working with each student individually.



During winter and summer we hold training and make camps in the Carpathians. During the rest, children have the opportunity not to stop training, but also - to have an interesting and busy vacation. For several months, a scenario for the camp is being developed, a certain interesting topic is being chosen, and recreation is being "built" around it. Children are happy to dive into adventures, create interesting things in master classes, demonstrate their talents in various competitions and quests. And also our students and I travel a lot in the mountains, swim in rivers, climb to the tops of mountains. It has become a tradition to climb the highest mountain in Ukraine - Hoverla (2061m) every summer.



At the beginning of the school year, everyone returns to the tatami healthy after an interesting holiday.

Before the pandemic, we lived a very active life - we often attended seminars abroad and held international seminars in Lviv. During the twelve years of Shinkikai's existence, we have fruitfully collaborated with famous masters as Tsuneo Ando Sensei , Joe Thambu Sensei , Robert Mustard Sensei , Malcolm Crawford Sensei. We also regularly attend Shinkendo, Bojutsu and Aikibujutsu seminars in Europe under the guidance of Kaiso Obata Toshishiro.

In 2019, Shinkikai students participated in the Yoshinkan International Aikido Championship in Urayasu organized by Yoshinkan Aikido Ryu. During our stay in

Japan we had the honor to visit the Hombu Dojo, where we had the pleasure of talking to Masahiko Noriki Sensei.



We've often taken children to Aikido Yoshinkan championships organized by our friends from Poland - Grzegorz and Monica Krzywicki Sensei.

Twice a year we held seminars for all students of our organization, and we also invited our friends from Ukraine, Poland and the Czech Republic to similar events.

Today we conduct trainings in our dojos with observance of all quarantine measures. And we sincerely hope that quarantine and a pandemic will soon become memories; the borders for travel will open and we will be able to meet Sensei and our friends again on the tatami.



Best regards,

Vadim Chernykh, 6 Dan Aikido Yoshinkan
Lviv, Ukraine

Light at the end of the tunnel

by Neville Coupland, Eiryukan, UK

Dear Friends and Students of the Yoshinkan Community

Greetings from Lincoln, England. We have recently re started our full schedule of lessons here once again. We run a small dojo with around 100 members as well as some outreach clubs in local schools. It is really exciting to see all the students return and how they have grown a little bit in size in a good way.



I attended the Honbu Senshusei programme in 2007 and along side the wonderful techniques we learnt from a variety of world class instructors including Noriki Dojocho, the main spirit was, never give up. This lesson has proved incredibly valuable in life and especially over the last few years, where we have all faced a variety of difficulties one way or another. Many students over the years come and go, and of course hard times become the catalyst for either digging deeper or quitting.

Over the year course as a Senshusei you know that the whole year must be completed to graduate. In that microcosm of life we know we have to accept all change and hardship and keep going. I remember Inoue Kancho saying, if you have hard times now you will have good times in the future, if you have little money or resource in the future again you will have the ability to create wealth and resources. "You reap what you sew" is an English expression and through my rough translation I believe this was the message he was teaching us. When I started my first class in Lincoln just one student attended but that was enough inspiration for me to carry on and to plant that seed of a growing a dojo. Over the years many people have come and gone but I have had infinite support from Catherine Sensei and her three boys who have all been key figures helping in the dojo grow, I must say a huge thank you to them all.





As a Senshusei at the Honbu I was pleasantly surprised to sense the family feeling and note the large presence of females and children. This is something that we also embrace here in Lincoln and the majority of our number are juniors. Adults have such complicated lives with a variety of responsibilities that they find it hard to commit and continue consistently enough to make solid progress, however the children seem able and keen to dedicate to a lesson a week which seems to be enough for them to develop and grow. Initially we had to rent other peoples halls and carry mats in and out of them everyday which was hard work. The day we put mats into our permanent dojo was a relief but only due to the effort that came before it was this possible. During the Covid period we of course had to close all classes and as

people left, seeing an empty dojo was heart breaking. It was a time of transition and of course many people have changed paths. We have come out of the other side and once again the dojo is vibrant and energised with students presence. We never imagined that doing nothing would be the hardest challenge and strangely it was like another Senshusei year where we had to accept and continue, no matter what. Like a long winter the Spring eventually comes so if you are still in that please keep going and you will come through it, as we have.

Overall I often think of the expression, "Rome wasn't built in a day" and truly Aikido black belts aren't either, so if you are on that journey then we encourage you to make the sacrifice and continue on. If you are building a dojo persevere and you will be able to one day enjoy training in the place that will pay you dividends in the future.



I hope our message and photos of us back in action will inspire you to continue
whichever city or country you are in.

Never give up.

Minna San, Yoroshiku Onegaishimasu and Gambatte Kudasai.



Copyright © 2021 Aikido Yoshinkai Foundation, All rights reserved.

You are receiving this email because you are registered with AYF as an active Yoshinkan Aikido practitioner and instructor. We would like to keep you informed of important developments and news from Yoshinkan Aikido headquarters in Tokyo.

Our mailing address is:

Aikido Yoshinkai Foundation
2F Toyo Bldg, 4-17-5, Takadanobaba
Shinjuku, Tokyo 169-0075
Japan

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

