

AIKIDO YOSHINKAN

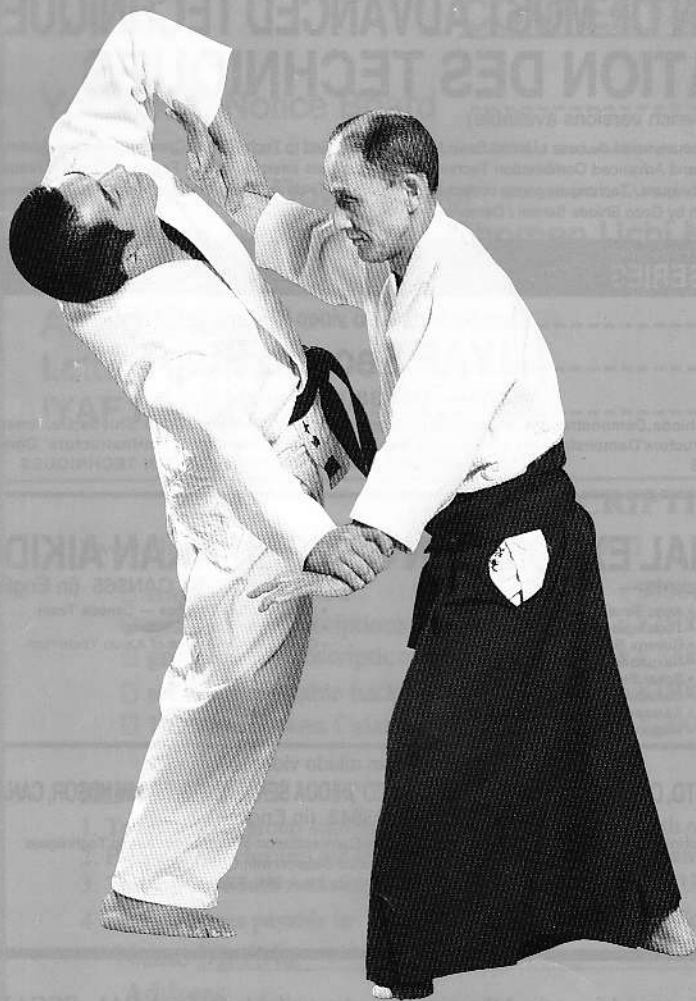
INTERNATIONAL

Vol. 6 No. 2

August 1995

IYAF INTERNATIONAL YOSHINKAI AIKIDO FEDERATION

合氣道養神飯





GOZO SHIODA: AIKI DIVINE SUBTLETY



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IYAF International Yoshinkai Aikido Federation AIKIDO TRAINING SERIES

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— June 23, 1990 Toronto, Ontario, Canada —

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• Ukemi — Canada Team
• Kimeida Sensei — Canada
• Techniques Set #1 — Canada Team
• Hilton Sensei — USA
• Weapons Set — Canada Team
• Yates Sensei — UK
• Mustard Sensei — Canada

• Ando Sensei — Japan
• Techniques Set #2 — Canada Team
• Rubens Sensei — Israel
• Nakano Sensei — Japan
• Baker Sensei — New Zealand
• Canadian Yondans
• Karasawa Sensei — Canada
• Muguruza Sensei — France

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• Women's Self-Defence — Canada Team
• Nagano Sensei — Germany
• Gozo Shioda — Soke of Aikido Yoshinkan



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• Special Practice Session of Yoshinkan Aikido Techniques with Gozo Shioda, June 22&23, 1990



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Special Thanks to Mr. Akira Yagiu
Mr. Shigeru Sakamoto

"Aikido Yoshinkan International Magazine is
committed to the presentation of true technique and
spirit to those who love Aikido."

Gozo Shioda

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NoticeBoard

Brisbane Yoshinkan Opens

Michuhari Mori celebrated the grand opening of his new dojo on July 8th 1995. The Brisbane Yoshinkan opened with a demonstration by dojo members and visitors from the Shinobukan Dojo. Over 50 guests were in attendance and the event was followed by dinner and a party.

Seiwakan Relocates

Greg West was the host of relocation celebrations at the opening of his new dojo. Club members worked hard to renovate the new building with great results. A series of classes and demonstrations were held over the Canada Day weekend.

West Sensei would like to extend an invitation to all IYAF members visiting the Burlington, Ontario, Canada area to drop in and train.

For more information please contact:

Greg West

Tel: (905) 335-6988

Fax: (905) 332-4356

Honbu News

Honbu Dojo Holiday

The Honbu Dojo will be closed for summer holidays from August 14 to August 21.

All Japan Demonstration

The 40th annual All Japan Yoshinkan Aikido Demonstration will be held on September 10. This event, held at the Nakano-ku Sports Center in Tokyo, combines both instructor demonstrations and student competitions.

Senshusei Update

In June, the Senshusei all graded successfully for their *dai ichi kihon waza* test. They have been joined by the Tokyo Riot Police and are now training hard in anticipation of the All Japan Demonstration.

Inoue Shihan to Visit San Francisco

September 23rd, 1995

The Higurikan Dojo will host Kyoichi Inoue Shihan for his first ever demonstration in the United States. A public demonstration will be given on September 23rd, and a series of clinics will be offered throughout the weekend. All aikido students are welcome to participate, although at least three months experience is required.

This event marks the 20th year Masatoshi Morita Sensei has been teaching Aikido in the United States. Morita Sensei and the students of Higurikan Dojo are honored to receive Inoue Sensei and invite all aikido practitioners to join them in welcoming him to the United States.

For more information please contact:

Higurikan Dojo

1405 Huntington Avenue, Unit B,

San Francisco, California USA 94080

Gozo Shioda Festival

Friday August 11th - Sunday August 13th, 1995

The Seidokan dojo is pleased to announce that Jacques Payet from Nice, France will instruct the first Gozo Shioda Festival. It will be a time of fellowship and training with guest instructors from the UK, Brazil and Australia as well as the USA and Canada.

For more information please contact:

Fred Haynes

Tel: (905) 873-1295

Fax: (905) 873-6133

Q&A

This section offers a dialogue between you, "the reader" and the Honbu Dojo. You can direct questions to particular instructors and IYAF staff, or respond to the comments and questions of other contributors.

Q. I am having a problem with suwariwaza ryote mochi kokyu ho 4. My first question is what is the proper way for uke to grasp in this technique? My second problem is that when I throw uke in the final movement, uke often ends up being pushed into his own feet and getting stuck. How do you move in the first movement to lock uke, but avoid this problem?

G. West
Canada

A. In suwariwaza ryote mochi kokyu ho 4 shite offers his hands at chest level (slightly higher than other kokyu ho). Uke grabs both of shite's wrists strongly from underneath, lightly pushing them into each other. This facilitates shite's first move.

The common error in this technique is pushing straight back into uke. To solve this problem you have to consider where uke's strength and weight is in each of the movements.

In the first movement shite locks uke's arm into his body, but slightly off-center. This is done by using the left hip power to push uke's elbow into his left side. This shifts uke's weight off his heels and to the left. At this point uke is very weak to that side. The final movement uses this weakness to throw uke.

Q. If you can't get to practice Aikido daily in a dojo, what can you do by yourself and what is a desirable minimum for daily practice?

B. Carney
Australia

A. This is a difficult question to answer since everyone is different. Things that are good to practice by yourself (and easy to find time for) are seiza, kamae and kihon dosa. The first is easy to do while watching TV or reading. The second two require a little more space. Remember it is not the time taken to do these movements, but the intensity and effort given while doing them.

Q. Can you give the movements to the continuous Kihon Dosa?

B. Carney
Australia

This series of movements is called Kihon Dosa Renzoku. The idea is that you perform each of the basic movements twice, starting on the right side and finishing on the left side. The count and order for Kihon Dosa Renzoku, starting from migi hanmi kamae, is:

Tae no henko ichi
one, two, one, two
Tae no henko ni
one, two, one, two
Hiriki no yosei ichi
one, two, one, two
Hiriki no yosei ni
one (this is the first shift), two
one, two
Shumatsu dosa (from third movement)
three (changing from hiriki no yosei
ni into the third motion of
shumatsu dosa)
four, five
Shumatsu dosa ichi
one, two, three, four, five
Shumatsu dosa ni
one, two, three, four
Shumatsu dosa ichi
one, two, three, four
Hiriki no yosei ni
one, two, one
Left side kamae
two (front foot back to kamae)
Hiriki no yosei ichi
one, two, one, two
Tae no henko ni
one, two, one, two
Tae no henko ichi
one, two, one, two

When counting out the movements of Kihon Dosa Renzoku one normally calls only the numbers, not the names of the kihon dosa to come. This is shown by the indentation in the above count.

Chino Sensei Down Under

In late May and early June Susumu Chino Kyoshi, a 5th dan instructor from the Honbu Dojo, conducted seminars and demonstrations along the East Coast of Australia. He was accompanied by Darren Friend Shido in a tour that stretched some 2500 km from Townsville to Melbourne. Chino Sensei has been at the Honbu Dojo for over 10 years, and is a graduate of the 1984 Senshusei Course with the Kidotai (riot police).



Q. Was this the first time that you had been to Australia?

A. No, the first time was in February of 1992 when we took almost the same route down the coast.

Q. What are some of the changes you encountered?

A. Well the main difference was that there are more dojos now than there were before. Last time in Brisbane we had to use the Ki Society's dojo. In Townsville and Melbourne dojo numbers have increased and in Sydney a dojo has opened up within the last six months.

Q. What about differences in techniques as compared to the Honbu Dojo?

A. Taking into consideration that they are so far away from Japan I do not believe there were any major differences with their techniques. Obviously there are always little points to be aware of, but even here in Japan this is the case.

Q. Can you tell us some of these points?

A. The points I noticed most were connected to how much a person knew about the background of the technique. For example how and where to grab. Do you grab palm up or palm down? You must grab correctly so you can feel the flow of power. Another point was the angles of each movement. Some turned too much others not enough. One more thing was that most peoples posture was too weak. You must try and remain stable throughout each and every movement.

Q. During one of your seminars you spoke of a relationship between a crocodile and *mail* (distancing). Can you elaborate on this some more?

A. At the seminars there were a lot of people that did not know much about Aikido. So I was constantly being asked "What form of budo is Aikido?". Some people thought that it was a mixture of Judo and Karate. Because of this I tried to explain as simply as I could what Aikido is about. One of those ways was by using animals to explain.

Q. In what way did you use them?

A. Before I can say how I used them I should explain why I used them. When people see Aikido their first impressions are somewhere along the lines of a slow dance, something that is not dynamic. Even though we have many different types of training ranging from basic movements to jiyu waza, as far as an actual fight is concerned most things would take on a much more dynamic form. This, most people did not understand. We start off with different types of training to enable the individual to gradually master their own body's movements, making them strong and increasing their co-ordination and timing.

Q. And you tried to explain by using different examples?

A. Yes that's correct. When you find yourself in a conflict situation you can not afford to drag it out by using too many techniques. You must finish it as soon as possible one strike if you can. So when we all went to a reptile sanctuary I tried to use the examples of animals and how they live. For the most part they look pretty lethargic but when something disturbs them

they come alive. This is the feeling we try to obtain in Aikido.

Q. It would be hard to show this type of situation during training?

A. Yes it is, you can not constantly train like this because it's too dangerous and you will eventually run out of people to train with. You have to gradually work to this level of training so that it can be done safely without much injury.

Q. Did you do anything else other than demonstrations and seminars?

A. Because of the schedule we did not have much time but I did get to test some people in Townsville and Melbourne.

Q. How did the gradings go?

A. They went quite well. Everybody tried hard and gave their best.

Q. What advice would you like to give to those that tested?

A. As I mentioned before there are always a lot of little points that need to be worked on. But most importantly, especially for those who are going to be instructors, is to keep a strong focus. Unlike Karate and other forms of Martial Arts, we do not have competitions where you match up against other individuals, so you can easily lose the incentive to train hard. If this is the case then tests and *embu* (demonstrations) should be your focus point and the incentive to train hard.

Another point is that you must always strive for self improvement, always try and be better than you were before. There is no benefit in staying the same level over a long period of time. Now that the tests are over you should be starting to get ready for the next one by training hard and not losing focus.

Q. Is there anything else you would like to add?

A. Yes, I would like to add that Aikido is fun and wonderful, and it's important that it gets enjoyed by all types of people not just a select group. At demonstrations we go hard and try and show the more dynamic side of Aikido but if you do this all the time you will scare people away, so you should try and achieve an equal

balance during training. You must change the way you do things as the environment around you changes. For example you cannot teach kids the same way you would teach adults. However everything in Australia is going along quite well and the spread of Yoshinkan Aikido looks assured.



Q. Any plans of heading over seas in the near future?

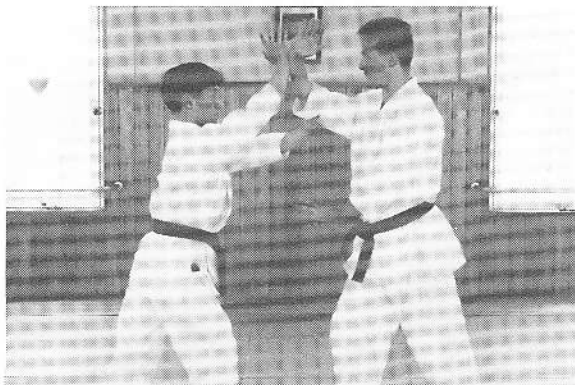
A. None at the moment but I look forward to going back to Australia again whether it be seminars or a holiday I'll try and find some excuse.

I would also like to thank all the people in Australia who were concerned with making everything run smoothly; those that supplied accommodation, and took time out to drive us from place to place. To all of those people that attended the seminars I hope I was able to give them an idea of what Aikido is about. Again thank you and perhaps we will meet in Japan one day.

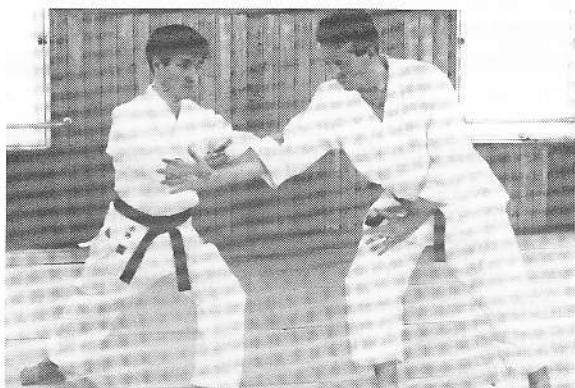
Technique Explanation

Shomen Uchi Kotegaeshi 1.

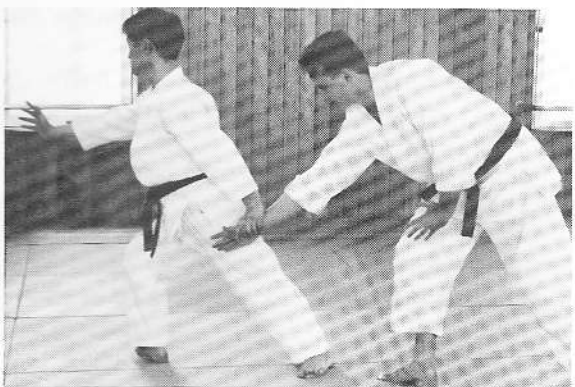
In kotegaeshi, shite throws uke by controlling his shoulder and elbow through a lock applied to the wrist. It is important to try to control uke through the shoulder, and not just to twist his wrist.



Shite and uke face each other in *migi ai hanmi kamae*. They shuffle in together, and shite strikes, with the right *tegatana*, to uke's head.



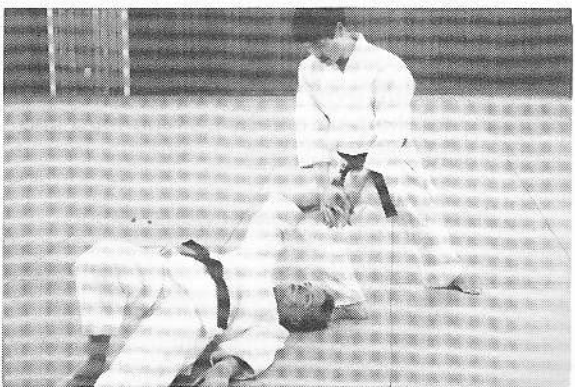
Using the force of uke's block, shite slides the right foot back in a large arc slightly over 180 degrees, pivoting on the left foot. The right hand drops down to chest level, the left hand rests on uke's elbow.



Shite shifts his weight to the right foot, turning to face the other direction (as in *hiriki no yosei 2*) and breaking uke's balance forward. As shite shifts, his left hand slides down uke's arm from the elbow to the wrist. The right hand is extended in front, in *kamae* shape. Shite takes hold of uke's hand with the thumb on the back between the third and fourth knuckle and the fingers grasping the fleshy part of the hand.



Shite shifts his weight back onto his left foot, moving forward and slightly to the left of uke. The left hand turns uke's hand over in a small circle locking uke's wrist and controlling the elbow and shoulder. The right hand applies an *atemi* to the face.

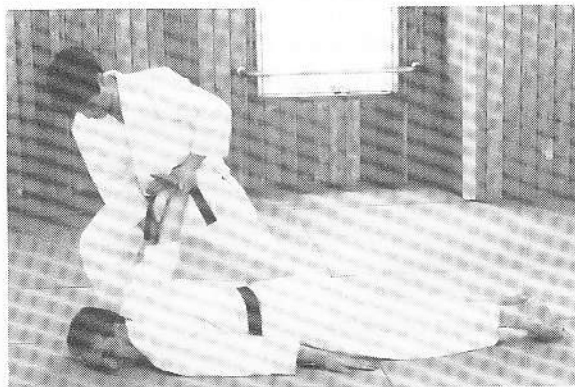


Shite places the right hand on the back of uke's hand, covering his own thumb. He steps behind uke with the right foot, as he slides his right

hand across uke's hand, applying strong pressure to the wrist. Shite must keep uke's arm in his center, and maintain the lock on uke's shoulder .



Maintaining the grasp on uke's hand, shite lightly grasps uke's elbow with his right hand, thumb pointing inward. Shite steps in a large circular motion around uke with the left foot, applying pressure to the elbow, and turning uke over.



Keeping uke's arm straight, shite turns his right hand over so that the thumb points down. Sliding that hand down the elbow, shite drops his weight on to uke applying pressure to the shoulder and wrist.

Robert Sensel Returning to Canada

Robert Mustard Sensei, senior foreign instructor of the Honbu Dojo, is returning to Canada in August.

Robert arrived in Japan on March 30, 1986 and lived in the dojo for one month before moving in to an apartment. He entered the 22nd Tokyo Metropolitan Riot Police Course that commenced in May 1986. That year, he was a member of the Canadian team that won the Best Performance prize at the All Japan Yoshinkan Aikido Demonstration.



After the course he continued to train in Kenshu classes, and in 1991 tested for and passed his *Godan* (fifth dan) test.

Soke Gozo Shioda granted Robert the title of Itaku Shido-in in 1992, and since then, Robert has been a regular teacher of the foreign classes and the Instructor Course.

Robert has played an important role in much of the information produced for Yoshinkan Aikido. Throughout the publication of Aikido Yoshinkan International, he has been a key contributor as writer, proof-reader, and technical consultant. He is also the translator for, and voice of many of Quest's Yoshinkan Aikido videos.

Robert's love for aikido is apparent every time he steps on the mats. He inspires those around him to work harder and grow stronger; both beginners and seniors alike. Having trained at the honbu under Kancho Sensei, Takeno Sensei, and Chida Sensei, he has a depth of knowledge that enables him to teach at many different levels. His understanding as an instructor and as a friend will be sorely missed.

Robert, with his wife Carol, is returning to Canada, and plans to establish a dojo in the Vancouver area. Those wishing to contact him can reach him at (604) 463-7129.

Aikido Shugyo

Sixteenth Installment, continued from Vol. 6, No 1,

AVOIDING THE CONCENTRATED FIRE OF REVOLVERS

Talking about weird things, let me talk about an extremely strange event. This is also something I actually witnessed with my own eyes.

One time an official from the munitions department of the army, together with 9 military personnel, came to visit the Ueshiba Dojo. They came to watch the wonderful art of aikido that they had heard about. These people were arms inspectors. They tested new weapons and judged whether the sights were accurate or not. Their shooting ability was Olympic level, and I noticed that they hit the target every time.

Ueshiba Sensei, who had done a demonstration before these people that day, had claimed "Bullets cannot reach me." I had, of course, previously heard that when he was in Mongolia he had avoided the bullets of horse-mounted brigands, but this was quite different.

The inspectors' pride was hurt and they were quite angry.

"You're sure that the bullets won't touch you", they asked.

"Oh no, they won't."

"Then would you like to try."

"Sure."

They took him at his word and promptly arranged the date that they were to meet at the Okubo Army Shooting Center. Before the date, they made Ueshiba Sensei write officially that he had agreed to become a living target for the army officers and got him to place his fingerprint on the document. As a further precaution and verification they took the document to the army court. Therefore, even if Sensei was shot and killed, nobody could lodge a complaint.

The appointed day arrived, and a military car came to pick Sensei up to take him to the

shooting area in Okubo. Mr. Yukawa and myself accompanied him. Naturally, Sensei's wife was very anxious and beseeched him to change his mind, but Sensei kept replying light-heartedly, "It's all right, they will never hit their target."

Mr. Yukawa and myself were also very concerned; to the point where we were wondering if it wouldn't be wise to make funeral preparations. When we reached the shooting area another surprise was waiting for us. I was expecting only one gun to be aimed at Sensei, but we discovered that six men would be firing pistols at him. The best range for pistols was 25 meters and, normally, a target in the shape of a human is placed at this distance. This time, however, Ueshiba Sensei was standing there in place of the doll. The six men then positioned themselves, aiming at Ueshiba Sensei. While staring at him I kept thinking helplessly that twenty-five meters is a considerable distance, and was wondering what on earth Sensei could do from there.

One, two, three. The six revolvers fired at the same time and a cloud of dust whirled around us. Then, suddenly, one of the six marksmen was flying through the air! What had happened? Before we could figure it out, Sensei was standing behind the six men, laughing into his beard.

We all were bewildered. I really and truly could not understand what had happened. Not just me, but everyone present was so stunned that we could not find words to express our shock. The six inspectors were not yet convinced and asked if Sensei could do it again. "All right" he answered indifferently.

Once again, the six barrels were aimed at Ueshiba Sensei and were fired. This time the inspector, at the edge of the group flew into the air. In exactly the same way as before, Ueshiba Sensei was standing behind the six inspectors before we knew what was happening. I was dumbfounded. That time I had promised myself to watch carefully in order to see exactly what Sensei was doing. But even though I had tried very hard I was completely unable to see how he had moved.

Facing Ueshiba Sensei were the barrels of the six revolvers which had been fired . This far I could remember clearly, but the next stage, where Sensei had moved the distance of 25 meters and thrown one of the six marksmen, I simply could not understand. I couldn't find any explanation for other than "God techniques."

Leaving the army officers nonplussed Ueshiba Sensei departed from the place triumphant.

FLYING GOLDEN BALLS

On our way back I asked "Sensei, how could you do such a thing?", and I received the following answer.

Before the explosion, as the trigger is pulled, a flash like a golden ball flies off. The actual bullet of the revolver comes later, therefore it is easy to avoid.

In this case, even though the six men intend to shoot at the same time, they are never exactly together. Because they shoot at slightly different times, I just have to go to the one who is going to fire first . "The golden flash has a spectacular noise," said Sensei. According to him, after the noise he would begin to run. He ran in the shape of a ninja with his back bent,

taking short slow steps. The real bullet would come after he had already leapt forward about half the distance. Sensei said that the time between the flash of gold and the bullet was quite long, but for us watching everything happened so quickly that we had no idea that he was trying to get close enough to throw the first man that had fired .

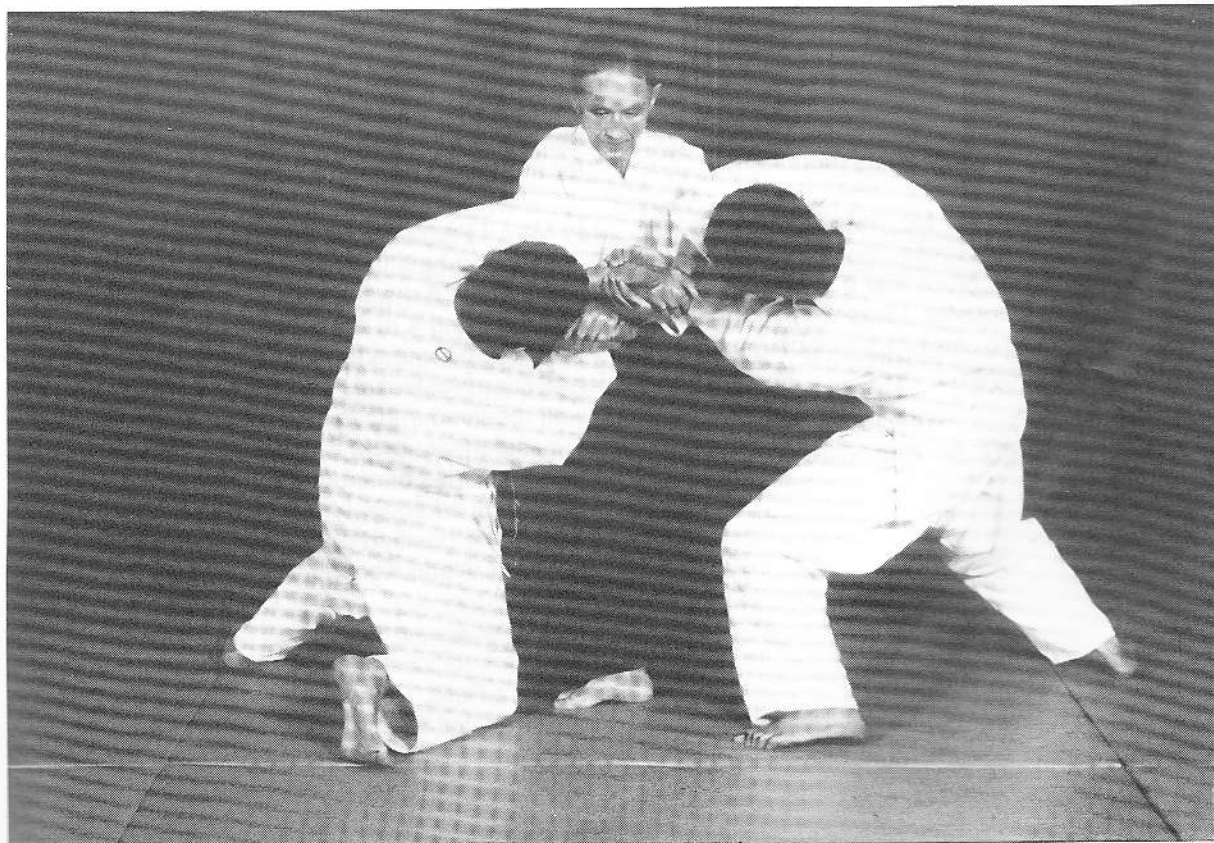
"God has said that I am necessary for this world and has decided to let me live. My period of purification is not over so I cannot die. When I am not necessary for this world anymore the gods will let me pass away." Sensei seemed to be convinced, but of course we couldn't understand what he meant.

I know that you readers will have difficulty believing in stories like this, but these kind of strange things really did happen.

CHALLENGE WITH A MASTER HUNTER

There is another story that relates to the previous one.

One of my acquaintances, Mr. Sadajiro Sato, was a hunter from Yamanashi Prefecture. He was known as a master of gun hunting. For example, hunters usually aim at and shoot



Letters to AYI

Dear Sirs,

I have read in the AYI that you are requesting information on Yoshinkai Aikido abroad. It has been a very productive year for Aikido here and I thought I'd share our successes.

The biggest success was the adoption of Yoshinkai Aikido as the basic defensive training method for the Royal Canadian Mounted Police Special Forces training at the Canadian Police college in Ottawa, Canada. In October 1994 I was a guest instructor teaching with the regular RCMP instructors for 2 days of defensive tactics. For 3 more days I was an observer and assistant in other aspects of the course. Everyone was impressed by the power and control of Yoshinkai Aikido. So much so that soon after I was offered a position to teach Aikido to RCMP officers in 6 special forces' programs in 1995.

In April, I taught seminars in Ottawa for the World Kobudo Federation. There were over 400 martial artists in attendance and it went well. One interesting point is that I had to modify the basic movements and techniques since I had a knee-to-toe cast at the time (from a non-Aikido related injury). I will be doing another set of seminars and a demonstration for the World Kobudo Federation in October.

In May, I taught at the World Kobudo convention held in Basil, Switzerland. I taught 6 seminars in 5 days assisted by my wife Patricia (sandan) and 4 of my other senior students. Of the 1200 people attending the convention, few had seen Yoshinkai Aikido. The seminars were well received and we have been invited to next year's convention in Cleveland, USA and to teach a series of seminars in Europe next Spring. In addition, I have been asked to accept the position of director of Aikido on the board of World Kobudo.

June was also a busy month as we held seminars for casino security companies in Niagara Falls, Canada and Windsor, Canada. I also traveled to Oregon, USA for some classes with John Fox Sensei and I gave a seminar at an Aikikai dojo. Then we went to Huntington

pheasants when they are descending to the ground. At this moment it is said that their flying speed is around 200 kilometers per hour. If the pheasant it shot in the head it will drop straight to the ground, but if the bullet hits the body it will fall a long way away. Accordingly, hunters would try to aim for the head, which is not an easy target to hit. The point is that Mr. Sato would hit the head every time he shot - he was the master of masters.

One day I told Mr. Sato the story of Ueshiba Sensei avoiding the six revolvers. "Even if he did that I am sure he won't be able to avoid mine," said Mr. Sato confidently. "A human head is much bigger than that of the birds that I am used to shooting. I cannot imagine missing that." Having said that, Mr. Sato came down out of the mountains to challenge Ueshiba Sensei. I accompanied him to the Ueshiba dojo and told Sensei that Mr. Sato wished to challenge him. Sensei accepted the proposal.

I watched carefully, and a bit anxiously, as Sensei sat down in seiza at the far end of the dojo while Mr. Sato took distance and aimed. And then just as he was on the verge of pulling the trigger, Sensei dropped his head in recognition and said, "Wait! Your bullet will hit me! Your thoughts are undistorted, and clearly you want to hit me. From the beginning you've known that you are going to hit your target. I cannot avoid the gun of such a man, you are a true master!"

Mr. Sato returned happily to his mountains.

I was deeply impressed. Mr. Sato was a gun master, and Ueshiba Sensei recognised that and withdrew. It was proof that a master can recognize another master. I was very fortunate to have been able to see two precious masters challenging each other.

Beach, California to see Geordan Reynolds Sensei. We trained there for four days.

Most recently we held a Gozo Shioda Memorial Seminar. This was held on Wednesday, July 19, 1995 at the Seishinkan dojo in Rochester Hills, Michigan, USA. About 30 students from Michigan and Southern Ontario (Canada) attended and we practiced basic movements and techniques, honouring our founder both on the mats and during a social gathering afterwards.

These have been some of the main events the Chudokan has held over the last year. It has been very productive and we are looking forward to another productive year.

Yours Sincerely,

Kevin Blok
Chudokan Dojo
Canada

Dear sir:

I am prompted to write to the International Yoshinkan Aikido Federation news magazine

by some experiences I have had in the last two years. Currently, I am an instructor at the Seidokan dojo and preparing for my sandan test this summer. I have been privileged to accompany Alister Thomson Sensei to Jacksonville, Florida and Minneapolis/St. Paul, Minnesota, both in the USA. We were invited to visit and share our aikido. At both places, I was delighted to meet the wonderful people that train in Yoshinkan. Similarly, I have helped to host people from other centers such as New York, Michigan and as far away as Brazil. I am continually impressed by the enthusiasm and enjoyment these people show in the practice of our martial art. It seems to me that when we get together for these events, there are no national or cultural barriers; that we are all just part of one big, extended dojo. My feelings are that no matter what country I visit, I will find the same thing among aikidoka.

I discovered this sense of camaraderie also prevailed during the First International Instructor's Gasshuku held in May of this year. Obvious to everyone involved, this event was about much more than just the exceptionally high level of instruction available to us. Learning not just from the sensei, but also from each other, we all made contacts that should continue to be useful to us for the rest of our

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Applications for the Sixth International Instructors Course close November 30, 1995

For further information contact:

IYAF
International Instructors Course
2-28-8 Kamiochiai, Shinjuku-ku
Tokyo 161
Japan

Phone: 81-3-3368-5556
Fax: 81-3-3368-5578



lives. We also got to see behind the scenes at the Honbu and how the IYAF works and to meet the people responsible for keeping it, and this magazine running.

The gasshuku was amazingly well run: the three sessions by our top instructors complemented each other in spite of (or maybe because of) the diversity of their individual styles. For many of us having an opportunity to train in Japan added a special intensity to the experience. I'm sure this will ensure that our memories of the time will stay vivid for the rest of our lives. This is important since it will be many years before some of us can probably incorporate much of what we were taught into our own aikido. The (mostly physical) hardships many of us had to endure were a new experience, and one that my knees won't soon forget. I appreciate much more what those who undergo the senshusei course must overcome.

I'd also like to again thank the organizers for what must have been a tremendous amount of work. We all appreciate what was done for us: things like arranging accommodations or buffering the culture shock from what is a very different world than the one most of us know. I hope my situation allows me to take advantage of future events such as this one. This summer's festival being held by the Seidokan in honour of Soke Gozo Shioda is one I'm really looking forward to. Besides our special guest Jacques Payet Sensei from France, we'll be host to guests from Australia, Brazil, England and the States.

This spirit that we share needs to be spread just as Soke Shioda hoped. Perhaps the best way to inspire this is to make sure aikido is available to everyone. I know I will be encouraging the growth of Yoshinkai as I continue my own Journey.

Sincerely,

Tim Webb
Canada

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Ton Perryman	shodan
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Canada

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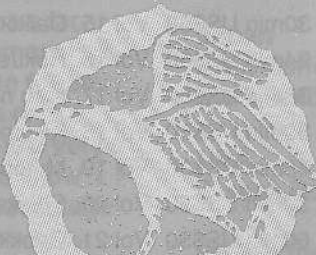
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