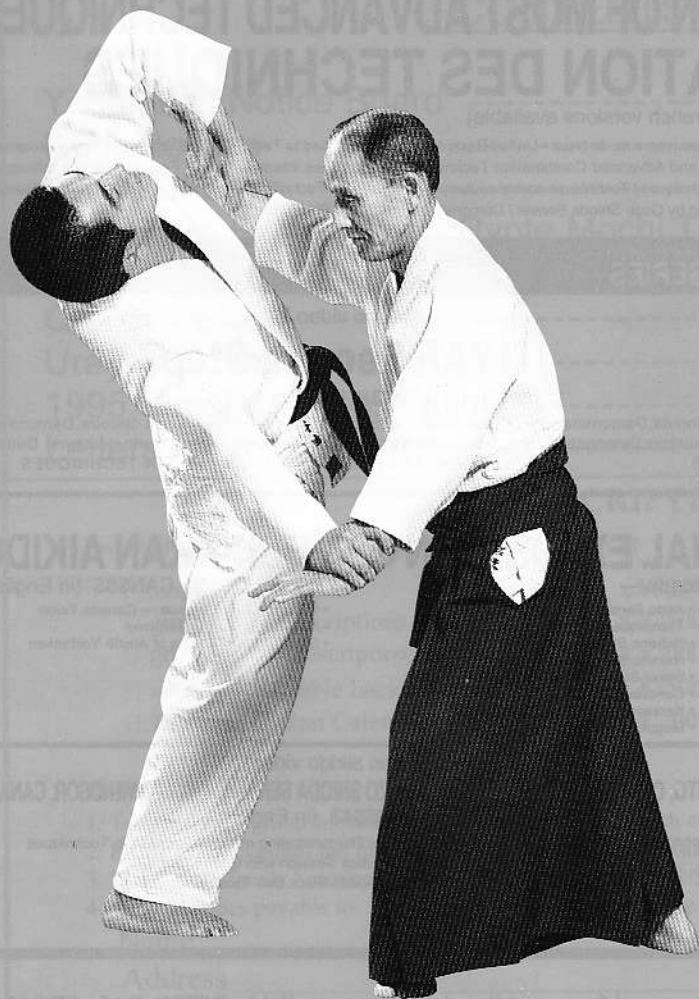


AIKIDO YOSHINKAN INTERNATIONAL

Vol. 6 No. 4
December 1995

IYAF INTERNATIONAL YOSHINKAI AIKIDO FEDERATION



合
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神
飯



GOZO SHIODA: AIKI DIVINE SUBTLETY



yoshinkan aikido video **1**

THE WAY OF AIKIDO TECHNIQUES LE VRAI ET PURE AIKIDO

60min US\$65 ff400 (English & French versions available)

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yoshinkan aikido video **2**

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30min US\$50 ff330 (English & French versions available)

• United Basic Movements / Combinaison de mouvements de base • United Basic Movements Applied to Techniques / Combinaison de mouvements de base appliqués à des techniques • Basic and Advanced Combination Techniques / Techniques intermédiaires • Fast and Slow Techniques / Techniques à vitesse lente et rapide • Knife Techniques / Techniques contre couteaux • Self-Defence Techniques / Techniques d'autodéfense • Freestyle Techniques / Techniques libres • Demonstration by Gozo Shioda Sensei / Démonstration de Gozo Shioda Sensei



IYAF International Yoshinkai Aikido Federation AIKIDO TRAINING SERIES

yoshinkan aikido video **11**

IYAF First Step

34min US\$38(in English)

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yoshinkan aikido video **12**

IYAF Second Step

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yoshinkan aikido video **8**

FIRST INTERNATIONAL EXPOSITION OF YOSHINKAN AIKIDO

— June 23, 1990 Toronto, Ontario, Canada —

• Basic Set — Canada Team
• 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

89min US\$60 CAN\$65 (in English)

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



yoshinkan aikido video **9**

SOKE GOZO SHIODA SENSEI'S VISIT TO TORONTO, CANADA

28min US\$38 (in English)

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



yoshinkan aikido video **10**

SOKE GOZO SHIODA SENSEI'S VISIT TO WINDSOR, CANADA

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Aikido Yoshinkan International

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Shigeru Sakamoto

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"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

Amos Parker Shihan returns to America

After thirty years of studying and teaching Yoshinkan Aikido in Japan, Amos Lee Parker is returning home to Houston, Texas. Amos began studying in 1962 whilst serving in the US navy. Initially taught by Noguchi Sensei and then by Terada Shihan at Yokosuka naval base, Japan, Amos took over the role of instructor at the base and has taught there continuously since his retirement in 1976.

If Parker Shihan sets up a dojo in Texas we are sure to publish the details so please keep an eye on "Noticeboard" pages in the near future.



Hikari Dojo

San Paulo, Brazil
Mid February 1996

Eduardo Pinto Sensei is hosting Alister Thompson Sensei, Fred Haynes Sensei and Tim Webb Sensei for a five day clinic. All are welcome.

Contact

Eduardo Pinto: (011) 702 1665

IYAF Home Page Takes Off

Since the launch of the IYAF's World Wide Web homepage at the end of last October, we have received an overwhelming response. If you use internet and need information from Honbu Dojo, or would just like to visit, we look forward to meeting you at :

url=<http://iac.co.jp/~iyaf>

Honbu Dojo News

Senshusei Grading

The Fifth International Instructors Course students graded for Shodan on December 6. The senshusei gave a spirited effort, in front of Chida Shihan, and Chino Kyoshi, and all were awarded Shodan.

Instructor Grading

Kenji Itoh Shidoin and Michael Stuempel Itaku Shidoin successfully graded for forth and third dan respectively. Itoh Sensei has also been awarded the title Jokyo.

Quest Video News

A video highlighting September's All Japan Yoshinkan Aikido Demonstration has been released by Quest.

The video is ¥8000 for IYAF members.

Dojo Closed

Honbu is closed between December 24 and January 8. The IYAF staff will be absent between December 21 and January 8.

We would like to wish you all a very Merry Christmas and a Wonderful New Year and thank you for supporting the *Aikido Yoshinkan International* magazine.

IYAF Notices

Passports

Last issue we explained the idea of introducing Yoshinkan passports and invited you to respond. If they are introduced they will affect everyone who runs a dojo so please join Jim Jeanette Sensei, featured on page 11, and let us know what you think.

IYAF Tours

The IYAF is now accepting invitations for international tours for 1996. Dojos wishing to invite a Honbu Instructor should forward their invitation to the Honbu Dojo by January 31 1996. For application details, contact the Honbu Dojo.

A note to all instructors

Chida Sensei would like to remind all international instructors that the minimum time between grades stated in the IYAF by-laws should not be regarded as the norm. These periods are based on the best possible situation where a student trains everyday. Of course, this is not possible for most students who must fit aikido around demanding jobs and family commitments, so students should not feel a compulsion to grade when they have held a particular rank for the minimum period.

IYAF Registration Since August 1995

Dan Rankings

Australia

Jason Bleakley	1st
Lyndell Cawley	1st

Canada

Scott Beckwith	1st
Carl Blackwood	1st
Richard Collier	1st
Ward Jardine	1st
Hideki Kumagai	1st
Brian Moyer	1st
Gino Petrocchi	1st
Kairas Sethna	1st

England

James Hall	2nd
Krysia Zalewska	2nd
Deanna Feeney	1st
Suzie Hall	1st
Geoff McCann	1st

New Zealand

Stephen Young	2nd
Alex Young	1st

USA

Mike Jarvis	1st
-------------	-----

Honbu Dojo

Kenji Itoh	4th
Michael Stuempel	3rd
Will Howell	2nd
Re'em Ratson	2nd
Assaf Ariel	1st
Yaheli Bet-Or	1st
Estela Carvalho	1st
Terumasa Hotta	1st
Shinichi Murata	1st
Matt Murray	1st

Instructor Registrations

England

James Hall	level 5
Krysia Zalewska	level 5
Geoff McCann	level 6

Israel

Gadiel Shorr	level 3
--------------	---------

USA

Mike Jarvis	level 6
-------------	---------

Dojo Registrations

Aikido Yoshinkan of Israel	Gadiel Shorr
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Aikido Shugyo

Nineteenth Installment, continued from Vol. 6 No 3

UNDERSTANDING AND AIKIDO ENLIGHTENMENT IN SHANGHAI

As I have said earlier, when I was in my twenties I was concerned only with becoming strong, and I devoted all my time to ascetic training. Because there is no competition in aikido, there is no comparison and we cannot judge how strong we have become. However, I followed the teachings of Ueshiba Sensei believing I had been training diligently in the right way and endeavored to do my best.

Then the war began and I was sent to China as a civilian attached to the army. It had been my dream to travel overseas and I was very eager to go. Just prior to my departure, I went to pay my respects to Ueshiba Sensei. This is what he very kindly told me, "Shioda, do not let anybody defeat you. Put into practice what I have taught you." Nothing could have made me happier - until then Sensei had always been rude to me, and then for the first time he had recognized me.

Comforted in my heart by his words, I left for China and arrived at my post. Then an event occurred that confirmed Sensei's words.

At that time, I was posted in Shanghai and by chance one night I ran into one of my Jodo kohai (juniors). We went into town for a drink in the French quarter. Somehow in front of a bar I became involved in a quarrel with a man who was selling girls on the street. In an instant a group of his friends came to assist him against us, so we

shut ourselves in the bar and prepared for a fight.

Shanghai at that time was a place where beatings and even killings went unnoticed. Murder was a common and everyday part of life. We thought of nothing more than the beginning of the fight; we didn't think about being able to go home alive. It was my first fight for my life - to live or to die.

Tightly grasping a beer bottle and breathing quietly we waited. From outside the bar we heard some hurried steps coming towards us. As the first opponent was about to open the door I pulled it open ahead of him. He lost his balance, and fell through the doorway. I hit his head as strongly as I could with the bottle, then thrust the broken bottle into his face and twisted it. Following closely behind the first man, the second one immediately entered the room kicking and moving sideways. I avoided his kick and hit his leg with the edge of my open hand as with a sword blade. The timing of my strike was particularly excellent and he crashed to the floor with a broken leg, as I later learned. Two people were already under control.

At this moment a strange sensation overcame me. Somebody was repeating over and over "You are strong, nobody can defeat you". I felt that I had gained a kind of absolute confidence and built up a state of self-hypnosis. Two opponents remained. My junior was dealing with one and I faced the other one with the conviction that I could not lose. With this self-confidence I became very calm and aware of my opponent's intentions. He attacked straight to my face. I

moved inside his body avoiding his punch and with a variation of a shihonage technique locked his elbow and shoulder and threw him. There was the sound of crunching bone.

The one remaining man was being thrown by my judoka junior, but although he could throw him, he could not stop him from attacking again. I stepped forward and in a powerful jump I punched at his ribs. This one strike was particularly effective as I had my center well forward and in accord with the punch. From this impact alone my opponent could not get up again.

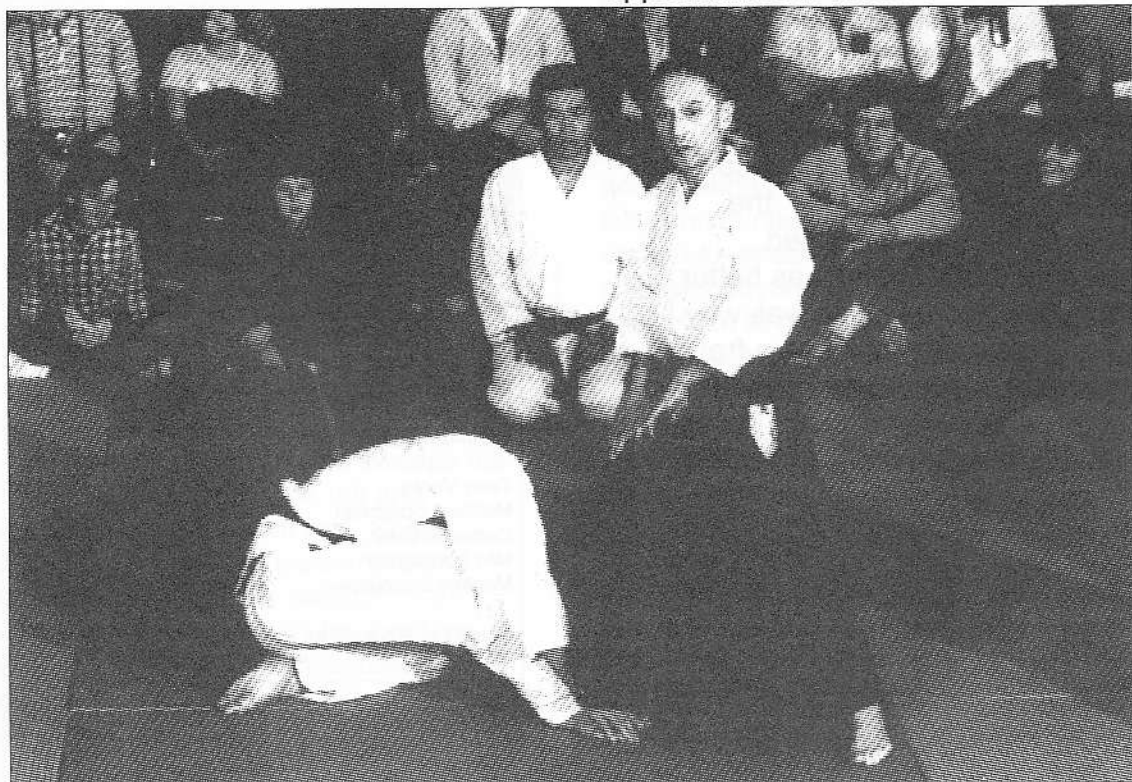
Looking down at the four men lying on the floor I could not believe what had taken place. The outcome was the result of the body, mind and technique being totally one and a manifestation of the explosion of the kokyuryoku. This is aikido. I made aikido mine. At that moment I understood that very clearly, and that was my aikido enlightenment.

MY NINTH DAN TEST

By the time I returned home after the war Ueshiba Sensei had opened the "Aikiken" at Iwama, Ibaragi Prefecture and was teaching aikido there. He did so in order to escape from the United States Military Headquarters.

I took all my family and went to live in Iwama in order to continue training and studying under Ueshiba Sensei's instruction. Gradually, one by one some of the old uchideshi (live-in students) came back to visit the dojo.

I remember one thing in particular that Sensei said to me at that time, "Shioda, you are the one with the best base." He meant that when we cease training for a lengthy period of time that even if we remember the form of the technique, most people make their own way, but my techniques and movement were still conforming to the logical structure of aikido. In addition I had had many opportunities to teach aikido on the



battle fields and in the occupied territories, and for this I am grateful. Around the time that the post war chaos was stabilizing a little in Showa 26 I tested for kyu (ninth) dan. The venue was right in front of the dojo shrine.

I first had to use a bokken against Sensei who was also using one. "Attack as you wish," he said. I did my utmost to attack, but there was no opening at all. I tried hard to move forward, but as soon as I was ready to move, the tip of Sensei's bokken was facing me and it felt as if my hands and legs were tied up with chains and I could not move at all. The strength of his spirit controlled me and I ended up sweating a lot without moving a single step. In this condition Sensei could have hit me at will had he wished to do so.

I had thought that using a bokken was a mistake, because as everyone knows in aikido we study both the bokken and empty-handed techniques, and inevitably there is a natural ability or preference for one or the other. Accordingly Ueshiba Sensei would look at a student and say if that person was naturally more talented with the weapon or the empty-handed techniques. In my case I was better without the bokken, which was why I was not feeling as confident in front of my teacher as I would have been with empty-hands.

Next was the taijutsu (technical) test. This time I was feeling free to move and attack my teacher. I faced him and looked for an opening. Doing so, unlike with the sword, I felt peaceful and comfortable. This time it's going to be all right I thought. I had found a way to take advantage; I planned to apply an irimi tsuki to the chin. Just at the very moment where I was on the verge of jumping at Sensei's face, he said "Good" and stopped me mid-way in my intention. "That was a good one", he nodded. "With the bokken you still have a lot of work to do, but with your barehands you are fine. I'll give you your ninth dan, but from now on you should study the bokken more." Saying so, Sensei wrote my certificate. That was the 23rd of September of the year Showa 26 (1951). That was the last certificate I received from Ueshiba Sensei. Soon after that I left Iwama and started to teach on my own and worked towards the establishment of the Yoshinkan, my own school of aikido.

Wanted/Missing IYAF Members

Help! Do you know these people!?

Their magazines and calendars have been returned to the Honbu Dojo by the post office with no forwarding address. If you know them or their new addresses could you please let them know that we are looking for them or pass us on the information.

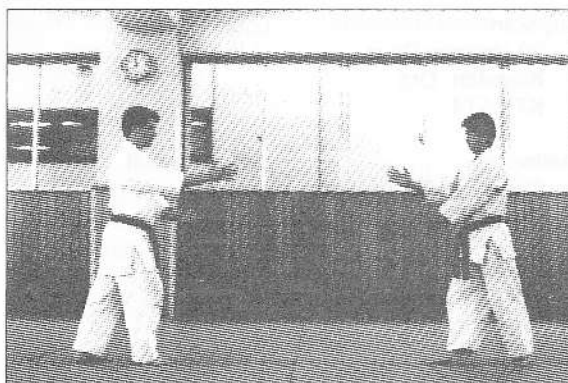
Terry Vecky	USA
Matthew Sorensen	USA
Cameron Gary	USA
Mits Yamashita	USA
Mintarja Soengkono	Canada

Thanks in advance for your help,

Technique Explanation

Ryote Mochi Tenchi Nage Ichi

In tenchi nage (heaven and earth throw), shite re-directs uke's power in a large circular movement, stretching uke both up and down to take his balance before focusing the power into one point to throw uke to the ground.



1. Shite and uke face each other in migi ai hanmi kamae.

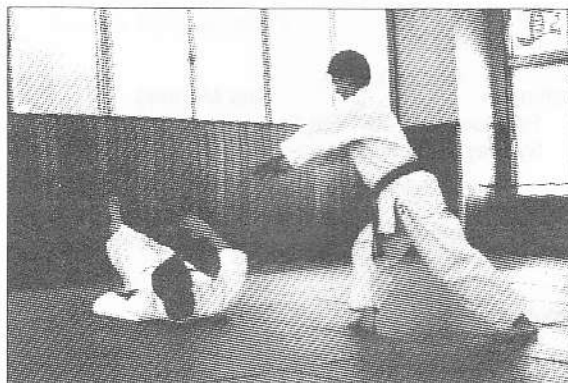


2. They move in, shite offers both hands with fingers spread. Uke grasps shite's wrists firmly and pulls.

3. Keeping the front leg strong, back straight and elbows relaxed, shite harmonizes with uke's pull and sweeps his back leg in a large arc to the left and forward beyond uke's front foot. Shite's right leg then follows the movement and becomes the rear leg. Be careful not to step diagonally forward with the front leg, it should be a large circular movement which lowers the hips and brings uke's balance onto the front leg.



The left hand follows the left leg ending up palm down above the left knee stretching uke down and to the rear without pulling. The right hand moves up towards uke's left armpit similarly to kokyu ho (1) and locks the elbow stretching uke up.



4. Shite steps diagonally behind uke with the right leg in a smooth, powerful, accelerating motion. at the same time the left hand continues the circle around and under uke while the right rotates down, over and beyond uke's left shoulder. Be careful not to push the right elbow down into uke but rather rotate the whole arm from the shoulder, keeping the elbow at the same height and directing the power through the forearm and fingers around uke's resistance.

As uke is thrown, the circular movement of the hands and the straight movement of the body are focused to one point on the mat behind uke and everything comes together in strong zanshin.

International Dojo Directory

Following is the current list of registered Yoshinkan dojos around the world.

This list should show the mailing address of each dojo. In this way, people can remain in contact with each other through their dojos around the world. If you notice that the address is incorrect or that it is not the mailing address for your dojo, please send us the correct address.

We would also like to update our records for the actual address of the dojo if it differs from the mailing address.

Thank you for your assistance.

Australia

Brisbane Yoshinkan Mori Michiharu
Cnr Fish Lane & Cordelia St.
Sth Bank, 4101
Brisbane, Qld.

Isshinkan Aga Manhao
1st Floor, 249-251 Pitt St.
Sydney 2000 N.S.W.

Renshinkan Paul Cale
595 Westernport Rd.
Lang Lang, Victoria 3984

Shinbukan Scott Roche
PO Box 1211
Ayr, Queensland

Shinobu David Dangerfield
PO Box 185
Nambour, Queensland 4560

Shudokan Joe Thambu
308 St. George's Rd.
Thornbury, Victoria 3071

Yoshinkan Aikido Ikuo Watanabe
Watanabe Dojo
Police Youth Centre
No. 2 Lapsley
St. Claremont, Perth
Western Australia

Brazil

Hikari Eduardo Pinto
Rua Armenia
613 P. Altino Osasco
Sao Paulo, Brazil 06210

Canada

Aikido Yoshinkai Canada Takeshi Kimeda
399 Yonge St.
Toronto, Ont.

Buseikan Steve Nickerson
7 Quebec Loop
Bordon, Ont.
L0N 1C0

Buyokan Louis Bournival
20 Hermes Drive
Kingston, Ont.
K7K 5T4

Bushinkan Jim Arsenault
Canadian Forces Base Trenton,
Astra, Ont.

Chudokan Kevin Blok
1089 Tecumseh Rd. East
Windsor, Ont.
N8W 1B3

Jinbukan Roger Plomish
113 Ottawa St. Nth.
Hamilton, Ont.
L8H 3Y9

Renbukan James Jeannette
3226 Walker Rd.
Windsor, Ont.
N8W 1B3

Seibukan Gary Casey
3565 Queen St.
Windsor, Ont.
N9C 1N8

Seidokan Alister Thomson
Fred Haynes
358 Delrex Blvd
Georgetown, Ont.
L7G 4H4

Seimeikan Mitsugoro Karasawa
2115 Midland Ave #7
Scarborough, Ont.
M1P 3E4

Seiwakan Greg West
3106 Autumn Hill Crescent
Burlington, Ont.
L7M 1Y6

Shinwakan Chuck Bates
Tenwakan
580 Grosvenor Ave.
London, Ont.
N5Y 3T3

Sowakan
1410 Toronto Pl.
Port Coquitlam BC
V3B 2I7

Keith Taylor

Taidokan
Unit 17, The Lincolnsfield Center
Bushey Hall Dve.
Bushey, Watford, Herts WD2 2ER

Antony Yates

France

Aikido Yoshinkai de France Jacques Muguruza
2 Avenue de Savoie
78140 Velizy

Germany

Aikido Yoshinkan eV Hiromichi Nagano
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8000 Munich 81

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Indian Yoshinkan Jibananda Ghosh
Headquarters
The Indo-Japanese Assn.
Calcutta 4/2 Rammohan Roy
Roal, Calcutta 9

Italy

Daitokan Certa Tonino
Via Solari 14
20100 Milano

Yoshinkan Firenze Beretta Arnaldo
Via Nazionale 31
50123, Firenze

Yoshinkan Roma Zinto Iwano
Via A. Grandi 13
04010 Guilianello (LT)

Malaysia

Mushinkan Francis Ramasamy
No. 30 Kim Blan Aik Rd
Penang 10400

New Zealand

NZ Yoshinkan Aikido Centre Eddie Wong
Mt. Albert Recreation Centre
New North Rd.
Mt. Albert, Auckland

United Kingdom

Meidokan David Rubens
Studio 1, Rear of 187-191 West End Lane
West Hampstead, London
NW6 2LJ

Shinwakai Paul Hotchkiss
30 Moss Rd.
Wrockwardine Wood
Telford, Shropshire

United States

Aikido Association North America Yukio Utada
Doshinkan
5836 Henry Ave.
Philadelphia, PA 19128

Aikido Association of Nothern Masatoshi Morita
California, Inc.
1405B Huntington Ave
SthSan francisco
CA 94080

Aikido Yoshinkan of Sam Combes
California, Inc. Kadokan
1510 St. Euclid Ave
Anaheim, CA 92802

Fudokan Robert Parker
Aikido Yoshinkai of Kansas
8627 Hauser Dve.
Lenexa, Kansas 66215

Renseikan Alvin McClure
2104 24th Ave South
Minneapolis 55406-1014

Sanbukan Mitsu Yamashita
3213 West 154th Place
Gardena CA 90249

Seigokan Gilbert James
PO Box 5414
Chicago, IL 60680-5414

Seishinkan Kevin Blok
John Parks
1681 Auburn Rd.
Rochester Hills, Michigan 48307

Shinbeikan Graham Lewis
27 Apollo Lane
Hicksville, Long Island
New York 11801

Shindokan Geordan Reynolds
7661 Beach Blvd
Huntington Beach, CA 92647

Shinkokan Delfin Labrador
PO Box 231-953
Anchorage, Alaska 99523

Shiseikan Herman Hurst
19261 Riopelle
Detroit, Michigan 48203

Shuseikan Terrenyce Cooper
4745 Dundee Circle
Jacksonville, Florida 32210

Shuwakan Evelyn Dysarz
Christopher Howey
Aiki Concepts
5129 E. 65th
Indianapolis IO 46220

Shuyokan David Dye
PO Box 10962
Costa Mesa, CA 92627

Shoshinkan Jesse Nichols
PO Box 2178
Ann Arbor, MI 48106

Q and A

Q&A is a forum for readers around the world, students, and instructors alike to ask questions of AYI staff or Honbu instructors.

Questions can be mailed to the IYAF, or posted to our Email address at: iyaf@iac.co.jp

Q. What is the meaning of itaku shidoin, shidoin, jokyo, kyoshi and shihan?

Roger Plomish
Canada

A. To answer this question in reverse, shihan means master or senior teacher. kyoshi, jokyo and shidoin are ranks of seniority within honbu dojo much the same as sergeant, corporal, and lance corporal within the military. In the same way as with military ranks there is no special meaning attached to each one. The "Itaku" of itaku shidoin translates as commissioned, so it is used for all of the Honbu dojo instructors who are not full time.

Q. How was dai ichi, dai ni and dai san kihon waza (basic techniques) devised?

Nick Mills
Honbu

A. All the kihon waza can be divided into three different sets of technique. The first set is called dai ichi kihonwaza, the second is dai ni kihonwaza, and the third is dai san kihonwaza.

When the Japanese Riot Police course began Kancho Sensei wanted to divide the course

into three stages, each containing the same techniques but at different levels of difficulty. At that time senshusei were given three cards with the techniques written on them. They then incorporated the same system for the kenshu class (advanced class) which was used for some years. It is now only used for senshusei training.

Q. Are there any specific techniques for police officers and are there books or videos available?

Gilbert James
USA

A. The riot police do have a text book of self-defense and arrest techniques but it is not available outside Tokyo Police Department. There is a new English translation of "Gokui" due to be published next year. It is an intermediate to advanced level text book which contains some self- defense techniques. There are currently no instructional video tapes showing self-defense, however it is a good idea and it has been passed on to Chida Sensei.

On Sunday November 19, 1995 Ando Shihan held his annual demonstration in a beautiful new sports complex next to Tokyo Disneyland overlooking Tokyo Bay. This year had special significance as Ando Shihan has left full-time staff at Honbu Dojo and is concentrating on building up his own dojo in the East end of Tokyo.

In accordance with the situation Ando Sensei gave a fast dynamic display of Yoshinkan Aikido jiyuwaza (free style) and futari dori (two attackers) and beat up his uke in spectacular style.

This annual event is quite unique in that two Shihan - one from Yoshinkan, the other from Aikikai, share the spotlight. Each year Ando Shihan and Nakajima Shihan alternate responsibilities organizing and arranging the demonstration. For many years now Ando Sensei has shared dojo space with Nakajima Sensei and they take turns in leading the annual demonstration. Their styles are completely different but the good relationship between them is obvious. If only it could be the same everywhere.

The beginning of the cold season this year was marked by the senshusei leaving Tokyo for the annual senshusei gasshuku (training camp). This years gasshuku was held in Chichibu, a small town about 100 km to the north-west of Tokyo, from November 24 - 26.

Accompanied by Paul Stephens and Michael Stuempel, the eight senshusei enjoyed a holiday from the hustle of Tokyo life. In exchange, they trained on really hard mats in a really cold dojo for a grand total of 14 hours over the three days. During this time they practiced for their imminent shodan test, as well as studying more advanced techniques including tanto, three person attacks and technique reversals. It was an interesting curriculum for all and a welcome change after three weeks of continuous test training in Tokyo.



In addition to their training the senshusei managed to spend a few hours in a karaoke bar, go hiking through the hills and mountains of Chichibu, visit some local tourist spots and discuss everything from aikido to card games over tequila and beer.

Letters to AYI

November 15, 1995

Dear IYAF Staff

I am writing about the issuing of IYAF passports. While I understand that a great deal of thought must have been put into this idea, it is not one that I support.

It is not that having the information suggested in the article would not be of use but this is all information that we already require when a new member joins. As far as having visitors attending our dojo we simply ask about their background, home dojo, medical, rank, etc. They are all greeted with open arms. To be checking out passports instead of our paperwork because we are required to have all this, including signed releases, on file. As far as being a person who is running a dojo, it adds more work that does not seem to be necessary. Trust me, we do not need any more office work.

With regard to the payment for passports, I personally do not want to be asking our students for more money. Many Canadians are

currently experiencing financial hardship or at least finding that their Canadian dollar does not go as far as it used to, especially against the Yen.

As far as waiving the honbu dojo fee, this is very generous. However, while visiting Japan is a dream of most of our students, is something that most of them may never do.

Once again, I appreciate that someone has taken a step forward to come up with a new idea, and I am not trying to merely be negative. It is something that affects all IYAF members. I ask myself this question: Will this make the IYAF stronger? As it may be a change that unnecessarily duplicates work, I think that the issuing of IYAF passports will not.

Sincerely yours,

Jim Jeannette
Aiki Centre of Canada

Thanks for your comments, Jim. If anyone else has any views to share please write us and we will publish you in the next issue of the AYI.

The IYAF Staff

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