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JUNE 1990

AIKIDO  
**YOSHINKAN**  
INTERNATIONAL



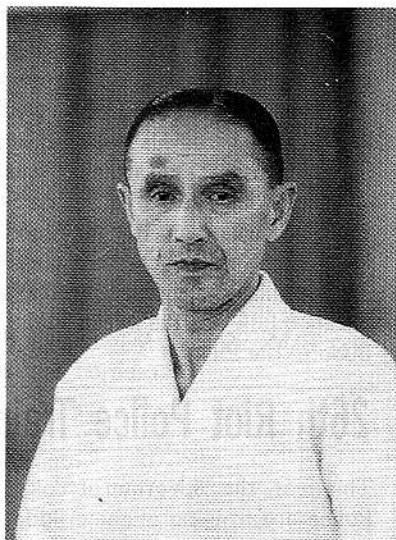
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AIKIDO YOSHINKAN HONBU DOJO

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# Introduction Letter From Kancho Gozo Shioda Sensei



會道養神館  
坂司刻三

I founded the Aikido Yoshinkan in 1955. Since that date 35 years ago, I started to spread the technique and spirit of Aikido, Aikido given to me by the founder Morihei Ueshiba.

It is a great pleasure to see that 'in recent years' a demand from overseas to learn Yoshinkan Aikido has been registered. To answer the demand we have decided to publish this magazine and in doing so bring the Honbu directly to the people all over the world. I believe the reason for the popularity of Aikido is that through Aikido techniques we avoid direct conflict and develop a sense of 'yugo' (to fuse into one, unite) and peace. This, people have begun to understand. Through physical movement we learn to create an accordant relationship between people. This is such that language or racial differences are not a concern. This is what makes Aikido so exceptional.

The purpose of this magazine is to try to present true technique and spirit to those who love Aikido, as was said, everywhere in the world. I believe that this magazine will help to teach people to enjoy the practice of Aikido and will be a bridge linking people together.



# YOSHINKAN NOW

## NEWS

### Mike Tyson Visits Honbu Dojo



February of 1990 saw Mr. Mike Tyson, Heavy weight Champion of the World, training in Tokyo for what was to be an historic fight against James 'buster' Douglas.

Just days before the fight Tyson visited a man, he had heard to be one of the greatest exponents of martial arts today, Kancho Gozo Shioda Sensei, Founder and Head Instructor of the Yoshinkan School of Aikido. Tyson was the most recent in a large number of world figures to have visited the Yoshinkan dojo over the years. Visits from world leaders and royalty, both foreign and Japanese (the most recent prior to Tyson being the Crown Prince of Japan) have occurred regularly since the establishment of the Aikido Yoshinkan.

Tyson was given a demonstration of the basic movements of Yoshinkan Aikido and shown their relation to weapon techniques. Following demonstrations showed applications of basic techniques through simulated 'real-life' attacks. Finally, a demonstration by the master himself, Gozo Shioda. The audience, comprised of every major newspaper in Japan, world newspaper agencies, television and major Tokyo English language magazines, were entertained and amazed by the incredible effortlessness with which Shioda Sensei tossed men a third his age and twice his size. At times Shioda Sensei deflected armed attackers, his own arms folded, while playfully joking with Tyson. At other times, he pinned four or five attackers at once, his laughs contrasting the groans of his locked opponents.

Credit can be fully given to Mr. Tyson as he sat, eyes

fixed on Shioda Sensei's every movement, as if attempting to interpret the secret of Shioda Sensei's almost superhuman power. Even Tyson's promoter Mr. Don King, remarked, 'Grand Master ichiban (number one)', after having previously mocked 'We want to see the real thing. Show us the real thing'. In 1962 a similar, but less vociferous situation occurred when, Robert Kennedy, while visiting the Yoshinkan Honbu Dojo, told his personal bodyguard to attack Shioda Sensei. The attacker was instantly pinned, one-handed, by a seated Shioda Sensei.

The visit was capped with Shioda Sensei and Mr. Mike Tyson raising clasped hands over their heads for photographers; a victory meeting of two men whose common link was the Art of Fighting in the West and Budo in the East.

### 26th Riot Police Training Course

This year, the 26th group of Tokyo Metropolitan Riot Police are training at the Aikido Yoshinkan Honbu Dojo. Two foreigners, Mr. Gardi Shovr and Mr. David Mozes, both from Israel, have been given the opportunity to take the Instructors Course and are presently training with the police.

(Senshusei translates as 'Special Student')

The Senshusei Course is comprised of ten Tokyo Metropolitan Riot Police and foreign members of the Instructors Course. Senshusei training is quite different from regular training. Classes are longer and more intensive. Stress is placed on speed, effectiveness and understanding of technique. An attempt is made to take students to their limits, physically and mentally. The Course continues for a gruelling nine months through Tokyo's severe winter and summer. The first Senshusei Course was in 1964, and to date, about 240 Riot Police have completed the Course. The graduates now teach Yoshinkan Aikido throughout Tokyo to all members of the Tokyo Metropolitan Womens Police Force. Over the years a small number of foreigners trained with the police and this gave rise to the Instructors Course.

The Course is broken into two parts. Initially, the students undergo a severe training period covering 'kihon dosa' or basic movements. This builds and develops a strong base for the techniques which follow. After having completed this first stage the students cover 'dai ichi kihon', or stage one techniques. This period of training, through repetition and speed training, builds up endurance, strengthens spirit, develops the students' ability to learn new techniques quickly and of course teaches the first level of basic techniques. This stage ends in the first test. The students will receive rankings of either 5th, 4th or 3rd Kyu. The next section of the Course deals with "dai ni kihon" or stage two techniques. Also during this time, weapons, free style and arrest techniques are introduced. The Course culminates in Shodan grading.

The Senshusei Course is administered and taught by the top Aikido Yoshinkan Honbu Dojo instructors with rigid testing and strict expectations of performance. As a result, the Senshusei Course is perhaps the most intensive Aikido training program available.

## Visit of Kancho Shioda Sensei to CANADA

One of the major events this year will be the visit of Kancho Gozo Shioda Sensei to Canada in June. Kancho Shioda Sensei will be accompanied by Nakano Sensei, Ando Sensei and other members of the Yoshinkan Honbu Dojo. During the visit Shioda will give clinics, demonstrations and give gradings. Main centres will be Windsor and Toronto.

Schedule as follows:

June 20 arrive in Toronto

22 7:00-8:30 P.M.

Clinic Ryerson Polytechnical Institute

23 11:00-12:30 A.M.

Clinic Ryerson Polytechnical Institute

4:00-6:00 P.M.

Demonstration Ryerson Polytechnical Institute

June 24 arrive in Windsor

4:00-6:00 P.M.

Clinic/Demo St. Clair College

25 6:30-8:00 P.M.

Practice University of Windsor

26 7:00-8:30 P.M.

Practice Chudokan Dojo

## DEMONSTRATION

A number of demonstrations are held throughout the year both in Japan and overseas. This year's major demonstrations in Japan are as follows:

**April 10th** Chiba prefecture, Urayasu City Budokan. Demonstration by Kancho Gozo Shioda Sensei. Attended by the City Mayor. Nov. 1989 saw the opening of a new dojo in Urayasu City. (The dojo now has a membership of 50 students.)

**May 9th** Chiba Prefecture Police Academy. Demonstration by Kancho Gozo Shioda Sensei. Marking the teaching of Yoshinkan Aikido in the Chiba Prefecture Police Academy.

**June 11th** Tokyo Metropolitan Womens Police Demonstration and Tournament. 26th Senshusei to give their first major demonstration.

**Sept. 15th** Annual Demonstration. Every year the Aikido Yoshinkan holds an All Japan Yoshinkan Aikido Demonstration. Groups from throughout Japan participate in this, the biggest event on the Yoshinkan calendar. Awards are given with a cup presented for the best demonstration.

This cup was won by a group comprised of Robert Mustard (Canada), Fred Haynes (Canada) and

Jacques Muguruza (France) in 1987. The judging panel is comprised of the highest ranking Yoshinkan Aikido instructors presently active in Japan.

This year's demonstration will take place in the Nakano district of Tokyo. Admission is free and all are welcome to attend. Sixty different groups will demonstrate, with over 400 participants expected.

## GRADING

Honbu Dojo grading is divided into two divisions. Third Kyu and above including all Dan gradings and fourth Kyu and below. The former takes place four times a year and the latter, monthly. Results of the March gradings are as follows: 4th Dan-1, 3rd Dan-6, 2nd Dan-6, 1st Kyu-14, 2nd Kyu-9, 3rd Kyu-9.

This recent grading saw six foreign students awarded higher rankings. We interviewed some of these people. One was Roland Thompson 2nd Dan. Roland has been active as a member at the Yoshinkan Honbu Dojo for about two years. He completed the Instructor Course in 1989.

Roland Thompson, Australia, "In 1989 I decided to take the instructors Course. Training along side the Riot Police was an experience I'll never forget. I found that even at times when the training was the most demanding, the police and foreigners as a group, supported each other completely. It didn't matter what country a person was from or language they spoke. It was more like a family than a group of trainees. I think we gave each other a lot and learnt some very important lessons about what people really are and how unimportant 'nationality' or 'race' is."

## IYAF (International Yoshinkai) Aikido Federation

January 1st, 1990, saw the launch of the International Yoshinkai Aikido Federation (IYAF). The IYAF was established, upon the personal request of Kancho Gozo Shioda Sensei to create a structure where upon any person wishing to train in Yoshinkan Aikido, in any country in the world, can do so freely and without restriction or prejudice.

The aim of the IYAF Committee is to have completed and functioning by the end of 1990, a structure that will allow all persons direct access to the Aikido Yoshinkan Honbu Dojo in Japan and further, access to the resources available there e.g. instructors, teaching materials, courses, etc. Principles of the IYAF are the introduction and development of Yoshinkan Aikido worldwide at minimum financial cost to the members and the promotion of free expansion within each country.

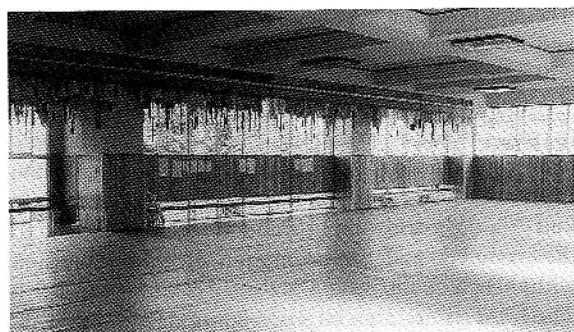
The IYAF is not a profit making organization and its general funds will be used to sponsor visits of Aikido Yoshinkan Honbu Dojo instructors to overseas schools

# AIKIDO YOSHINKAN HONBU DOJO

Aikido Yoshinkan has its roots in a small but significant group of practitioners joined under Kensai Doyu or The Economic Club. Their training area was 12 mats with classes twice a week. The dojo soon became a popular place for a number of well known personalities and through their interviews and articles the reputation of the dojo spread. The dojo received mention in several magazines and books and quickly membership increased, so quickly in fact that within a month of opening it was impossible to accommodate all those who wished to train. The decision was made to construct a new dojo specifically for the purpose of practicing Aikido. The dojo was to be located at Tsukudo Hachimanin Tokyo. It opened June 10th 1954 with an area of 100 mats.

Even though dojo membership grew rapidly Aikido was still a relatively unknown martial art. To aid in promotion many demonstrations including one in June 1956 for the U. S. A., English and German Embassies were given. The popularity of the school leapt when Robert Kennedy was given a demonstration at the dojo. The visit and demonstration was given considerable coverage by the media and as a result the Yoshinkan Dojo established itself in Tokyo.

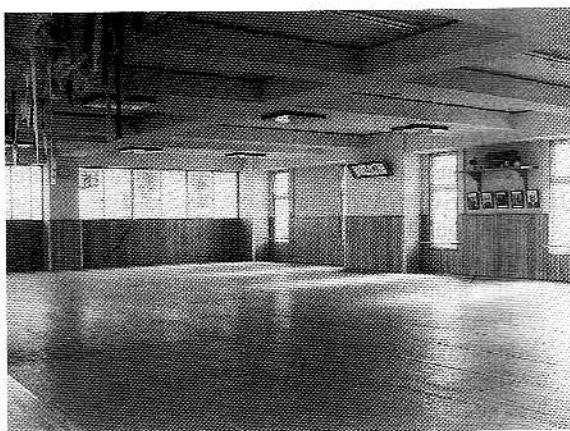
In 1957 the first 12 members of the Tokyo Metropolitan Riot Police began intensive training at the Yoshinkan Honbu Dojo. Since that time there have been over 250 Riot Police trained at the Honbu Dojo. With the increase in membership it was once more necessary to build again, this time in the Yoyogi area of Tokyo. It was completed in 1960. It was the beginning of another era for Yoshinkan Aikido. The more modern history of the dojo saw two more moves. The earlier to a large dojo in Koganei. This dojo, two floors above ground and one below, contained facilities for a large number of live-in students, instructors and of course general students. The most recent move was to the present Honbu Dojo.



A. View of Honbu Dojo main training area. Wooden slats with name of students who have received Dan grades in this dojo can be seen high on the far wall.


The Shinjuku Dojo was established in 1984 and officially opened its doors to the public on June 10 of that year. In 1989 the location of the Honbu Dojo was changed from Koganei to Shinjuku.

The Honbu Dojo is located in the Shinjuku ward of Tokyo, in the district of Ochiai. The Dojo is on the third floor of the Takayama Building. It has a mat area of approximately 257 square metres or 155 mats. The mat area is divided between the main training area of 145 mats and a smaller training room of 10 mats. The smaller room is used as a private training area for instructors, where as the larger room is used for general training.



B. Looking west towards the 'Kamidana' photos of key figures in the establishment of Aikido Yoshinkan can be seen. Morihei Ueshiba Sensei's Photograph is the centre of the five.

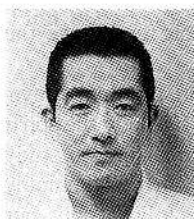
Present membership of the Dojo is about 1200 students with approximately 100 students training daily. Classes are held daily except Mondays and include early morning training, Kenshu Courses, the Senshusei and Instructors Courses, Childrens Classes, Beginners Classes. All classes are open to public viewing. The Dojo itself is of modern open design with full facilities, large changing rooms, office and administration areas plus a number of additional facilities to cater to the 'uchi deshi' (live-in trainee instructor).



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# Honbu Dojo Instructors



Name: Tsutomu Chida  
Date of birth: 1950 April 10th  
Present rank: 7th Dan  
Years of Aikido: 21  
Title: Shihan



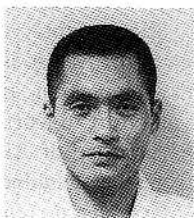
Name: Yasuhisa Shioda  
Date of birth: 1952 November 15th  
Present rank: 6th Dan  
Years of Aikido: 20  
Title: Shihan



Name: Fumio Sakurai  
Date of birth: 1954 August 20th  
Present rank: 6th Dan  
Years of Aikido: 20  
Title: Shihan



Name: Hitoshi Nakano  
Date of birth: 1957 January 1st  
Present rank: 6th Dan  
Years of Aikido: 15  
Title: Shihan



Name: Tsuneo Ando  
Date of birth: 1956 October 29th  
Present rank: 5th Dan  
Years of Aikido: 15  
Title: Kyoshi



Name: Jacques Payet  
Date of birth: 1957 August 24th  
Present rank: 4th Dan  
Years of Aikido: 10  
Title: Jokyo



Name: Susumu Chino  
Date of birth: 1964 August 14th  
Present rank: 4th Dan  
Years of Aikido: 5  
Title: Jokyo



Name: Koji Nshida  
Date of birth: 1960 April 14th  
Present rank: 3rd Dan  
Years of Aikido: 5  
Title: Shidojin



Name: Michiharu Mori  
Date of birth: 1966 May 22nd  
Present rank: 3rd Dan  
Years of Aikido: 5  
Title: Shidojin



Name: Takayuki Oyamada  
Date of birth: 1954 November 5th  
Present rank: 3rd Dan  
Years of Aikido: 6  
Title: Shidojin



Name: Mark Baker  
Date of birth: 1962  
Present rank: 3rd Dan  
Years of Aikido: 3  
Title: Shidojin

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# Kancho Gozo Shioda Sensei

## Interview

Dedication to Aikido is to rediscover one's own origins.'

Q: Could you tell me about the history of Aikido?

Shioda Sensei: Many years ago, in a place called Aizu, among many other martial arts practiced in this region, was an old style of martial art called Daitoryu Aikijutsu. The master who inherited this style happened to be Sokaku Takeda Sensei. My own teacher, Morihei Ueshiba Sensei studied under Takeda Sensei.

Q: What is the difference between Daitoryu and Aikido?

S: Aikido has used the techniques of daitoryu as a base, however, Ueshiba Sensei through his own personal search 'shugyo' (Budo training both physically and spiritually) and his own spiritual enlightenment has added a great deal of original understanding to the Daitoryu techniques. That is to say he added the concept and methods for suppression of resistant intentions. If we can follow natural movement we will be able move together with the opponent and control him. This is the way of thinking in Aikido.

Q: Aikido has been called the art of peace and love. Why is that so?

S: While practicing techniques with a partner you learn how to avoid direct confrontation and from that the process of 'showa' starts. Transposing to everyday life, this relates to a better agreement of feeling in relationships between people. However Aikido is a martial art so of course it can be used in engagement with great efficiency but this is not the aim of training. The real purpose is that we learn the way of unifying through the theory and principles of Aikido technique. It is not the art of rivalry or opposition but of the search for attuning and peace. This is what the art of Aikido is.

Q: In Yoshinkan Aikido under which form have the principles been taught?

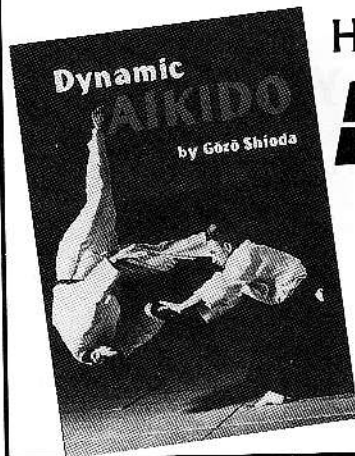
S: Firstly through correct form and physical movement. The student experiences with his body the spirit of Aikido. For this purpose it is important to study very carefully the basics. If we incorrectly employ basic movement and technique we follow only our ego. Even if we are honest and eager to do our best we will never find unity. Also in terms of martial arts we become technically weaker. If we don't discipline ourselves to train in the right movements, however hard we try to think about it, we have no chance to understand the true accord of Aikido spirit.

Q: What should we keep in mind while studying Aikido?

S: The most important thing is to come back to the base of the techniques. Then it is also important to keep asking ourselves if the training we have done until now is not the most natural reason and movement of things. I think this notion is also very important in life in general. Human beings should be 'sunao', that is receptive and open. I always teach people to regain the mind of a new born child. Doing so you learn to know about yourself. You can see the weak points you couldn't understand through usual thought, and this is the purpose of practice, training and discipline.

Q: In what form do you intend to diffuse Aikido to the world?

S: these days, the differences of ideology, the confrontation of races, conflict between nations leads to numerous problems from the destruction of the environment to economic frictions. All opposition or antagonism leads to greater conflict. A premise of Aikido is the avoidance of rivalry or any form of opposition. If the people of the world would make an effort to learn how to avoid dissension through the practice of Aikido I'm sure that mankind could realize genuine unification. Therefore, we as instructors must do our best to gain this ideal.



Harmonizing the Mind and Body through Aikido

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Gozo Shioda  
Translated by  
Geoffrey Hamilton

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# Kancho Shioda Sensei's Life Story

## First experience with Aikijutsu,

At 17 there seemed little that could frighten him. In anticipation of a clear Japanese dawn, young Shioda walked. "Aikijutsu? What is this Aikijutsu?" he thought as he walked. Along the still, dark path he moved, proud and venturesome.

It was early in the morning and early in the summer of 1932. Shioda was on his way to look at an early morning training session of a martial art a relative had recently spoken of. The relative had referred to it as 'Aikijutsu'.

Again Shioda scoffed, "What is this Aikijutsu?" 152cm tall yet assertive and confident. He was a Judo 3rd dan and an active gymnast. He was young and adventurous and in excellent physical condition. He believed Judo to be the strongest of all the martial arts and he considered himself to be the strongest in Judo. The affectiveness with which he used Judo led him to the conclusion that all martial arts were inferior. The sounds of training grew as he passed through the wooden entrance and it was here he received his first surprise. There was a small bearded man throwing, one after the other, several young students. This was of course the dojo head instructor, Morihei Ueshiba.

Shioda's next surprise came when he saw the students not facing or holding their partner as in Judo but rather it looked as if they were avoiding each other. When Shioda saw Ueshiba again perform his Aikijutsu techniques he couldn't help but laugh inside. "That's so fake." From his Judo experience he knew how difficult it was to throw a person.

As the class ended Ueshiba approached Shioda and smiling asked, "How about trying?" Ueshiba had read his inner thoughts. Without hesitation Shioda stepped onto the mat. His partner, Ueshiba, smaller even than Shioda, said, "When you are ready, attack." Shioda moved nearer, "Anyway, anywhere you want. It doesn't matter." Shioda incensed drew nearer to Ueshiba and as the distance closed, kicked! Shioda couldn't discern 'heaven from earth'. Landing and striking his head, semi-conscious and surprised a third time, realised he had been thrown. "Incredible!" his head clearing, "How can a person be thrown so easily? This is a true martial art."

With a nod, Ueshiba granted Shioda permission, in answer to his request, to start training immediately. This is how Gozo Shioda began instruction under Morihei Ueshiba and began a long, ascetic training in Aikijutsu. (Note: At this time the term Aikido was not yet in use.)



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# TECHNIQUES EXPLANATION

## KAMAE

Perhaps the single most important difference between Yoshinkan Aikido and all later forms of Aikido is the concept of kamae. Two basic stances are used in Yoshinkan Aikido. Migi hanmi (right stance) and hidari hanmi (left stance). These must be studied thoroughly as they are the base of Yoshinkan Aikido and all techniques stem from them.



- migi hanmi kamae or right stance.
- hands held aligned with the body centre line.
- uppermost hand is held at chest height with arm slightly bent. The lower hand is held in front of the abdomen around belt level.
- feet are angled.
- spacing between feet approximately one and a half foot lengths.
- feet are perpendicular to each other.
- front leg is bent and back leg is straight.
- approximately 60% of body weight is over the front leg. It is important to understand the positioning of your body weight. Keep weight forward.
- fingers spread.
- lower hand about one fist width in front of the body.
- upper arm extended.
- shoulders relaxed.
- chin pulled in.
- straight from top of the head through to the heel of the back foot.

## SEIZA HO

In Japan, a traditional way of sitting is seiza. When practicing suwari waza (kneeling techniques) seiza ho is important. In recent times, practical application of suwari waza is unlikely, however, suwari waza are still practiced as they form the most comprehensive method for training the lower body and legs. Tachi waza (standing techniques) are improved through the use of suwari waza. In seiza ho

facing your partner the understanding of distance and balance are developed. Seiza ho is another facet of training in Yoshinkan Aikido.



- from kamae.
- drop knee of the back leg in line with the ankle of the front foot. Control balance to prevent movement forward, back or from side to side.
- with hands, legs and feet closing together, lower body to sit on heels but remain on toes.
- hands placed at the top of the legs, close to the belt.
- as in kamae, concentrate fully.



- push knees forward using toes.
- upper body is relaxed with lower back straight.



- a space of about one fist width between knees.
- seiza.
- feet pulled close together.

# REI HO

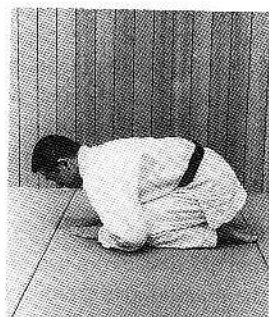
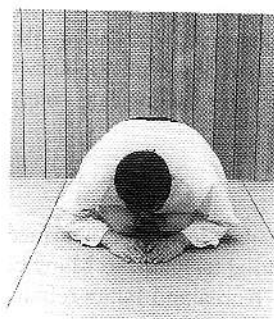
It is said that Budo begins and ends in rei (bowing). Rei ho sets the attitude of training. As with all actions and movements in Aikido, rei ho is not just form. Rei ho requires the same concentration and effort as all other techniques. Rei ho, as part of training to control others, necessitates control of the self i.e. with courtesy and respect.



- begining from seiza.



- lower hands together down the legs to in front of the knees.
- fingertips touching. Hands form a triangle.
- back straight and keep body low to heels.



- bend elbows lowering body to the ground.
- stop with back straight and parallel to the ground.
- don't bend the neck.



# Question & Answer

**Q :** In Yoshinkan Aikido the basic stance is called 'Kamae'. In kamae the arms are fully extended. Hands are held open with the fingers fully extended. Why are the fingers open and extended?

**A :** One of the basic principles of Aikido is the avoidance of backward motion. All movement should be forward and out. Extending the fingers causes all power to flow forward and therefore directs energy out from the body. If the hands are closed in a fist or the fingers are bent, power will flow in the direction of the fingers however, the power will be back towards the person performing the technique and, in most cases, in the wrong direction. Extending the fingers aids the person in learning the central point or axis of all movement with power originating solely from him or her.

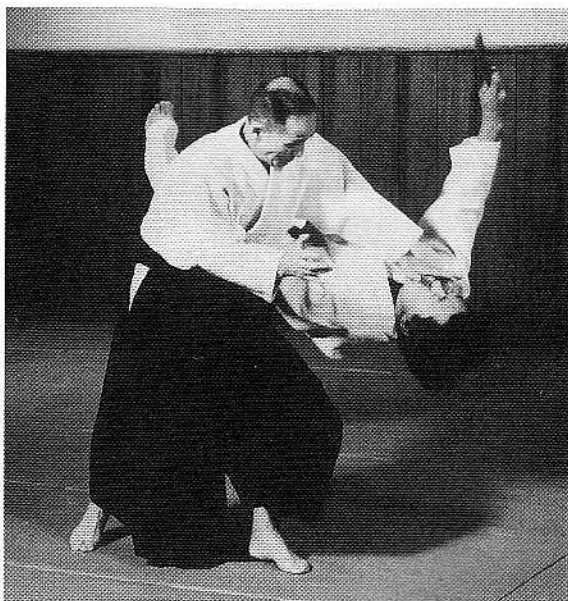
**Q :** Many of the more popular forms of unarmed martial arts make use of kicking techniques. Many of the martial arts from China, Korea and Japan rely on kicks. Why not Aikido?

**A :** The origins of Aikido are from the old forms of Jujitsu. These were generally fast and efficient methods of dealing with armed or unarmed opponents. The practical aspects of these arts were enhanced by their ability to be used in any situation, under any condition. The lifestyle of the Japanese determined a great deal of time was spent sitting on ones knees as in Shikkoho. The clothing at the time meant kicking was impractical in many circumstances. Using kicks when sitting or when one's legs are constrained proved unreliable. Kicking took a limited role and to a large degree was dropped from these martial arts. These days we spend less time kneeling or being close to the ground. However, one important rule has prevented kicking techniques from entering modern Aikido,... in Aikido the stability of the

person performing the technique is of utmost importance. Without stability, techniques cannot be executed efficiently, balance is easily broken and the principles of Aikido forfeited.

**Q :** Why are 'Hakama' worn in Aikido?

**A :** Martial arts took many years to develop. In order to survive one had to have the strongest technique. The secrecy of techniques could mean the difference between life and death. Hakama served to conceal the centre of Aikido power. The movement of the legs, feet and lower body. Today Aikido is taught freely but the hakama reminds us of the importance of leg movement and lower body control.



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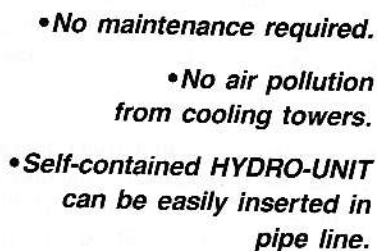
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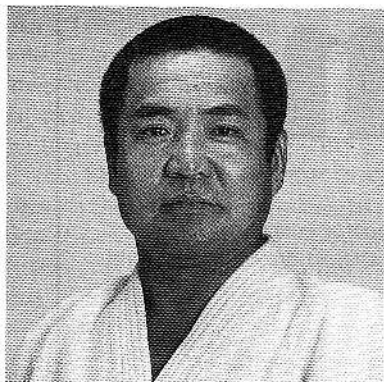
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# Yoshinkan Aikido Worldwide

## CANADA

Aikido Yoshinkai Canada (AYC)  
Chief Instructor: Takeshi Kimeda.



Aikido Yoshinkai has been active in Canada for over a quarter of a century.

In 1964, Takeshi Kimeda Sensei came to Canada and established the first aikido club in North America. Since that time, Aikido Yoshinkai Canada has grown to encompass over a dozen clubs with more than 500 practicing members.

Kimeda Sensei operates the headquarters dojo at 831 Broadview Avenue in Toronto. AYC member clubs are located at the Universities of Toronto, Windsor and Waterloo, York University, St. Clair College, Western Technical School, and in the communities of Agincourt, Scarborough and Kitchener to name a few. Other Instructors include Mitsugoro Karasawa Sensei in Toronto and Kevin Blok and Jim and Sue Jeannette in Windsor.

AYC's development has produced a solid base of qualified Canadian instructors. Moreover, as AYC moves into its second quarter century, Kimeda Sensei, the chief Instructor in

Canada, expects to see a dramatic increase in the numbers of students in Vancouver and Ottawa within the next few years, with more to follow.

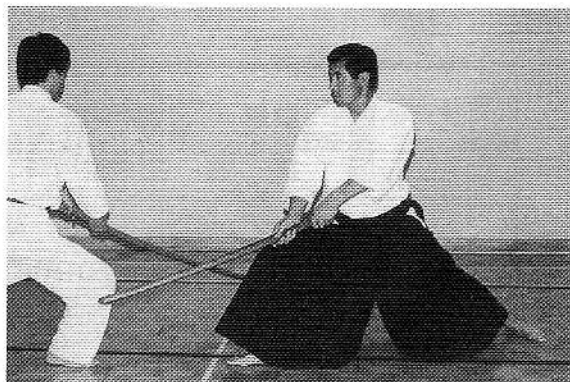
If you find yourself in the vicinity of an AYC club, please feel welcome to drop in and visit or train.

### AYC Clubs:

Headquarters	Kimeda Sensei
University of Toronto	Kimeda Sensei
Hamilton	Kimeda Sensei
York University	Enore Gardinio
Western Tech	Brian Budget
Agincourt	Karasawa Sensei
Scarborough	Deborah McAllister, Eric Sheffield
University of Waterloo	Wendy Seward
Kitchener	Alister Thompson
University of Windsor	Jim and Sue Jeannette
Renbukan	Jim and Sue Jeannette
St. Clair College	Kevin Blok
Chudokan	Kevin Blok

### AGINCOURT AIKIDO CLUB

Chief Instructor: Mitsugoro Karasawa



Our Agincourt dojo has been in operation for about 5 years and currently has 20 full time members. At present we are utilizing high school facilities through the Scarborough Board of Education which advertises our dojo and courses in their seasonal catalogue.

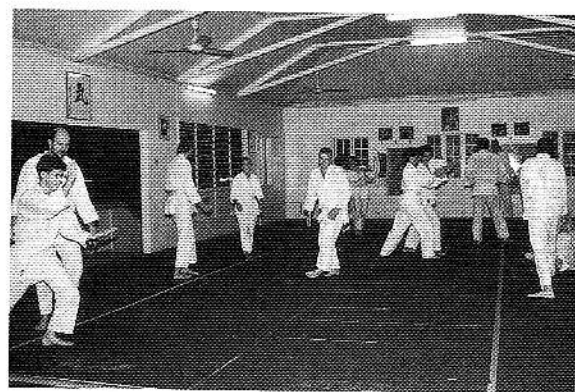
Despite our limited practice time (Fridays and Sundays) our students are enthusiastic. They are, on the average, more mature family people who give serious thought to the mental and physical aspects of Aikido. They are genuinely interested in improving their daily lives by applying Aikido principles.

In the future, society will place even greater stress and demands upon the individual. Aikido will remain an excellent resource for dealing with daily stress, concentration development and relaxation. In the near future, I would like to set up my own dojo to provide more flexibility in practice times and meet

individual requirements, including children's and self-defense classes.

When possible, I would like to invite Yoshinkan instructors from headquarters to the Scarborough area to share our practice times and help provide a glimpse of greater Aikido world.

Address: Chief Instructor Mitsugoro Karasawa  
9 Ross Ave. Scarborough,  
Ontario, M1S 1M8 CANADA  
TEL.416-298-3316



## FRANCE

FRANCE YOSHINKAN DOJO

Chief Instructor : Jacques Muguruza.



The Aikido Yoshinkan style was introduced to France in mid 1982 and the first dojo was opened in a suburb of paris in October, 1982. After, we moved to several different places. There are now 2 dojos and as before, the paris suburbs.

There are also two other dojos in the south of France near a city called Toulouse and also one dojo in Spain which although young, is developing.

Progression is very slow in France due to local regulations and laws issued at government levels by the Ministry of Sports and at federal levels by the French Federation of Aikido, controlled mainly by the Aikikai Association.

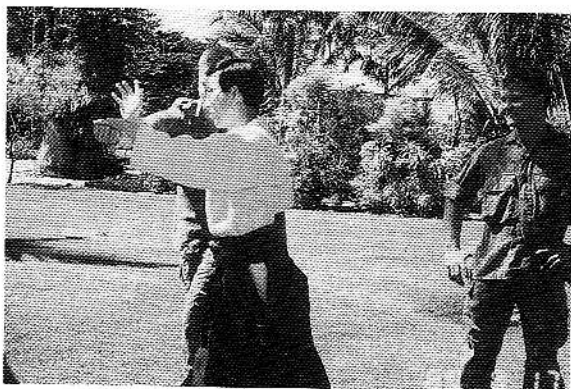
There are all together 80 persons training in the Aikido Yoshinkan group of which 5 have black belts at shodan level.

Recently we created a federation called Aikido Yoshinkan de France, gathering every association and person training in the Aikido Yoshinkan style in France. Our objectives are to spread out as much as

## AUSTRALIA

AIKIDO YOSHINKAN WATANABE DOJO

Chief Instructor: Ikuo Watanabe



Established: August 1989

Membership: 44 students (includes 10 children)

Gradings: 5th Kyu 2 students, 6th Kyu 15 students.

Watanabe Dojo was the first Aikido Dojo in Townsville and has aroused a lot of interest from the community. So far over two hundred individuals have come to watch training with demonstrations also given at the nearby army base and coverage by the state T.V. Sports News. The Dojo has training 5 times a week.

Address: Aikido Yoshinkan Watanaba Dojo  
1st Floor Suburban Bowling Club  
Charters Towers Road  
Hermit Park, 4812 Townsville Australia  
TEL.077-21-2045



possible, increasing the number of people training in Aikido Yoshinkan and for this we intend to extend the number of qualified instructors. We feel it may take some time to reach this goal under the circumstances however. Personally though, I feel it will be possible in the coming years. we are now working towards this.

Address : France Yoshinkan Aikido Dojo  
O. M. S.

66 Rue Rene Binet  
75018 Paris

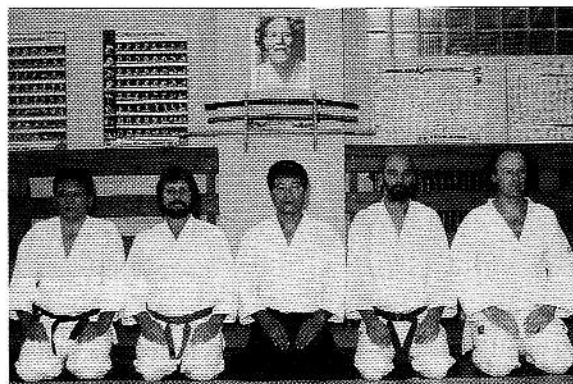
(Subway : Porte de Clignan Court or Porte de Saint  
Ouens)

Jacques Muguruza  
2, Avenue de Savoie  
78140 Velizy, France  
Ph: (1) 39-46-52-29

## GERMANY

YOSHINKAN AIKIDO DEUTSCHLAND

Chief Instructor: Hiromichi Nagano



Established: April 1984

Membership: Presently 106 students

Other dojo:

1. Bulsborg Yoshinkan Club

Instructor: Bruno Weisenberger

Address: Isenbarg Str 2

8700 Wurzburg 0931/416521

2. Ransbury Yoshinkan Club: 25 students

3. Tesduing Yoshinkan Club: 30 students

4. Gumaring Yoshinkan Club: 20 students

In Germany, Yoshinkan Aikido is concentrated in the Bayern region of the country.

Schedule until September 1990.

24-25 May Dutch Aikido Federation Clinic

20-27 June Canada Demonstrations

30-31 June Preparation for gradings

7 July Grading Test

13-24 August Training Camp

29 September Demonstration

Four years from the start.

Kancho Shioda Sensei's 1988 demonstration still provokes strong interest and enthusiasm for Aikido in Germany. The result has been a membership of over 100 people and a dojo that is now too small to contain them all. It has become an impossible task for one person alone to manage this number of students. I have now one uchideshi (live-in-student). I have also started an Instructor Course to concentrate on training new teachers. I do my best to make reliable and strong instructors for the welfare of German Yoshinkan Aikido.

The World will become that much smaller for those who have a chance to visit Germany and when you do come, please don't forget to bring your 'dogi'.

Address: Yoshinkan Aikido Deutschland

Hiltonsperger Str 9

8000 Munchen 40, West Germany

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# INFORMATION

## 養神館合気道入門 Introduction To Aikido Yoshinkan 塩田剛三著 Kancho GOZO SHIODA

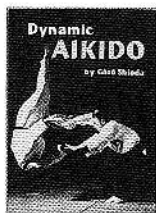


- History of Aikido, The Nature of Aikido, Posture & Movement
- Basic Movements
- Basic Techniques—Shiho-Nage, Ikkajo-Osae, Nikajo-Osae, Sankajo-Osae, Yonkajo-Osae, Irimi-Nage, Hiji-Shime, Hijiato-Kokyunage, Kotegaeshi, Tenchi-Nage, Kokyu Ho, Kokyu-Nage
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## 合気道養神館教本ビデオ 平成2年度 総合審査規定科目



- Teaching Tape for Kyu, First Dan and Dan (a New video cassette) from April 1990 to March 1991
- 30min in Japanese

Please feel free to send in your queries to Kancho Gozo Shioda Sensei and Aikido Yoshinkan. Also we are waiting for any informations.

Please send to: "Aikido Yoshinkan AYI"  
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# AIKIDO YOSHINKAN INTERNATIONAL

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