

AIKIDO YOSHINKAN INTERNATIONAL

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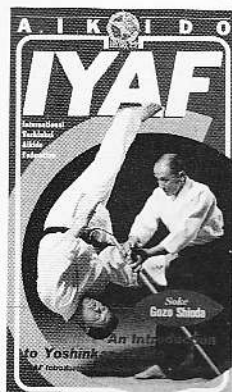
I. Y. A. I. F. INTERNATIONAL YOSHINKAN AIKIDO FEDERATION



合氣道養神飯



An Introduction to Yoshinkan Aikido



IYAF

International Yoshinkai Aikido Federation
Video tapes

YOSHINKAN AIKIDO VIDEO 11

IYAF First Step

34min. U.S. \$ 38 in English

- Yoshinkan History & Introduction
- Soke Gozo Shioda, Demonstration
- Dajacho Yasuhisa Shioda, Demonstration
- Instructors' Demonstration
- IYAF Bylaws
- Introductory Techniques

YOSHINKAN AIKIDO VIDEO 12

IYAF Second Step

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- Yoshinkan History & Introduction
- Soke Gozo Shioda, Demonstration
- Dajacho Yasuhisa Shioda, Demonstration
- Instructors' Demonstration
- IYAF Bylaws
- Yoshinkan Aikido Techniques 1st, 2nd to 3rd, 4th Dan

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- Basic Stance & Movement
"La Garde, Mouvement de Base"
- Basic Techniques
"Techniques de Base"
- Freestyle Techniques
"Techniques Libres"
- Demonstration of Gozo Shioda Sensei
"Demonstration de Gozo Shioda Sensei"

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- Demonstration of Gozo Shioda Sensei
"Demonstration de Gozo Shioda Sensei"



YOSHINKAN AIKIDO VIDEO 8

FIRST INTERNATIONAL EXPOSITION OF YOSHINKANA IKIDO

— June 23, 1990, Toronto, Ontario, Canada —

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- Ukemi — Canada Team
- Kimeda Sensei — Canada
- Techniques Set # 1 — Canada Team
- Hilton Sensei — U.S.A.
- Weapon Set — Canada Team
- Yates Sensei — U.K.
- Mustard Sensei — Canada
- Ando Sensei — Japan
- Techniques Set # 2 — Canada Team

- Ruhurs Sensei — Israel
- Nakano Sensei — Japan
- Baker Sensei — New Zealand
- Canadian Yondans
- Karasawa Sensei — Canada
- Muguruza Sensei — France
- Women Self Defence — Canada Team
- Nagano Sensei — Germany
- Gozo Shioda — Soke of Aikido Yoshinkan

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- International Demonstration of Yoshinkan Aikido Techniques
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- Yoshinkan Aikido Black Belt Examinations



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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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INTRODUCTION

SOKE SHIODA GOZO

April is always a special time for me. In Japan, it is springtime, a time to get out and about after the winter thaw. It is also a special time at the honbu dojo, as each April heralds the commencement of the *senshusei* (special student) courses.

This year, we celebrate the commencement of the 30th Tokyo Metropolitan Riot Police Training Course. The International Instructors Course, meanwhile, has already entered its fourth year of existence, and the Fourth International Instructors Course is very much under way here at the Yoshinkan Honbu Dojo.

Looking back over the years, I think of all the young men and, more recently, the young women who have completed the *senshusei* courses. To undertake these courses is no small thing. The

courses require total commitment from the participants—from the very first class to the very last.

It is my hope that by participating in and committing to the *senshusei* course, the *senshusei* will develop not only the Yoshinkan techniques that they are taught but also their characters.

In whatever one sets out to do, one should always strive to perfect one's abilities in that thing. As perfection can never be achieved, we must always push ourselves further, never resting on our strengths or accomplishments.

In the *senshusei* courses and, indeed, in all *budo* training, focus, concentration, and commitment are more important than the actual *waza* (techniques) taught and practiced. The importance of focus, concentration, and commitment applies also to our dealings outside *budo* and beyond the confines of the dojo.



NEWS

◆England Tour Planned

Ando Shihan, Sonoda Kyoshi, and Paul Stephens Shidojin will visit England between August 22 and September 1, 1994. Their itinerary is detailed in the IYAF section. For further details, please contact the tour coordinator, Antony Yates Sensei, of the British Aikido Yoshinkai.

◆Instructors Participate in IMAF Demonstration

On February 20, 1994, five Yoshinkan Aikido instructors participated in the annual IMAF (International Martial Arts Federation) demonstration, held at the Shimomaruko complex in the western suburbs of Tokyo. An estimated 200 people enjoyed demonstrations of such martial arts as karate, iaido, judo, jujitsu, and aikido.

The Yoshinkan Aikido demonstration closed the event, bringing the day to a climatic finish. It consisted of five elements: basic movements (*kihon dosa*); the first set of basic techniques (*dai ichi kihonwaza*); fast, fluid and slow, static techniques (*kan kyu*); intermediate techniques (*chu kyu*); and freestyle techniques (*jyuwaza*).

The IYAF thanks the IMAF and the Yoshinkan participants for helping to expand the understanding of Yoshinkan Aikido and *budo*.

◆Third International Instructors Course Trainees Graduate

The final test for the *kokusai senshusei* was held on February 23, the graduation ceremony on February 25.

Rod Rhem, Kyoung-Sook Kim, and Michael Stuempel were awarded level 5 instructors certificates. Michael Kimeda, David Fryberger, Slavco Ilic, Timothy Joyce, Alon Dagon, Jennifer Porter, and Antonio Martinez were awarded level 6 instructors certificates. Kyoung-Sook Kim and Michael Stuempel were also promoted to *nidan*.

At the graduation ceremony, Mr. Kuranari, the president of the IYAF, complimented the students on their efforts, saying, "through perseverance and hard training, the students have achieved a high standard of aikido."



The graduates of the Third International Instructors Course.

◆Fourth International Instructors Course Begins

The Fourth International Instructors Course began on April 1, 1994. There are 10 *senshusei* participating in this year's course. They are from Australia, England, Canada, the United States, and Israel.

As of May 6, the international trainees have been joined by members of the Tokyo Metropolitan Riot Police Course. The international trainees and the police will train until late February 1995.



The Fourth International Instructors Course trainees at the opening ceremony.

◆Comments from Kokusai Class Students

The *kokusai* (international) classes at the honbu dojo continue to show a marked increase in the number of participants. These classes are run by the foreign *shidoin* (teaching) staff in an exciting and innovative way, blending honbu standards and etiquette with a warmth and directness that cuts across cultural barriers. The participants come from wide and varied backgrounds. The *AYI* interviewed a few of them; here are their comments.

Name: **Farhad Nasre**
Age: 30
Nationality: **Iranian**
Rank: 3rd *kyu*

AYI: How did you hear about the Yoshinkan Honbu Dojo?

I visited with a friend. Mustard Sensei was teaching the class, and I was very impressed with his spirited methods. In fact, the look on his face impressed me. I wanted to study under him.

AYI: What was your first impression of Yoshinkan?

I harbored doubts about the effectiveness of aikido in general, and even after seeing Yoshinkan some of these doubts remained. It looked as if cooperation was necessary for many of the techniques to work.

AYI: What do you think of the kokusai classes?

I like them a lot. A great deal of attention is paid to beginners, sometimes one teacher to one student. All the teachers seem to love teaching, and this comes out in their approach. It's very inspiring.

AYI: Do you see yourself continuing to practice Yoshinkan in the future?

Yes.

Name: **Edward Tanksley**
Age: 27
Nationality: **American**
Rank: *shodan*

AYI: Have you always been interested in martial arts?

It's un-American to grow up in the U.S.A. without at least a passing interest in Bruce Lee.

AYI: Why did you choose this martial art and this style of aikido?

I wanted to study a martial art that wasn't like wrestling, judo, or karate.

AYI: What was your first impression of Yoshinkan?

The instructors were strict and businesslike during class but friendly and relaxed afterwards.

Name: **Sono Miyazaki**
Age: 31
Nationality: **Japanese**
Rank: 6th *kyu*

AYI: When you joined the dojo, did you have any particular goals in mind?

I wanted to train my body and spirit.

AYI: How about now, any new goals?

Now I am working toward my *shodan*, and I want to be an instructor in the future.

AYI: What do you think of the kokusai classes?

I think they are a good way to master aikido quickly and effectively.

Name: **Christopher Ross**
Age: 33
Nationality: **British**
Rank: 3rd *kyu*

AYI: How did you find out about the Yoshinkan Honbu Dojo?

Through the reputation of Soke Shioda.

AYI: What was your first impression of the Yoshinkan Honbu Dojo?

Very strong, yet friendly and relaxed atmosphere.

AYI: Why did you choose this martial art and this style of aikido?

I read *Dynamic Aikido* in 1972 (I was 12) and liked what I saw.

AYI: What do you think of the kokusai classes?

Absolutely excellent. Teaching styles vary, and I like this a lot.

◆AYI Presents the Honbu Dojo Instructors

This issue marks five years since the publication of AYI Vol. 1 No. 1. In that time, the composition of the honbu dojo teaching staff has undergone change, such that some honbu dojo instructors may be unfamiliar to subscribers. Following is an updated list of the honbu dojo instructors.



Name: Tsutomu Chida
Date of birth: April 10, 1950
Present rank: 8th *dan*
Years of aikido: 25
Title: Shihan



Name: Yasuhisa Shioda
Date of birth: November 15, 1952
Present rank: 7th *dan*
Years of aikido: 24
Title: Shihan



Name: Hitoshi Nakano
Date of birth: January 1, 1957
Present rank: 7th *dan*
Years of aikido: 19
Title: Shihan



Name: Tsuneo Ando
Date of birth: October 29, 1956
Present rank: 6th *dan*
Years of aikido: 19
Title: Shihan



Name: Susumu Chino
Date of Birth: August 14, 1964
Present rank: 5th *dan*
Years of aikido: 9
Title: Kyoshi



Name: Takayuki Oyamada
Date of birth: November 5, 1954
Present rank: 4th *dan*
Years of aikido: 10
Title: Jokyo



Name: Kenji Itoh
Date of birth: April 11, 1969
Present rank: 3rd *dan*
Years of aikido: 6
Title: Shidoin



Name: Yutaka Kikuchi
Date of birth: September 3, 1966
Present rank: 2nd *dan*
Years of aikido: 2
Title: Shidoin



Name: Kazunori Fujitomi
Date of birth: March 3, 1974
Present rank: 2nd *dan*
Years of aikido: 2
Title: Shidoin



Name: Robert Mustard
Date of birth: May 19, 1956
Present rank: 5th *dan*
Years of aikido: 17
Title: Itaku Shidoin



Name: Roland Thompson
Date of birth: March 29, 1964
Present rank: 3rd *dan*
Years of aikido: 7
Title: Itaku Shidoin



Name: Silva Kheru
Date of birth: November 25, 1960
Present rank: 3rd *dan*
Years of aikido: 5
Title: Itaku Shidoin



Name: Paul Stephens
Date of birth: July 25, 1964
Present rank: 3rd *dan*
Years of aikido: 8
Title: Itaku Shidoin



Name: Darren Friend
Date of birth: November 13, 1965
Present rank: 3rd *dan*
Years of aikido: 8
Title: Itaku Shidoin



Name: Stephan Otto
Date of birth: April 21, 1967
Present rank: 3rd *dan*
Years of aikido: 8
Title: Itaku Shidoin

IYAF—International Yoshinkai Aikido Federation

ENGLAND TOUR ITINERARY

Date: August 22–September 1, 1994

Participating Instructors: Tsuneco Ando Shihan
Takehiko Sonoda Kyoshi
Paul Stephens Shido-in

22 (Mon.) *Arrival Heathrow Airport*

23 (Tues.) *Evening training*
Borehamwood Dojo, Hertfordshire
Host Instructor: Terry Harrison

24 (Wed.) *Evening training*
Watford Dojo, Watford Leisure Centre, Watford, Hertfordshire
Host Instructor: Andy Squires

25 (Thurs.) *All-day training*
Meidokan Dojo, West Hampstead, London
Host Instructor: David Rubens

26 (Fri.) *Evening training*
Taidokan Dojo, Lincolnsfield Centre, Bushey, Hertfordshire
Host Instructor: Antony Yates

27 (Sat.) *All-day training*
Taidokan Dojo, as above

28 (Sun.) *All-day training*
Taidokan Dojo, as above

29 (Mon.) *Afternoon and evening training*
Shinwakai Dojo, Telford, Shropshire
Host Instructor: Paul Hotchkiss

30 (Tues.) *Evening training*
Shinwakai Dojo, as above

IYAF REGISTRATIONS SINCE DECEMBER 1993

Registered Dan Rankings

CANADA

Hasegawa Shigehisa	sandan
Kyoung-Sook Kim	nidan
Peter Brown	shodan
Margaret Burgess	shodan
Michael Dean Demur	shodan
John Havey	shodan

Leonard Hodder	shodan
Slavko Ilic	shodan
Nicholas Mills	shodan

ENGLAND

Nicholas Jones	shodan
Antonio Martinez	shodan

ISRAEL

Alon Dagan	shodan
Iris Epstein	shodan

U.S.A.

David Fryberger	shodan
Timothy Joyce	shodan
Jim Simpson	nidan
John Chan	shodan
Eric Manas	shodan

Honbu Dojo Dan Registrations

Gadi Shorr	yodan
Kobi Baran	sandan
Adi Kobari	sandan
Stephan Otto	sandan
Paul Stephens	sandan
Michael Stuenkel	nidan
Michael Kimeda	shodan
Edward Tanksley	shodan

Registered Instructors

CANADA

Kyoung-Sook Kim	level 5
Rodney Rhem	level 5
Michael Stuenkel	level 5
Peter R Brown	level 6
Michael Dean Demur	level 6
John Havey	level 6
Slavko Ilic	level 6
Michael Kimeda	level 6
Iris Epstein	level 6

ENGLAND

Antonio Martinez	level 6
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ISRAEL

Kobi Baran	level 4
Adi Kobari	level 4
Alon Dagan	level 6

U.S.A.

David Fryberger	level 6
Timothy Joyce	level 6
Jim Simpson	level 5

SPECIAL FEATURE—AIKIDO SHUGYO

Twelfth Installment, continued from Vol. 4 No. 4, March 1994

TEACHING AIKIDO AT THE SHOTOKAN KARATE HONBU DOJO

We have talked about judo; I would now like to discuss karate. I am familiar with karate because I was very close to the now-deceased Shotokan *karateka* Masatoshi Nakayama.

Mr. Nakayama considered karate to be an original form of *budo*, and he placed a great deal of importance on the *riai* or "logical structure" of techniques. He was worried about the growing popularity of sports-oriented competitions and disturbed by demonstrations of brick and wood breaking. His understanding of *riai* also encompassed aikido, for he said, "Those who condition their fists are not that strong. Those who have normal hands can make a technique work." Hearing him say this impressed me. Rather than train

your fists by hitting hard objects, it is better to become strong by learning timing and *tasai-baki*, by training in the original *riai* of karate.

In his opposition to strength alone, Mr. Nakayama was also aware of the differences between foreign and Japanese *karateka*. Non-Japanese tend to have long arms and a very strong upper bodies. Thus, many Japanese were surprised to find that the punch they thought they had avoided would actually make contact.

Karate has become sports oriented, with young people training only for competitions. Relying on the rules of such competitions, they can compete on equal terms and possibly succeed by colliding and moving straight into one another.

As with judo, karate has come to rely on physical strength and will inevitably be dominated by the strong, particularly by strong foreigners. Mr. Nakayama was worried about this. I believe that this concern was behind his request for me to



teach his instructors taisabaki, for Mr. Nakayama realized the significance of turning and pivoting movements against stronger opponents.

I taught at the Shotokan Honbu for about a month. At that time, Hirokazu Kanazawa was among the students who studied aikido with me. He now has his own dojo, but even then he was well-known and experienced and was able to make rapid progress in aikido. He was so enthusiastic about his training that he even enrolled at the Yoshinkan dojo.

One day I was demonstrating my favorite technique against a punch. As the opponent initiates the movement, I would move in, stopping the punch before it was fully extended and causing uke's power to rebound back to him. Mr. Kanazawa, surprised at the dramatic effects of this technique, asked, "How can you be so powerful?" I replied, "It's not my strength, it's yours." I also gave him advice on kicking, saying, "To strengthen the power of your kicks, you should train in suwari waza, as this builds strong hips and knees."

Mr. Kanazawa and Mr. Nakayama demonstrated something very important. The true martial artist will learn whatever he can from another style or teacher, with an open mind and without any hesitation. It doesn't matter whether it is aikido or karate or whatever, what is important is to retain the spirit of wanting to learn more.

Nowadays, at our dojo and elsewhere, there are people who begin aikido while practicing karate somewhere else. As there is no rule against this in our dojo, we often see them training with the name of their karate school on their *dogi*, and generally speaking they take their training very seriously. These students may be highly ranked in karate, but when they practice aikido they wear a white belt and practice with a beginner's mind. As long as we maintain a pure and open mind, I believe we will succeed at whatever we do.

KENDO AND AIKIDO

I would now like to consider kendo. In aikido it is claimed that the body expresses the logic of the sword; techniques of aikido and of the sword are inextricable. But what does express the logic of the sword with the body mean?

Unlike judo, where opponents position themselves first and start grabbing each other before

thinking of a technique, aikido is a form of *budo* where when an opponent approaches he is instantly controlled by timing and pivoting movements. This approach is precisely the logic of the sword.

When using a sword, it is not possible simply to rely on conventional strength. Strength must be transferred to the sword. To do this, the way in which we use the body is important, and in this respect the way of using strength is the same as in aikido. In aikido, we learn body movements and the sword at the same time. If we can use our body effectively, then we can also use the sword. The same considerations apply to using the *jo* or "staff." The fundamental logical structure is the same in all these arts. Ueshiba Sensei was a master swordsman. He studied Kashima Shinkoryu and Yagyu Shinkageryu and while developing aikido also devised an original and highly effective system of swordsmanship.

In the old days, there was a swordsman called Haga. He had a reputation as a dojo buster—he used to go around to dojos to challenge people and had never been defeated. He was called Haga Kempo (Haga the Fighter) and was widely feared.

This man came to the Ueshiba dojo to test O Sensei. Ueshiba Sensei, showing no hesitation, faced him quite naturally in *kamae*, *bokken* in hand. Haga was unable to do anything. Sweat began to form on Haga's face as he realized that there was nowhere to cut. Then O Sensei said, "What's up Haga, I'm here," and began to strike the unfortunate Haga, who was completely immobilized. Haga's will to resist had been taken away. After this episode, Haga began openly to praise Ueshiba Sensei and later enrolled at the dojo. For a while he practiced aikido very eagerly.

Another incident also occurred one day. It was during a series of classes for kendo teachers held at a police dojo in Osaka. At that time, the course was held once a week for about seven months and, as all the students were highly ranked, well-known teachers, we, O Sensei's students, were not to teach them. Ueshiba Sensei taught them directly himself.

When using protective equipment it is not possible to really feel the *ken*, because of this no protection was worn. We practiced with make-shift *fukuro shinai* or "leather-encased swords." Our *fukuro shinai* were made from bicycle inner tubes into which we inserted wooden sticks and

that we then pumped full of air. The result was a very hard weapon. One day, using just his bare hands, O Sensei faced seven opponents armed with this kind of fukuro shinai. He was perfectly calm and at ease. "There are too many openings," he would say, hitting his opponents' legs. Or, as he continued to strike his seven opponents, he would ask, "Are you attacking in earnest?" Not once did the fukuro shinai of the seven kendo teachers touch Ueshiba Sensei. In fact, in the end Ueshiba Sensei repelled one fukuro shinai with his bare hands. As he did so the inner stick snapped and protruded from the tube. All present were very surprised at this feat.

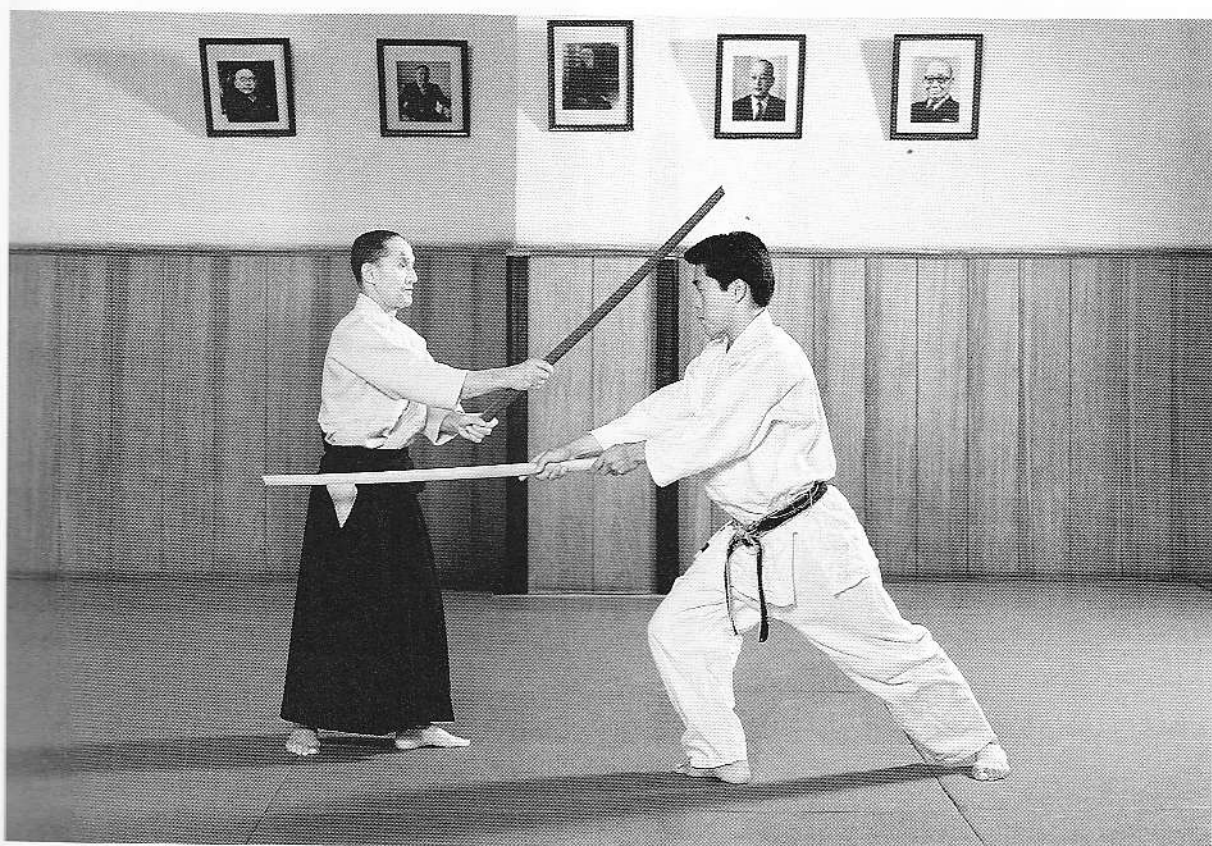
In this way, the taisabaki or "pivoting movements" of aikido can be applied directly to sword techniques. Because of this, as Ueshiba Sensei demonstrated with his bare hands, it is possible to use taisabaki against the sword.

Kuyoshi Nakakura made good use of his knowledge of aikido when using the sword. Mr. Nakakura studied aikido for awhile as a student of Ueshiba Sensei and eventually became Japan's top *kendoka*. Today, he is still recognized as a top kendo practitioner, and it is said that even young *kendoka* cannot match his level.

In explaining this, Mr. Nakakura has said, "It is thanks to my father." Mr. Nakakura specialized in *yokomen* or "side strikes." Feigning a strike with his right hand, he would change to his left. When the opponent moved to avoid the first attack, the shinai would come in from the other side. Everyone would be taken in by this.

It was Ueshiba Sensei who provided the inspiration for this technique. He used to say, "Become more flexible, use more variation, and be free." As such, he was apparently the origin of Mr. Nakakura's tactic.

In aikido, we practice techniques on both the right side and the left side. Thanks to his aikido training, Mr. Nakakura could freely use both sides. Today, kendo is performed from a right stance and has become rather monotonous, with only a single pattern of striking. We do not see many variations, using both sides. This is probably the influence of sporting competitions. Conforming to original martial arts ideas, the taisabaki of aikido is based on fighting with a real sword and is certainly an important source of reference for people who study kendo.



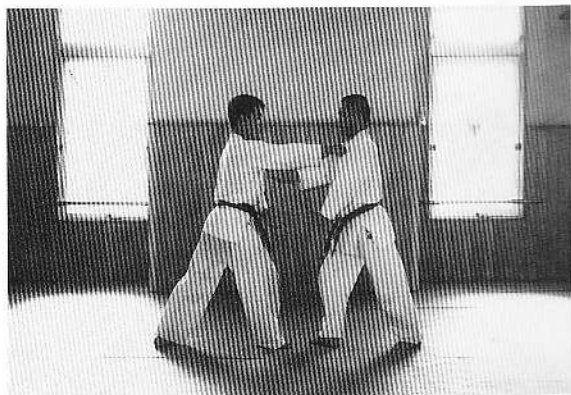
TECHNIQUES EXPLANATION

KATA MOCHI HIJI-SHIME ICHI (1)

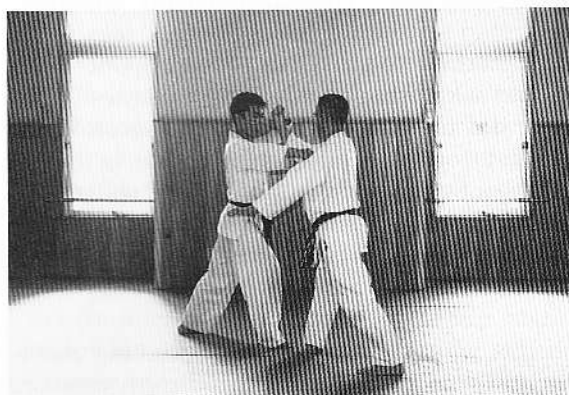
Hiji-shime is one of the few *gyaku* techniques in aikido. Most aikido techniques are applied in the direction of the natural movement of the joint, but in hiji-shime *shite* traps *uke's* extended elbow under his arm and applies pressure against the natural movement of *uke's* elbow joint to control *uke*.



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



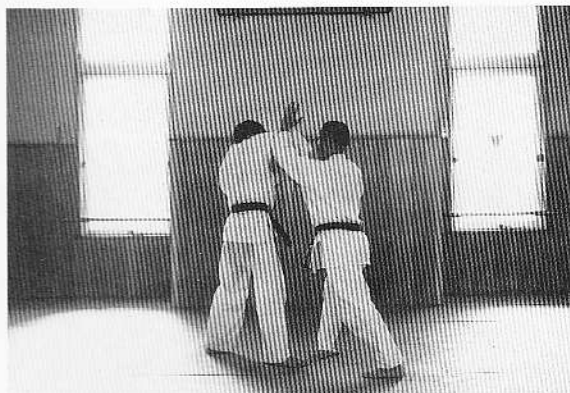
Shite and uke slide toward each other. Uke grabs shite's left shoulder with his right hand, palm down, and pulls.



Moving with *uke's* pull, *shite* keeps his weight strongly on his right foot and pivots his left leg and hip in a circular motion to the left as he applies an *atemi* to *uke's* face with his right *ura-ken*. The left hand also moves in a circular motion with the leg and hips.

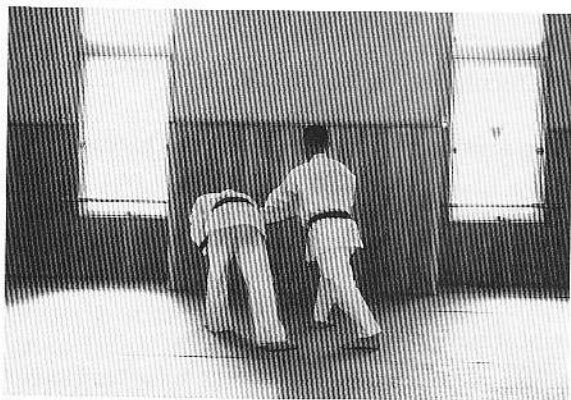


Shite's right hand grabs the back of *uke's* right hand, the palm firmly contacting the back of *uke's* hand.

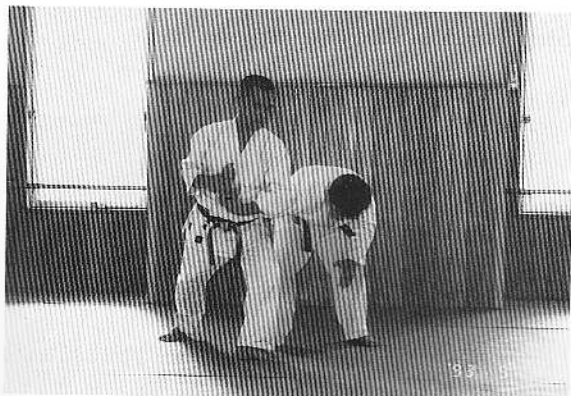
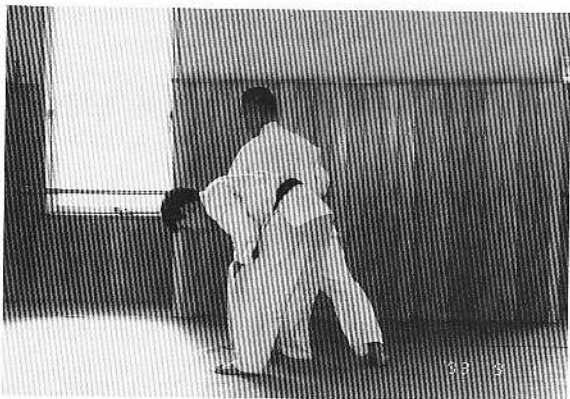


Sliding forward on the right foot in the same direction his hips are facing, *shite* lifts *uke's* elbow while keeping *uke's* right hand in contact

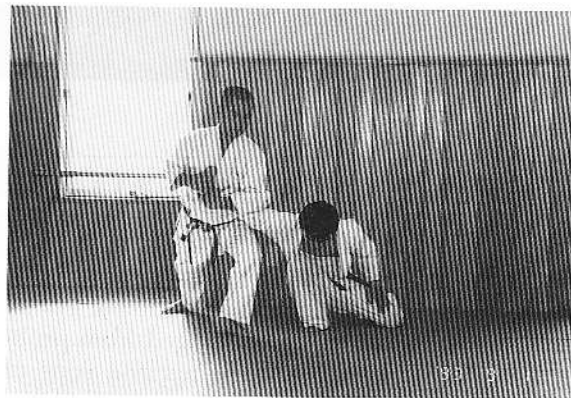
with his shoulder. The feeling on uke's right arm should be light and not pushing, with shite using body and not shoulder power.



Again sliding forward with the right foot, shite cuts down with his left hand and arm, ending with uke's arm at chest height. In this position, shite should have a strong posture, hips low, both legs balanced, and shite's left arm should be extended forward as in kamae, but palm up.



Stepping forward with the back leg, shite further unbalances uke. At the same time, shite's left arm slides along uke's arm, finishing with elbow-to-elbow contact and with uke's wrist firmly gripped in shite's left hand. Shite should trap uke's arm with a feeling of power but should not squeeze uke's arm.



Shite completes the technique by keeping a strong posture during the execution of a reverse, counterclockwise pivot with his right leg and hip. This movement is the same as that used to return to kamae in *tai no henko ni* (2). In *hiji-shime*, the motion must be done with the hips low and stable, the stance wide and strong. Shite should try to use hip power in the motion and to keep a straight, strong body posture to better facilitate the locking of uke's wrist, elbow, and shoulder. The movements in this technique should all be circular and smoothly executed.

Is there a technique whose explanation you would like to see on these pages?

Is there an interview that you would like to see appear in *Aikido Yoshinkan International*?

Do you know someone involved in aikido whom you think has something to say to the rest of us?

Are you interested in conducting an interview with someone from your country whose experiences with aikido would be of interest to readers worldwide?

Do you have something to say that you think will interest and perhaps benefit the rest of us?

If so, please contact the staff of *Aikido Yoshinkan International* at the honbu dojo. We would be happy to hear from you.

YOSHINKAN IN NORTH AMERICA

THE DOJO AND GOAL SETTING

Recently, many contributors to *AYI* have discussed the management and operation of a dojo. Information and ideas have ranged from problems with marketing to the pros and cons of belonging to national organizations. I would like to share an approach that turned our dojo operations around in only two years. It is a system for setting goals and following them through to completion. Not surprisingly, this information was not in the martial arts section of the bookstore. It took a stroll over to the business and management aisle to find it.

At first, I hesitated to venture into the realm of business management, believing that business should not be associated with an aikido school. I was worried that using business techniques would lead to an emphasis on making money, relegating teaching aikido to a secondary position. I realize now that this does not have to be the case. Business methods can aid in the smooth operation of a dojo, directly benefiting students and enhancing the teaching environment.

Perhaps the most powerful management tool I have come across is the seven-step goal procedure chart developed by Zig Ziglar, a motivational speaker from Dallas, Texas. Using goal-setting methods, it is possible to see clearly the past, present, and future situations of your dojo.

Taking as an example the purchase of tatami mats, we can trace through the seven steps of the goal procedure chart.

Step 1: Identify your goals specifically.

- Our dojo will purchase 50 tatami mats.

Step 2: List the benefits of reaching this goal.

- Replacement of worn-out mats.
- Safer surface for students to train on.

Step 3: List all major obstacles.

- Short of money.
- High cost of tatami mats.

- Other major expenses due.
- Difficult finding a supplier.

Step 4: Skills or knowledge required to reach goal.

- Dojo support.
- Money management.
- Economizing techniques.
- Club financial statement.
- Information on the cost of mats.

Step 5: Individuals, groups, companies, and organizations to work with to reach this goal or who can help?

- Students.
- Dojo instructors.
- Bank.
- People with knowledge of fund-raising.
- Supplier sales personnel.

Step 6: Plan of action to reach the goal, or how are we going to do it?

- Set up a committee to coordinate mat purchase.
- Obtain a club financial statement.
- Temporally increase student fees for six months.
- Arrange fund-raising events.
- Contact suppliers and negotiate a bulk purchase price.
- Get the whole club involved in the project.

Step 7: Set a definite completion date.

- November 30, 1994.

Working step by step further directs your energies to the task at hand. The exciting part is that it works. Aikido must always be our focus, and the smoother our dojos can operate, the fewer the distractions from this primary aim.

I hope this system works as well for you as it has for us. Find a project and give it a try.

James Jeanette

YOSHINKAN IN OCEANIA

AYA HOLDS GASSHUKU

Aikido Yoshinkan Australia (AYA) met for the first time at the recent Easter Gasshuku held near Melbourne.

Present at this meeting were Senseis Joe Thambu, Alun Jackson, and Paul Cale of Melbourne; David Dangerfield from the Sunshine Coast, Queensland; and Martin Nagel from Armidale, New South Wales.

Martin Nagel was graded to *shodan* during the gasshuku and is currently seeking to affiliate his dojo with the IYAF.

The Easter Gasshuku was a great success, with some 90-plus people from five dojos around Australia in attendance. Many of the attendees were graded during the camp, at levels ranging from seventh *kyu* and including eight people who tested for *shodan*.

Training was varied and spirited. Joe Thambu Sensei and his assistants did an excellent job of organizing the camp.

The next gasshuku is scheduled for October 1994 and will be held on the Sunshine Coast, in Queensland. The October camp will be hosted by the Shinobukan Dojo. The exact dates and a precise venue will be announced at a later date.

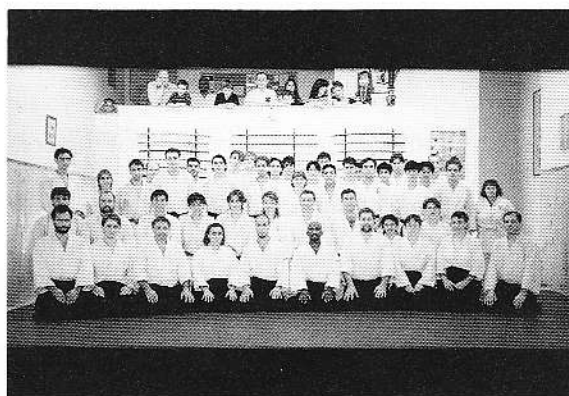


The 1994 Easter Gasshuku at Bells Beach, near Melbourne.

SHUDOKAN DOJO CELEBRATES ANNIVERSARY

By Alan Cahill

A special demonstration of aikido was held on March 19, 1994, to commemorate the 10th anniversary of the opening of the Shudokan Dojo in Melbourne, Australia. Shudokan's chief instructor, Joe Thambu Sensei, organized the event following his return from Japan, where he was awarded his fifth dan.



Joe Thambu with assistants and students at the Shudokan 10th Anniversary Demonstration.

The demonstration highlighted technique applications to illustrate the versatility of aikido as a means of self-defense. This benefited new members who have yet to discover aikido's practical potential. A record 44 participants were on the mats for the celebration, which set new standards of awareness of aikido in Australia.

Yudansha gave various demonstrations of aikido for dojo members and guests. The demonstrations culminated in an impressive display by Joe Thambu Sensei, who demonstrated advanced techniques against multiple attackers.

The Shudokan Dojo started from humble beginnings in 1984, using local resources and ingenuity. Like most similar enterprises, there have been low and high points since that time. The commitment and perseverance of Joe Thambu Sensei and his senior students have, however, always over-

come all obstacles to ensure the dojo's steady growth through gradual, continuous progress.

The dojo is now firmly established and has solid support from its members. Shudokan students enjoy the dojo's disciplined style of training, its traditional dojo ambiance, and the social benefits of belonging to a club. The main dojo is expanding and is now complemented by a number of smaller branch dojos in the suburbs of Melbourne.

The Shudokan Dojo has acquired a good reputation in the community. The number of classes the dojo provides has kept pace with increasing demand.

There are separate classes for children and 10 classes a week for adults. The majority of classes are general and mixed; two are special. One is a *kenshu* class that offers intensive training. To respond, moreover, to the needs of modern society, a class for women only, taught by female instructors, is offered separately from other classes.

In recognition and appreciation of what the dojo stands for, its members contributed the cost of buying and installing a second mirror to assist with training. The mirror is in place and is proving very popular.

Everyone at the Shudokan Dojo looks forward to the next 10 years with satisfaction and renewed commitment.

MORI SENSEI TO VISIT AUSTRALIA

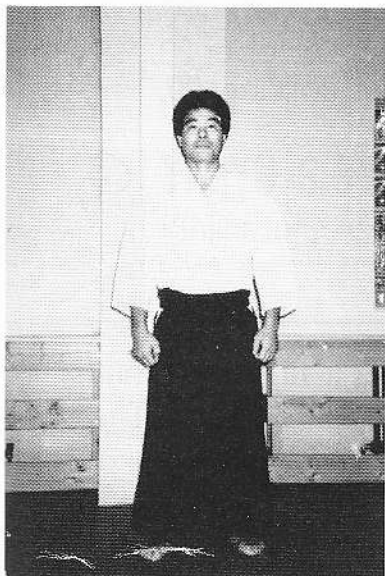
Australian Yoshinkan practitioners are looking forward to the forthcoming extended visit by Michiharu Mori Sensei.

Mori Sensei, until recently an instructor at the Yoshinkan Honbu Dojo, in Tokyo, will be in Australia for a 12-week visit that begins in mid-May. During his time in Australia, Mori Sensei will teach at dojos in Victoria, Queensland, and New South Wales.



FOCUS ON HIROMICHI NAGANO SENSEI

Nagano Sensei has actively promoted budo in Europe for more than 20 years. His credentials are impeccable, and his support for Soke Gozo Shioda and the IYAF unassailable. This article summarizes Nagano Sensei's martial arts career.



Nagano Sensei at his dojo in Germany.

Hiromichi Nagano was born on June 19, 1947, in Kagoshima, Kyushu, in the south of Japan. Budo was very popular in Kagoshima, and Nagano Sensei was exposed to judo at age six. His first teacher was his father, who was the regional sumo champion and a judo teacher.

Nagano Sensei took up kendo during middleschool, and by age 15 he had achieved *shodan* in judo.

At the age of 18, Nagano Sensei left home and went to Tokyo to join the police force. During this time, he received advanced judo instruction at the police academy, staying there until he was 24 years old.

In 1972, when he was 25 years old, Nagano Sensei decided to relocate to Germany. Through personal connections he worked at a private dojo in Bielefeld as a full-time judo teacher for four and a half years. He won the International Dutch Open Judo Championship in 1976 for the under 80-kg category and was twice runnerup in the German National Judo Championship in the under 70-kg category. In 1977, he relocated to Munich, where,

together with Itaru Kuramatsu Sensei and Haranobu Matsuda Sensei, he founded the Budokan-Sportscenter to teach judo, kendo, and aikido. Nagano Sensei was then teaching Aikikai aikido as taught to him by Asai Sensei.

Aikido became the centerpoint of Nagano Sensei's life. Relying on his wide budo experience, he began to explore the art as deeply as possible. Meeting Kenji Shimizu Sensei, the chief instructor of Tokyo's Tendokan Dojo, in Germany provided an opportunity for further aikido study, and Nagano Sensei arranged to return to Japan for three years to train as an *uchi deshi* at Shimizu Sensei's dojo. For various reasons, however, this failed to provide what he was looking for, and after some time he left the dojo. Still questing for his own understanding of aikido, Nagano Sensei was introduced to Soke Gozo Shioda. After this meeting, he was sure he was on the right track.

Soke Shioda's aikido was absolutely convincing. Fifteen months of pain and agony followed, forming the education of an *uchi deshi* at the Yoshinkan Honbu Dojo. Nagano Sensei's lifelong budo experience supplied the motivation to train even harder than his younger colleagues. On completing his training, Nagano Sensei was awarded fifth *dan* in Yoshinkan Aikido and appointed to represent Soke Gozo Shioda in Germany.

Nagano Sensei returned to Munich in 1986 and began to spread Soke Shioda's aikido. In the beginning, he only had a handful of students—those who had been waiting for his return for three years—but the numbers soon grew.

Nagano Sensei intends to continue to promote Yoshinkan Aikido throughout Europe, adhering closely to the spirit in which he was taught by Soke Gozo Shioda. Ultimately, he plans to return to his native Tanegashima (a small island off the southern coast of Kyushu) to bring budo to the children of that area.

COMMUNICATION

The honbu dojo has recently received several cheques made out to Quest Video as payment for videos that have been ordered from that company.

When you order through the honbu dojo, the cheques must be made payable to Tsuneo Ando, c/o International Yoshinkai Aikido Federation. The honbu dojo cannot accept cheques made out to other parties. (See payment notice below.)

Also, when ordering videos please quote the video stock number and be aware that there are two prices on the video list. The No. 1 prices are for videos ordered by mail. The No. 2 prices are for videos purchased in person at the honbu dojo.

Finally, please add 10% to the total cost of your order to allow for postage and handling charges.

The IYAF

AYI welcomes fresh material from its readers.

The deadlines for submissions for the following editions of AYI will be

Vol. 5 No. 2	July 20, 1994
Vol. 5 No. 3	October 20, 1994
Vol. 5 No. 4	January 20, 1995

Attention IYAF Members—Revised Method of Payment to the Honbu Dojo

The IYAF continues to use Citibank services to simplify the processing of cheques from abroad.

However, **yen-denominated cheques are no longer acceptable** because of exorbitant processing fees that often exceed the value of the cheques. **Except for cheques from South America and Eastern Europe, which should be in U.S. dollars, please denominate your cheques in the currency of your own country.**

Effective as of this writing, please follow these procedures precisely, as deviations result in astronomical cheque processing fees:

1. Make all personal or bank cheques payable to **Tsuneo Ando, c/o International Yoshinkai Aikido Federation.**
2. Apart from South American and Eastern European cheques, make all cheques payable **in your national currency's equivalent of the stipulated yen amount**, calculated at the current exchange rate. The former should be in U.S. dollars.
3. If appropriate, make cheques payable at **Citibank N.A., Tokyo.**
4. Draft all cheques accurately and legibly, taking particular care with spelling out numerical sums where appropriate on the cheques.

Everyman's Bank		Date: <u>June 1</u> 19 <u>94</u>
Pay to the order of <u>Tsuneo Ando, c/o International Yoshinkai Aikido Federation</u>		
The sum of	<u>Thirty-five dollars and zero cents</u>	<u>\$35.00</u>
Payable at	<u>Citibank N.A. Tokyo</u>	<u>Everyman</u>

*If you cannot comply with any of the above methods of payment, please contact the IYAF by mail or facsimile, and the IYAF will advise you on an acceptable alternative method of payment.

The IYAF reserves the right to refuse cheques that do not comply with Japanese banking regulations.

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