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## INTERNATIONAL

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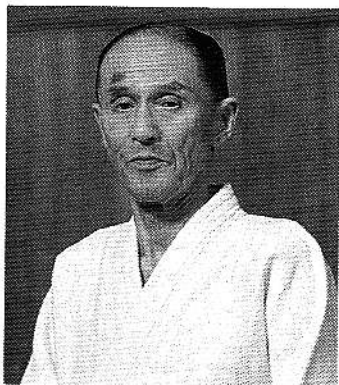
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# INTRODUCTION

## SOKE SHIODA GOZO



I will talk about the events of 1990 and offer a projection on 1991. I will also comment briefly on the present thinking of the Yoshinkan.

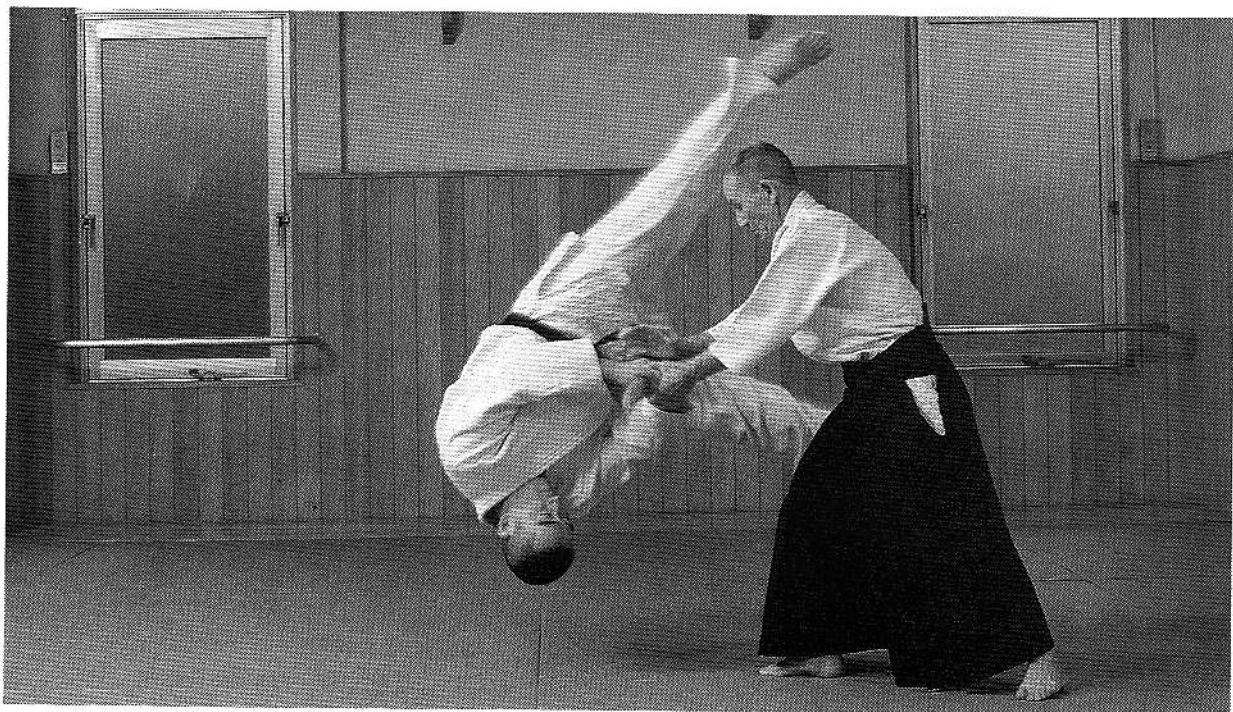
Until 1989 there was no organization or system established to deal directly with the affairs of overseas groups and dojos. In 1990, thanks to the efforts of all, the framework of a very promising organization has been constructed. And whereas 1990 was a year for preparing, 1991 will be a year of realization.

In 1991 here in Japan, in addition to the usual number of 10 Metropolitan Riot Police, a further 6 po-

lice officers from Chiba, Saitama, and Kanagawa prefectures will participate as trainees in the police course at the Honbu Dojo. This shows increasing support from the police department for the Yoshinkan. Overseas, due to the efforts of the new International Yoshinkai Aikido Federation to inform people of the activities of the Yoshinkan and due also to the efforts of my son and Jacques Payet when they travelled through the United States and Canada in 1990, a new impetus has been given to Yoshinkan Aikido. Through direct contact with individuals and overseas groups, Yoshinkan Aikido is developing internationally. This has contributed to the propagation of Aikido. Consequently, a demand from overseas students to join the Instructors Course has been registered. Looking to April, as many as 20 students from different countries are expected to participate in the course.

With this surge in enthusiasm, I and everyone at the Honbu Dojo wish to continue this progression toward our aim. My hope is that many people will study and understand the principles of Aikido. And that they will spread and exchange this spirit for peace in the world.

This year I expect to travel to Europe and to other countries, and I am looking forward to meeting many students. I anticipate everyone's cooperation and ask all to work together.



## NEWS

### ◆Instructors Course

The format for the 1991 Instructors Course has now been finalized in pamphlet form. Copies of the course content are available from the Honbu Dojo in both English and Japanese. Copies will be sent to the major dojos worldwide, and persons not receiving copies or not having access to copies should contact the Honbu Dojo directly.

Again, many applications have been received. All those people who have shown interest in taking the course but who have not yet sent applications should do so immediately. The response has been far greater than expected, and the final date of application has been drawn forward to February 15. All persons applying to take the course, although also able to take part in regular classes, should note that the Instructors Course intake is limited and that we regret that late applications cannot be accepted. Applications for the 1992 Instructors Course will be accepted beginning April 1991.

The Extra training camps have been incorporated into the course, and trainees will have the opportunity of taking part in a number of trips during the course.

The Honbu Dojo, in recognition of the large response, is making efforts to arrange employment for the trainees and is following a number of plans in cooperation with dojo sponsors. The dojo hopes by these methods to allow greater concentration on the part of the students and to thereby make the course as fruitful as possible for the trainees.

All enquiries to Instructor Course, c/o Mark Baker, IYAF, Yoshinkan Aikido Honbu Dojo, 2-28-8, Kamiochiai, Shinjuku-ku, Tokyo 161, JAPAN  
Tel 81-3-3368-5556, Fax 81-3-3368-5578

### ◆Kokusai Course

The Kokusai (International) Course, having reached its 100th lesson at the end of 1990, began on November 1, 1989. The course, opened by Jacques Payet and Mark Baker, was initiated to serve the growing number of foreign students training at the Honbu Dojo. The course began with modest attendance and

two classes weekly and has grown considerably through 1990. By April 1991, daily classes are planned, with a forecasted daily attendance of around 30 to 40 students.

An increasingly common complaint as the number of foreign students grew at the Honbu Dojo was the inability of non-Japanese speakers to understand adequately the instruction offered. Although verbal instruction is kept to a minimum, certain basic principles were being missed and sometimes misinterpreted by foreign students. To assist foreigners, the Kokusai Course was begun.

The class format is similar to that of regular classes offered at the Honbu Dojo. The emphasis is on basic movements and the classes are taught in English. There has been a noted improvement in technique understanding among the beginner levels. It has also created a smoother process in which to learn the many Japanese names and commands used in regular training sessions.

Nationalities now present in the classes include Austrian, Australian, American, Canadian, Dutch, English, French, German, Irish, Israeli, Japanese, New Zealand, and Swiss. The course designers are looking forward to the day when every nationality will be represented on the mats.

### ◆Demonstration

The Yoshinkan Aikido annual demonstration was held in the Nakano Sports Center, a few minutes' walk from the Tokyo Metropolitan Police University. This year's demonstration was well attended. As in previous years, it allowed students to view demonstrations by the greatest Yoshinkan Aikido instructors living. The demonstration also affords regular students the chance to present their own Aikido skills.

The demonstration provides not only entertainment but also an annual opportunity for the leading figures in the Yoshinkan world to meet and discuss their art informally.

Discussion is in progress concerning restructuring the demonstration including plans to increase participation by overseas groups.

# IYAF-International Yoshinkai Aikido Federation

## A REVIEW OF THE IYAF DURING 1990

This year there has been considerable progress in establishing the foundations for the long-term international growth of Yoshinkan Aikido. Central to this development has been the large number of instructors in the U.S., Canada, Europe, and Oceania who have registered with the Yoshinkan Honbu Dojo and who have received their international teachers licenses from Soke Shioda.

The immediate benefit of this has been to establish clear, direct links between numerous overseas groups and the Honbu. In North America alone, 32 instructors have registered with the Honbu, representing 13 different regional Yoshinkan organizations teaching at some 29 dojo locations. To further support the overseas groups, both Soke Shioda and Shioda Dojocho, accompanied by *uchideshi* visited dojos and instructors in North America for clinics, gradings and demonstrations.

An example of the international cooperation being developed was seen in Soke Shioda's visit to Canada in June 1990. While Honbu covered *uchideshi* salaries, the IYAF sponsored the air travel of the following instructors: Mr Nagano (Germany), Mr Muguruza (France), and Mr Yates (England), and the regional hosts in Toronto (Mr Kimeda and Mr Karasawa) and Windsor (Mr Block and Mr Jeannette) sponsored their accommodation and also that of Mr Baker (New Zealand) and Mr Rubens (Israel). Similar cooperation facilitated the tour by Shioda Dojocho and Mr Payet in October.

At the Honbu, the launch of the IYAF by Soke Shioda has increased awareness of the needs and commitment of overseas Yoshinkan groups. A one-year instructors course tailored for overseas students has been initiated. Based on the Honbu's internationally renowned Riot Police Course, this development has created a surge of interest. Some 20 students are expected from Australia, Canada, England, Austria, Israel, and the U.S. Additionally, regular Aikido classes taught in English have been set up.

As in any new organization, there are many questions. It is very worthwhile to look at these.

Question 1 : I have been teaching Yoshinkan for several years, so why do I need to register with the Honbu.

Several people have raised this point. The IYAF in-

structors certificates are issued directly by Soke Shioda and are available to all Yoshinkan yudansha.

Once a dan-ranked instructor is registered by the Honbu, they are eligible to officially grade kyu and dan tests and receive certificates from the Yoshinkan Honbu Dojo. These certificates are recognized worldwide. Therefore, official registration provides very real benefits for the credibility of the instructor, for their students, and also for the preservation of Yoshinkan Aikido and the teachings of Soke Shioda.

In turn, the dan-ranked students of registered instructors can register. This process establishes a clear lineage from Soke Shioda to all the instructors and students within the Yoshinkan family. In providing these overseas teaching licenses, Soke Shioda has taken a revolutionary step within the martial arts world. If you prefer not to register, you can ask those instructors who have to grade your students.

Question 2 : Once I receive an IYAF instructors certificate, may I create my own class.

The decision to create new classes is entirely up to the individual instructor. Many registered instructors have decided to add new classes to existing organizations. Others have voluntarily created new regional groups, thereby further spreading Yoshinkan Aikido. Within existing classes, IYAF registration provides you with the means to participate in gradings and it may allow you to more effectively contribute to teaching.

Question 3 : Are countries under the control of a single instructor?

Within the IYAF bylaws, Soke Shioda has merged the two concepts of martial art rank and respect for human democratic rights. He makes it clear that no single instructor, regardless of rank, controls a country. Instructors have autonomy over their classes, students, and communications with Honbu. Where so desired, instructors may collectively form local or regional groups. Within these groups representative councils of instructors can be formed. As necessary, for regional or national activities such councils can nominate representatives for various tasks. However, such representatives do not control a country.

Question 4 : What does the term *Shibucho* mean.

This term is applied to 'branch dojo instructors'.

Traditionally, *Shibuchō* was used to designate high ranked (5th dan) instructors responsible for running dojos of over 30 students. The title denotes special education and responsibilities for the future development of Yoshinkan Aikido. Within the IYAF, all registered overseas instructors of 3rd dan or higher teaching at registered dojos are being designated as *Shibuchō*.

Question 5 : Some people feel that the IYAF is simply an attempt to make money for the Honbu Dojo. Is this true?

The sole function of the IYAF is to support the long-term international promotion and preservation of Yoshinkan Aikido. To do this support is being developed for the overseas instructors the vast majority of whom are volunteers. This support takes several forms. The first is providing clear evidence of official recognition for overseas instructors and dojos using IYAF certificates. The second is overseas visits by senior instructors from Japan or other countries for clinics, demonstrations, and gradings.

The economic reality is that the future international growth of Yoshinkan Aikido must be self-financing. All IYAF fees for instructor and dojo certificates, student memberships, and kyu certificates are used to cover IYAF operating costs. Such fees are used exclusively to assist the overseas travel of instructors. In 1990, all IYAF fees were used in this way. Each year the Honbu Dojo will produce an audited financial report on the IYAF indicating how funds were utilized to support overseas instructors.

If any readers have additional questions please feel free to send them to the Honbu Dojo, attention Mark Baker.

This year has seen a number of remarkable changes within Yoshinkan Aikido. In addition to the IYAF, the Honbu has also worked with Quest to produce instructional videos and with *Aiki News* to produce

an English-language teaching manual and technical sections within *Aiki News*. Additional support materials are being prepared (see list this issue).

For 1991 and the future it is anticipated that the number of overseas groups will increase and it is hoped that all instructors will feel free to communicate with the Honbu Dojo. Within Japan, an effective national organization will be established and a strong core developed at the Honbu Dojo.

By attention to the needs of these three areas, the Honbu, nationally within Japan, and internationally with all overseas instructors, Sōke Shioda and Shioda Dojocho believe we can provide a secure foundation for the future growth and preservation of Yoshinkan Aikido.

For further reading on the IYAF, please see *Aiki News* #85 (interview with Dr. Haynes) and #86 (interview with Shioda Dojocho).

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## IYAF Of America

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The recent visit of Shioda Dojocho and Jacques Payet to North America was a historic one for several reasons. The visit marked the first time that the newly appointed successor to Yoshinkan Aikido has visited the United States and Canada, the first time that many North American Yoshinkan dojos have had the opportunity to receive senior instructors from Japan, and the beginning of the regular wearing of the traditional *hakama* by Yoshinkan instructors. In addition, the visit constituted the official unveiling of the International Yoshinkai Aikido Federation (IYAF) and the establishment, by Shioda Dojocho, of an administrative organization in the United States (the IYAF of America) that may serve as a model for other national organizations.

The International Yoshinkai Aikido Federation of America (IYAFA), directed by Shioda Dojocho, is a

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recognized non-profit, educational corporation in the United States. Incorporated under the laws of the state of Indiana, the organization is in the process of applying for tax-exempt status under the federal laws of the United States.

The organization can serve as an example for other countries in that it was established solely to promote the spread of Yoshinkan Aikido - not for the regulation or restriction of any affiliated Yoshinkan dojos in the country. As the Yoshinkan spreads its wings on a worldwide basis there will be more and more need to establish corporations that can be a channel for national currencies and the facilitators of Honbu activities. The existence of the IYafa now permits the Honbu to maintain a U.S. bank account and expedites the transfer of funds sent to Japan.

All affiliated instructors and dojos will always have the option of acting separately from the IYafa, but a centralized organization, to coordinate the trips of *uchideshi* or other visitors from Japan, for example, could be very useful. Other activities might include assistance with the organization of national membership registers and the acquisition of special grant monies to assist in the development of Yoshinkan in the United States. For further information about the IYafa, please contact Dr. Christopher Howey, Instructor, Aikido and T'ai Chi of Indianapolis, 2131 E. 54th. St., Indianapolis, Indiana 46220, USA.

The Dojo phone number is 317-251-2070, home phone number is 317-849-3534, and fax number is

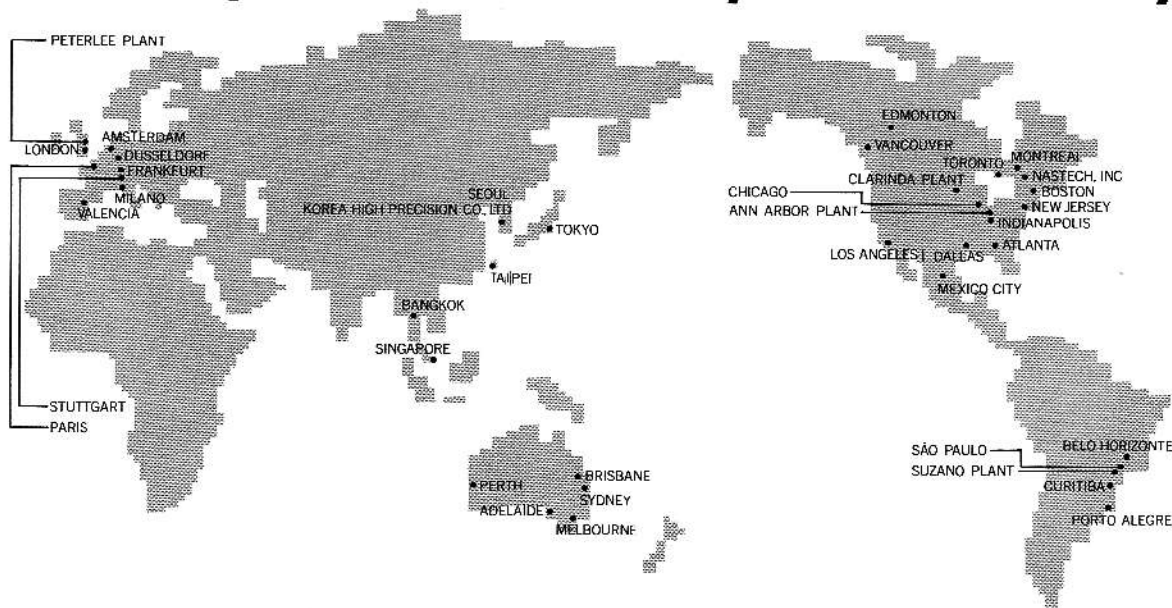
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# SOKE SHIODA GOZO INTERVIEW

Q: Should we encourage beginners to concentrate on the use of the hips, on relaxation and balance? Should the kind of training we receive in the advanced classes also be used in beginners classes?

A: No. This is not something that we can do from the beginning. At first it is important to train repeatedly in the basic movements. You must train in basic technique to acquire these skills of balance, etc. Once you have begun to develop some idea of the principles of Aikido you can start this more advanced training.

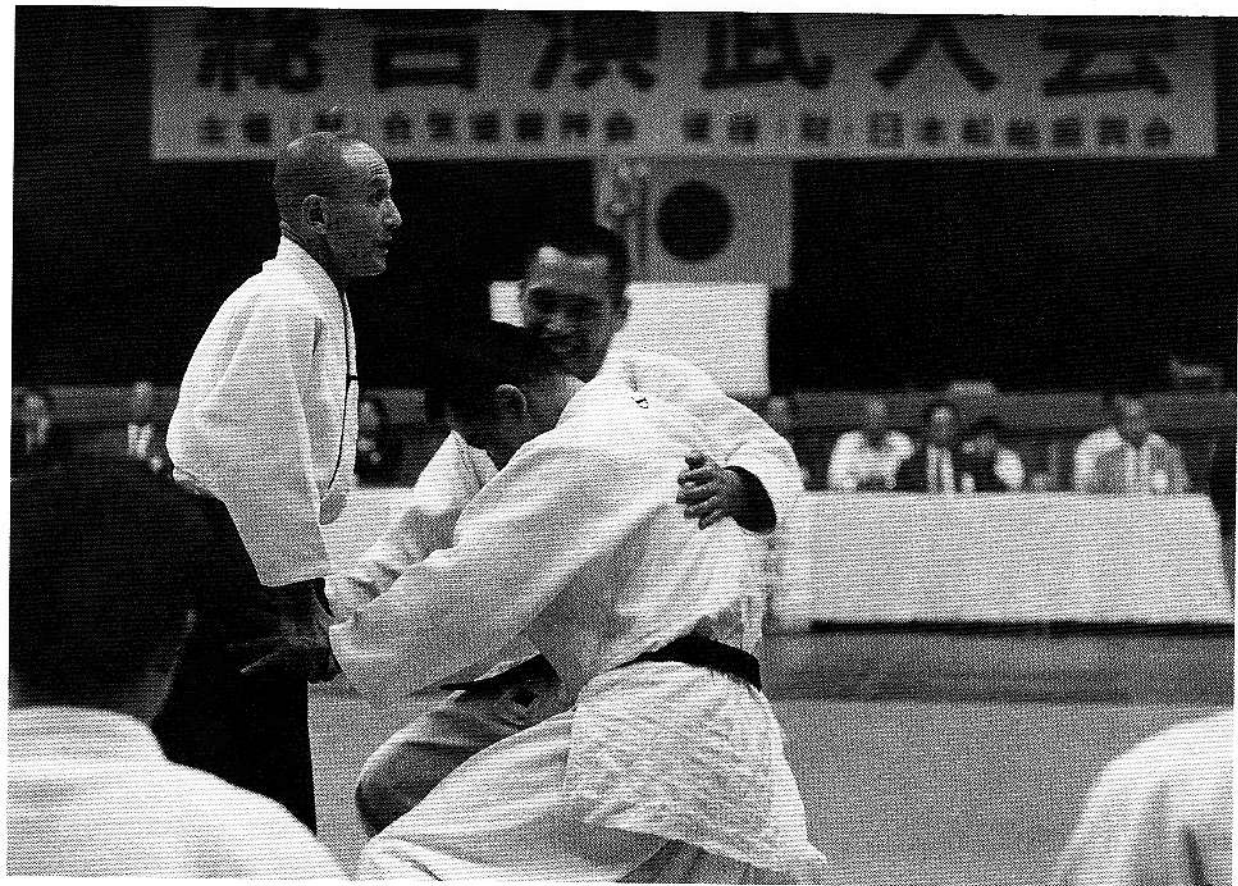
Q: Would you compare the training that you had under Morihei Ueshiba Sensei and the training that we see in the Yoshinkan Honbu Dojo at present?

A: Today the techniques taught at the Ueshiba dojo are the techniques performed by Osensei in his later years when he was at the peak of his search. But, it was not like that in the beginning. Like all men,

Morihei Ueshiba gradually gathered experience and skills from boyhood to old age. These experiences and skills enabled him to perform the techniques he was doing at the end of his life. My techniques and the actual Aikikai techniques, even though they seem different, share the same base. It is similar to the way that techniques performed at an apprentice level and at a masters level seem different to the uninitiated. The two styles seem different, but in fact there is no difference.

Q: Are there any conditions to being a branch dojo instructor other than those stated in the IYAF bylaws?

A: At *shodan* level there should be *shodan* technical skill. There must also be a spiritual awareness. As we become *nidan* and reach upper ranks we should train to correspondingly higher technique and higher spiritual understanding.

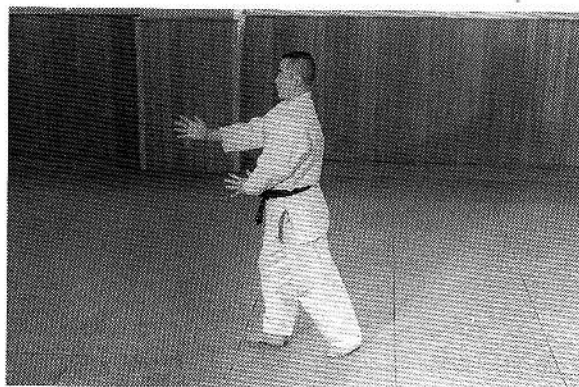
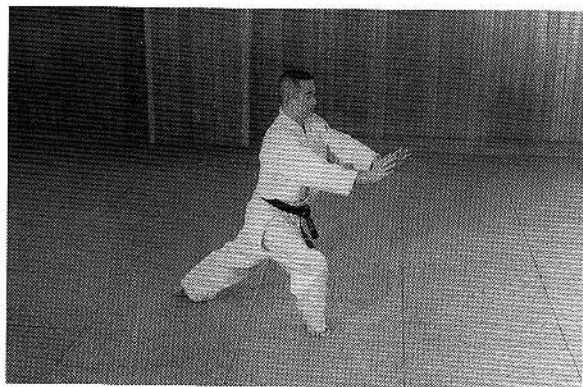
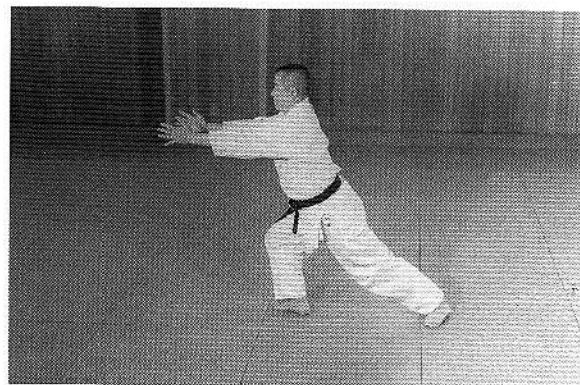
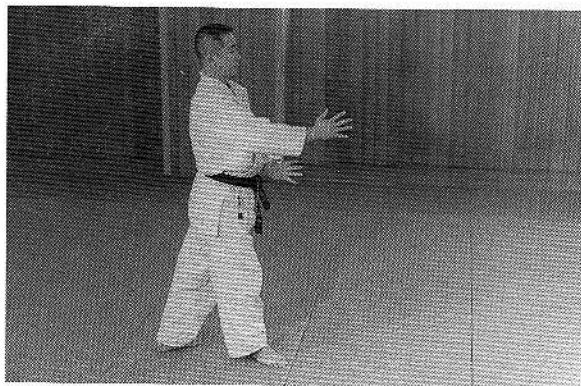
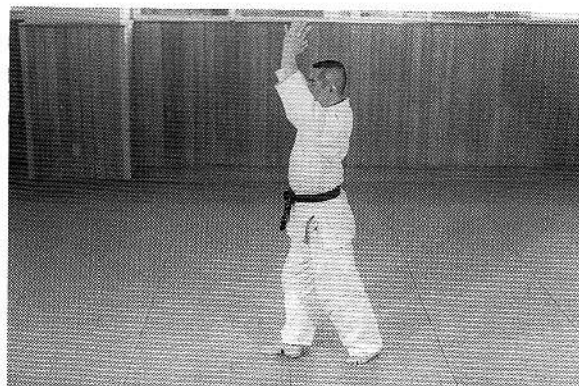
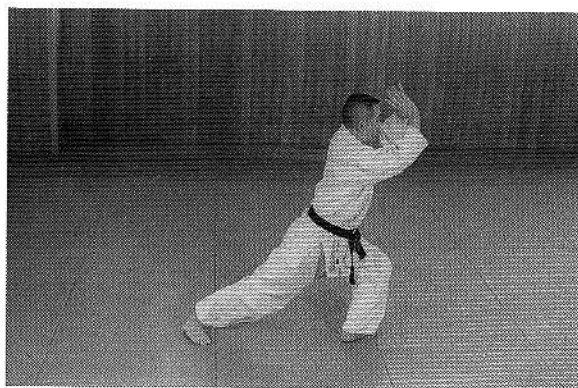




# TECHNIQUES EXPLANATION

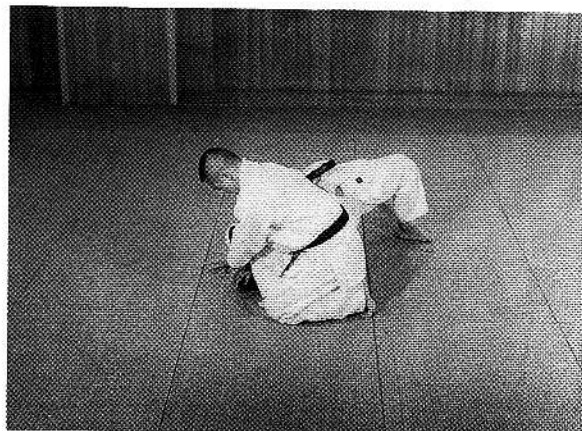
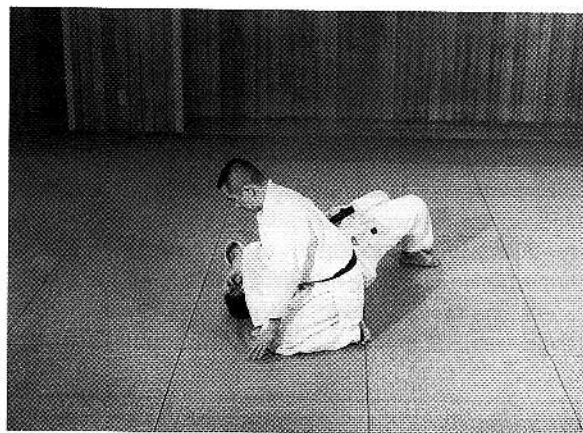
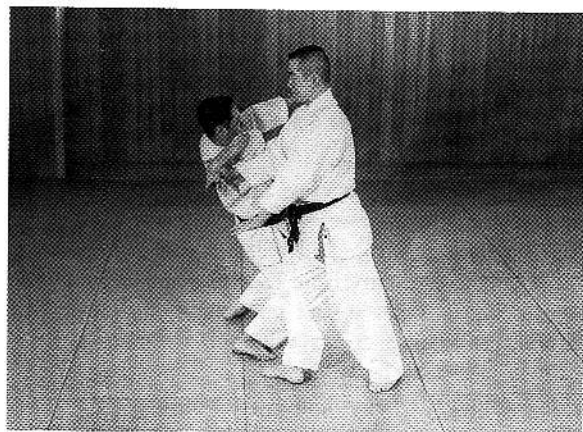
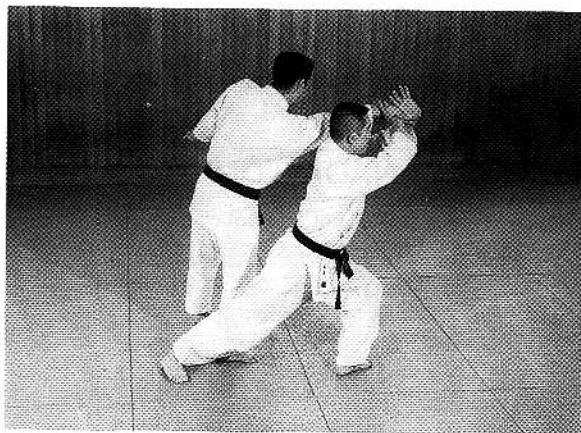
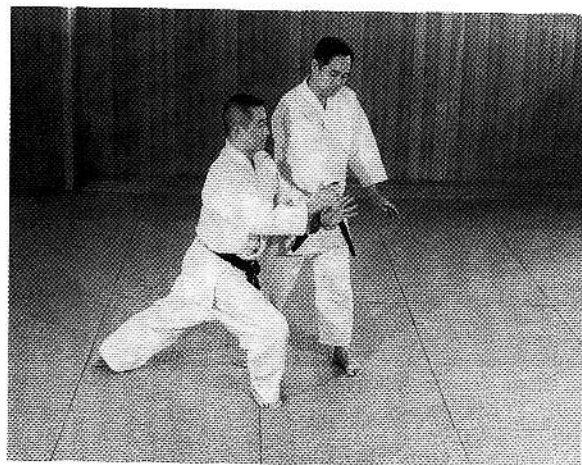
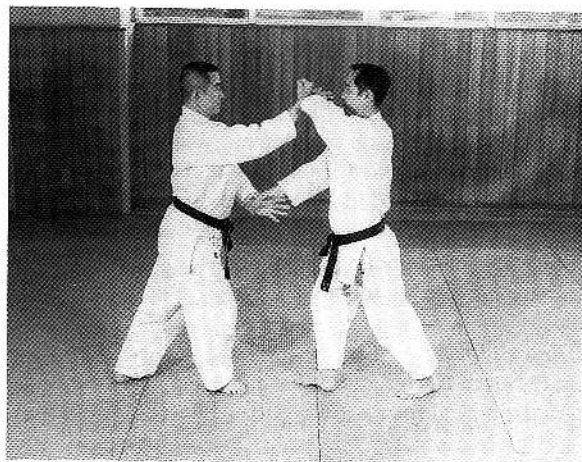
## SHUMATU DOSA ICHI

*Shumatsu dosa*, or "finishing movement" is one of the six basic movements in Aikido. It is a response to a pull, starting from the basic stance (*kamae*), move diagonally forward 45 degrees, moving from the front leg, pull your back leg behind you. The hands should be positioned at chest level as if holding a ball. Cross step forward keeping the legs in line and the body squared. The hips should not rise when moving forward. The hands describe a circular motion and finish positioned at forehead level. Shift on the balls of the feet, at the same time pulling your back leg quickly and face the opposite direction. Legs should be in *kamae* position when shifting. Raise your hands above your head, arms parallel and palms facing each other. Slide forward from the front leg cutting the hands forward and down to shoulder level. pull your back leg to return to the starting position of *kamae*.



## KATATE MOCHI SHIHO NAGE ICHI

This technique is the direct application of the basic movement *Shumatsu dosa*. *Shite* and *uke* face each other in *kamac* (Right side/ *Aihanni*). *Uke* grasps *shite*'s left hand and pulls. Keeping fingers spread and body squared, chin tucked in, *shite* strikes with the back of his right fist to *uke*'s face. As in *shumatsu dosa*, *shite* slides forward from the front leg while his right hand softly but firmly grasps *uke*'s right wrist. Cross step forward, moving both hands in a circle to forehead level. With weight strongly forward but balanced, turn promptly on the toes and cut down with both hands to chest level. Keep the weight strongly forward, release the left hand, and take *uke* to the ground, locking his shoulder. *Uke*'s shoulder and hand should be in line with *shite*'s front ankle and knee. *Shite* must keep his weight forward. Raising his free hand high above his head, *shite* delivers *atemi* to *uke*'s eyes. *Shite* strikes with an open hand using the hand blade.





# YOSHINKAN AIKIDO WORLDWIDE

## U.S.A & CANADA TOUR 1990

From September 17 until October 12, 1990, Shioda Dojocho and myself travelled around the United States and Canada. The aim of our trip was threefold. Firstly, to explain and promote the newly founded International Yoshinkai Aikido Federation. Secondly, to introduce Shioda Dojocho to Aikido practitioners outside Japan. And thirdly, to spread, through direct teaching, the techniques of the Yoshinkan Honbu Dojo.

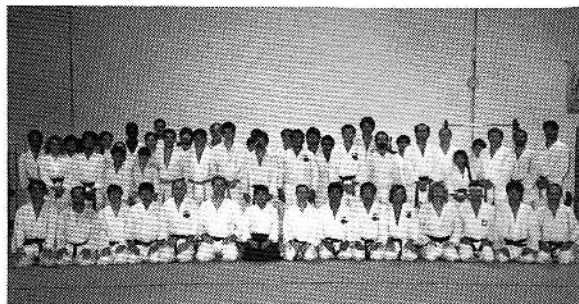
For the *Dojocho* and myself it was the first opportunity to meet with Americans and Canadians on their home soil. Over the years that I have studied and taught at the Honbu Dojo in Japan I have been lucky enough to meet several Americans and Canadians. Usually they were tall, strong people, aggressive and quite willing to meet challenges head on. For our hosts, apart from the few that had made it to Japan, it was the first opportunity to meet with Honbu Dojo instructors, on and off the mat.

Throughout the trip we took part in demonstrations, clinics, and regular classes and observed tests. These were opportunities for us to explain techniques that many had only been exposed to through video or books. For the local instructors, too, this was a chance to run over technical points and to have their questions answered. For us it was a chance, as Honbu Dojo instructors to understand and see the particular levels and problems that each club was experiencing. This enable us, and will continue to do so, to find a solution to the difficulties. It was important for *Dojocho* to have heard from the different instructors their critique and appreciation, their understanding of the IYAF, and their un-

derstanding of the Dojocho himself. It was also a chance for him to affirm his credibility as a leader who can be trusted.

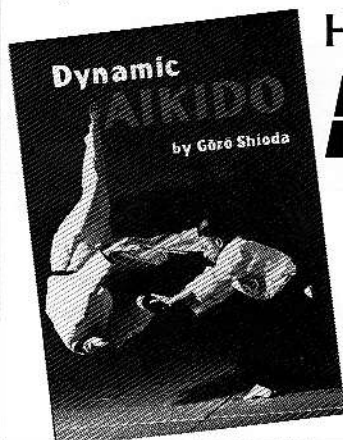
Following is a list of the dojos we visited throughout the tour.

### Los Angeles



Los Angeles, with its small downtown of towering offices, spreads out into large suburbs and breaks up into small communities. Los Angeles dojos are peaceful places in contrast to the relatively dangerous city. It may be because of this danger that techniques taught are often effective and quick, techniques that are more likely to work on the street, with an emphasis on self-defense and weapons. Sam Combes is the chief instructor and the director of training at the Aikido Yoshinkai of California. The main dojo is located in Anaheim, very near Disneyland. Sam teaches about 30 students in the friendly atmosphere of his school.

Dojo address :  
1510 South Euclid Avenue  
Anaheim, California 92805, USA. Ph. (714) 774-5730



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David Dye, a police officer in Costa Mesa, teaches self-defense to the local police. David also runs his own dojo near his work place. The dojo, clean and well decorated, has around 20 regular students.

Dojo address :

The Aikido Federation of California  
P.O. Box 10962

Costa Mesa, California 92627 USA. Ph. (714) 754-7287

Mitsugoro Yamashita usually teaches in a large sports center but also has university and college clubs. With a rich background in martial arts and a general large attendance at his classes, Mitsugoro is quickly moving toward turning professional.

Contact address :

15511 Ruthelen Ave

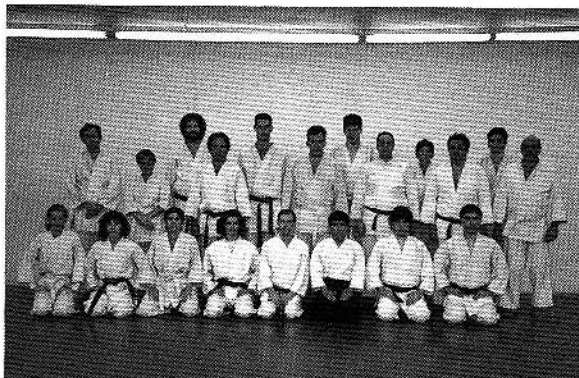
Gardena, California 90249, USA.

Contact address :

227 Riverview Drive

St. Rose, Louisiana 70087, USA.

## Indianapolis



Indianapolis, known world wide for its racing circuit, attracts numerous race fans annually. Nature is well preserved there, and the area is green and flat, without mountains or lakes.

Chris Howey and Evelyn Dysarz both started Aikido many years ago and were influential in establishing Yoshinkan Aikido in Michigan. Two years ago they moved to Indianapolis and began teaching Aikido there. Early in 1990 they joined the IYAF. Now working with Steven Benham, a T'ai Chi instructor and recent Yoshinkan *shodan*, they give regular classes at the Aikido and T'ai Chi Chuan Academy of Martial Arts. They have a computer-equipped office and a modern dojo. Steven takes the day classes and Chris the evening. Their plan is to become professional soon. The dojo has a warm atmosphere that tends to attract a well-educated student sensible to the traditional side of Aikido.

## New Orleans

New Orleans is a hot, humid city in September. The city is surrounded by swamps, with the land, I was told, being as low as sea level. There is an exotic mix of French and Spanish architecture with an added black creole culture as well.

The Greater New Orleans Institute of Martial Arts has about a 30-mat area with a comfortable office and additional facilities for changing etc. Jujitsu, Judo, and Aikido are taught there.

James Pohlman, a longtime Aikido practitioner, received his *shodan* in Yoshinkan Aikido. Through *Do-jocho* he was commissioned by Soke Shioda to represent the interests of the Yoshinkan in the local area. Jack Garret and Jude Cambise, both with histories in Jujitsu and Judo, will assist him. The New Orleans group was the most recent organization to join the IYAF.

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The Aikido and T'ai Chi Chuan Academy of Martial Arts is the only Aikido dojo in the area. The academy has links with the Metropolitan Police Department, and some of the officers train at the dojo. During our time in Indianapolis a small demonstration was arranged for members of different departments within the police. Those present appeared generally impressed with the Aikido they saw and this was boosted by a demonstration with *Dojocho* locking and throwing some of the police officers present. The visit ended in discussion on bringing some U.S. officers to Japan to take part in the Riot Police Training Course at the Honbu Dojo. Special thanks to Col. Ron Chappel, Deputy Chief Larry Bullington, Deputy Chief Norm Buckner, Major Joe Ernst, Capt. Robert Hendrickson, Deputy Brad Shoemaker, Deputy David Huffman, and Deputy Gary Fry.

Dojo address :  
2031 E. 54th Street  
Indianapolis, Indiana 46220, USA.

## Toronto

Toronto is a clean, modern city. One hour's drive from downtown Toronto is the Halton Hills Yoshin-

kan Aikido Association in Georgetown. The association began with four instructors, two of whom, Alister Thomson and Fred Haynes, had spent a number of years training at the Honbu Dojo and with the Tokyo riot police. The two others were former students of Takashi Kimeda in Toronto.

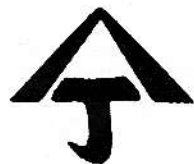
When Shioda Dojocho and I arrived in Georgetown, about 70 students from different parts of Canada joined the clinics and demonstrations. Following the visit, the club had an increase in membership of about 30 students. With this, the four instructors are confident of a strong future for Yoshinkan Aikido.

Contact address :  
358 Delrex Blvd.  
Georgetown  
Ontario, Canada, L7G 4H4

## Windsor



The city of Windsor, which is separated from the United States by the Michigan River, is a very pleasant place. Previously introduced in this magazine were Kevon Block and Jim Jeanette. Both have healthy Yoshinkan Aikido Clubs in the city. We were glad for the opportunity to meet with their students and to talk informally about Japan, training, and local problems.



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## Hawaii

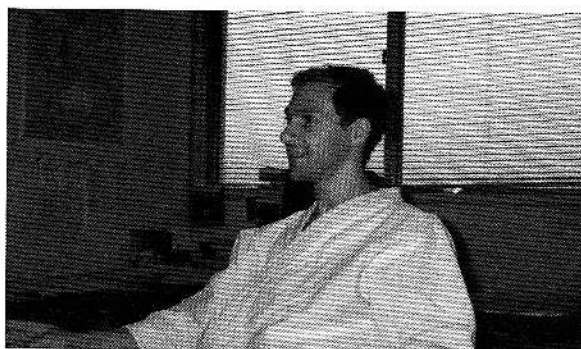
Many years ago, Tomasu Makiyama went to Honolulu to teach Aikido. With this, Hawaii became the first overseas Yoshinkan dojo. Later, Makiyama invited Soke Shioda to give demonstrations in Hawaii. Soke Shioda went with two deshi, Kushida and Noguchi. It was Noguchi who was to take over in Hawaii. Mitsc Yamashita and Sam Combes of California were two of his original students.

According to Harry Fu, who was promoted to *shodan* by Noguchi 20 years ago. Yoshinkan was then the biggest Aikido organization in Hawaii, with clubs in universities and for the police. When Yoshinkan disappeared on the island, Harry joined the Aikikai and is now *nidan* and an active member. It was Harry who wrote to us when he heard about the for-

mation of the new IYAF. When Dojocho and I visited him, Harry was very kind to us and has promised to do all he can to rebuild Yoshinkan in Hawaii. The Yoshinkan Honbu Dojo is now considering the possibility of sending a permanent instructor to Hawaii.

The tour was, for *Dojocho* and myself, an unforgettable experience, and the information we gathered will be of great value for determining policy for the United States and Canada in the coming year. We would like to thank the IYAF and all those people who made this tour the success it was.

Jacques Payet



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# QUESTIONS & ANSWERS

Q: How useful is training with weapons; for example, the *bokken*?

A: Until the Meiji Restoration in Japan it was usual for the military class, the samurai, to wear or carry weapons. Weapons were as much a part of their lifestyle as was the handgun to the early American gunfighters. Most fighting forms at that time consequently incorporated the use of weapons. As the movements became systematized they were extended to unarmed fighting forms. Aikido is one of the more obvious examples of this. By simply watching the hand and leg movements of Aikido the connection between sword kata and basic Aikido movements is clear. Aikido movements with weapons include, for example, cutting actions similar to sword work and thrusting and sweeping actions, similar to those of the *jo*. By using weapons, therefore, the basic meaning of the movements can be remembered. Additionally, weapons help beginners to understand and develop focusing and concentration, timing and distancing.

Q: What is the correct position for *seiza*, "sitting", particularly less painful *seiza*?

A: *Seiza*, as important as any movement in Aikido, trains balance and muscle control. When sitting in *seiza*, it is important to keep a straight back with the hips forward. *Seiza* can be looked upon as a base for all *suwari waza*, and correct *seiza* will strengthen sitting technique. Those people not accustomed to *seiza* will usually find that they become tense when sitting. If the leg muscles tense and harden, pressure may constrict the flow of fluids, causing a buildup in the muscle tissue. This buildup exerts pressure on nerves and leads eventually to numbness. As for the painfulness of *seiza*, tense leg muscles strain the joints. The most commonly effected areas are the knees, ankles, and sometimes the hip joints. Through learning to relax the leg muscles while still retaining a correct posture and alignment of the legs, pain can be reduced, and if you are lucky will completely disappear.

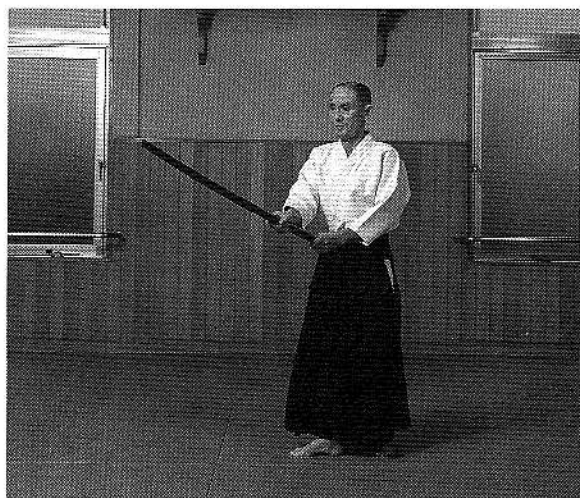
Q: When first starting Aikido, is it better to use a lot of physical strength or is it better to do the technique softly?

A: When doing techniques all effort to execute technique must be made. Often, beginners do not know how to control their own balance and power and resort to physical strength to complete techniques. In this case a person who is physically strong will use

a lot of physical strength, whereas a less strong person will not be able to. The aim is to replace strength with technique, but this can seldom be achieved in the first lesson.

Q: Is the English "martial art" a true translation of the Japanese *budo*?

A: *Budo* is comprised of two Japanese characters, *bu*, which is translated as "martial", and *do*, which means "way" or "path". The first character, *bu*, from the Chinese, can be broken into two radicals. One radical indicates a sword or weapon, the second radical indicates foot. The two together mean walking with the sword, or a soldier. Jigoro Kano, the founder of modern Judo, was supposedly the first to use the character *do*, meaning way, instead of *jitsu*. So Jujitsu became Judo. The Japanese *jitsu* stresses technique, whereas *do* encompasses the idea of a philosophy, a code, and even moral teaching. After the Second World War, martial arts were prohibited by the occupying forces. But with an emphasis placed on the philosophy, the *do*, they once again resurfaced. A historical parallel can be seen between Western and Japanese martial systems. Just as the knights of Europe developed codes, so, too, did the Japanese within the military, and this led to the systems adopted by the samurai class. Miyamoto Musashi is said to have written the characters for weapon and the zen of *zazen* (meditation) together when describing his thoughts on martial arts. Over the years, the second radical of the character *bu* has come to resemble the similarly written Japanese character for stopping, which leads many to fancifully believe the characters for *budo* to mean the way of stopping the sword or a means of self-defense only.



# COMMUNICATION

International Yoshinkan Aikido Federation (IYAF)

"... it was with great joy that the news of the IYAF came to my notice. It may well be the beginning of OSensei's dream of a world united as one family.... please extend my thanks to Sensei Gozo Shioda and all concerned for embracing such an enlightened approach, and I hope that the future will see my group add to the strength of Aikido..."

Nev Sagiba. Katoomba, Australia

Are we the same? different?

"... there are many styles of Aikido, and even within Yoshinkan Aikido itself there are some obvious differences between the way it is being thought of in America or Canada or Japan. How can these differences be explained?"

David Mozes, Tokyo, Japan (We will be presenting an article on this point in upcoming issues, AYI)

Aikido Yoshinkan Dojo of Indianapolis

Aikido and T'ai Chi of Indianapolis had some special reasons to celebrate when Shioda Dojocho and Jacques Payet Sensei visited from September 17 to October 12. Shioda Sensei led the first classes in a brand-new facility that is Indiana's only privately run Aikido dojo.

*Dojocho's* sense of humor, humanity, and excellence as an instructor will long be remembered by those who had the privilege of studying with and getting to know him. The entire group is eagerly waiting until we can travel to Japan for a study tour or until *Dojocho* can return to the U.S.. The dojo in Indiana is in its second year of operation. There are currently over 30 Aikido and 15 T'ai Chi students enrolled in a variety of classes. Sessions are taught during the day on Tuesdays and Thursdays and in the evenings on Monday through Thursday. Children's classes are also conducted, as is a special class on Saturday mornings.

Any Aikido student that is in the area is welcome to come and share practice and fellowship with us. If you are in Indiana or are planning to visit sometime in the future - please let us know - you will always be welcome.

For further information about the dojo please contact Mr. Steve Benham, Manager, Aikido and T'ai Chi of Indianapolis, 2131 E. 54th St., Indianapolis, Indiana 46220, USA.

The dojo phone number is 317-251-2070; Steve's home phone number is 317-257-1212; the fax number we can be reached at is 317-254-4566.  
Dr. Chris Howey Indianapolis, USA.

## Present

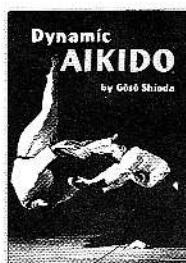
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Book for 30 persons



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-History of Aikido. The Nature of Aikido  
Posture & Movement. Basic Movement.  
Basic Techniques. Self Defence

3.

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