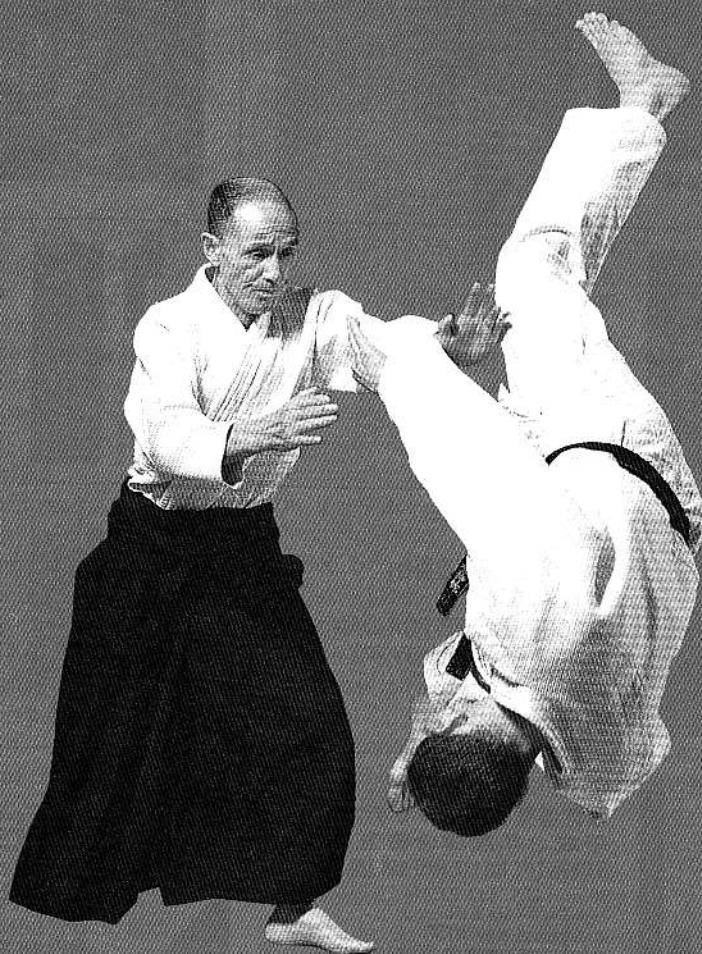


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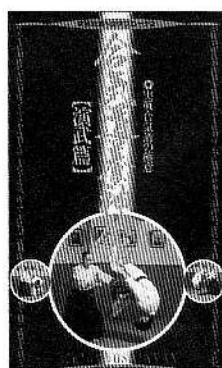
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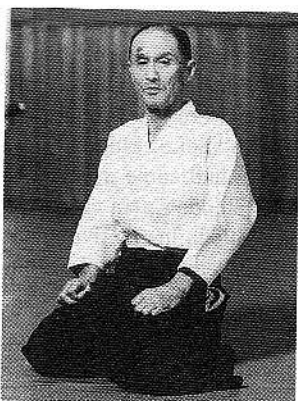
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INTRODUCTION



Recently both Shioda Gozo and his son Shioda Yasuhisa were given new titles within Aikido Yoshinkan. The titles, not simply words, indicate the new positions and directions for the future that will be taken by these two men.

The titles are of course Japanese and when translated unfortunately lose a great deal of meaning. We have therefore supplied the following definitions and explanations in the hope that a clearer understanding will be had by all.

SOKE

Shioda Gozo's official title is now Soke Shioda; his previous title was Kancho Shioda Gozo Sensei. 'Soke' translates as 'Founder and Director'.

However the meaning runs far deeper and is slightly different from that conveyed in the English translation. To understand 'Soke' it is best to explain the synonym 'Honke'. 'Honke' is comprised of two Chinese characters.

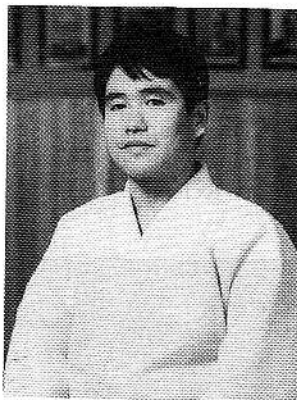
The first character 'Hon' means origin or base. The idea behind this is the passing down or the handing down of something from generation to generation.

The second character 'Ke' means family. Those familiar with Japanese history will know of Tokugawa Ieyasu who united Japan and is referred to as the founder of the country. For 15 generations control remained in the hands of the Tokugawa family. A tradition that holds through to today is that in the master schools of flower arranging or 'Ikebana' and to the schools teaching the tea ceremony where laws and leadership pass through the generations from parent to child. The head of each school takes the titles 'Soke' and assumes responsibility as if he or she were the founder and originator. For over 600 years this tradition has helped to bind schools and retain, and in many cases, improve on the style and techniques that the school teaches. In Budo, the martial arts, for

example Yagyu style or Nihon Kobudo use the same system to transmit their styles. Yoshinkan has decided to adopt this system also after concluding that it is the best way to maintain the strict and inner core necessary to survive the future and yet remain true to the original teachings and purposes. The first Soke is therefore Shioda Gozo.

His teachings will be Yoshinkan Aikido and it is his wish that the Yoshinkan be looked upon as a family transmitting a family style through the generations. In Japan and all over the world Soke Shioda requests the Yoshinkan to pass on the true original Japanese martial art of Aikido.

DOJOCHO



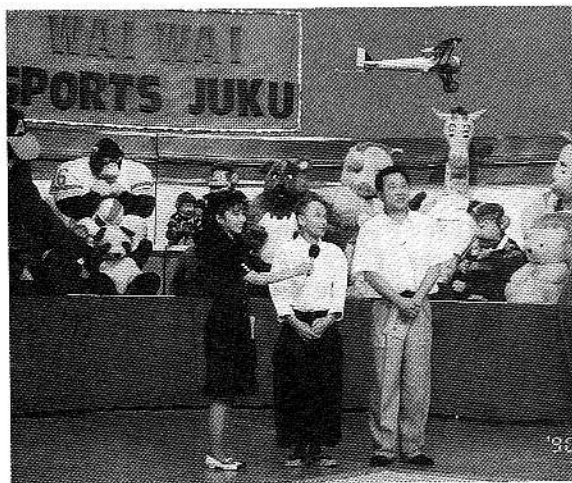
In September, Shioda Yasuhisa became Dojocho. This is a much more readily translated word but has some subtle nuances of its own. 'Dojocho' means coordinator or director of dojo affairs. Decisions concerning the administration of the dojo and welfare of the instructors and students are covered by this position. However, the word also indicates a training period or preparation period. For this reason Soke Shioda has designated his son Dojocho as a training and preparatory period for when he eventually must accept the preferment to head of the entire school. The position places Shioda Yasuhisa close to his father in daily affairs and allows him a first hand view of the responsibilities he must one day confront as head of the Yoshinkan.

YOSHINKAN NOW

NEWS

◆ Soke Shioda on television

Soke Shioda made an appearance on Japanese television last June. The program, a sports quiz show 'Wai Wai Sports Juku' was sponsored by one of the major Tokyo stations and runs a weekly talk/quiz show featuring Japanese and visiting sports celebrities. The shows staff and panel are comprised of well known sports personalities in Japan. The channel ran a special Monday night feature on Soke Shioda and quizzed the panel on several aspects of Soke Shioda's life. One question that arose and which many Yoshinkan Aikido students probably already know the answer for was. As a young man and having just begun Aikido, Soke Shioda spent a great deal of his own time experimenting with the new art he was attempting to discover. He created devices and methods of his own to train his body and mind in the ways of Aikido. Throughout his life Soke Shioda has often trained using animals, for example dogs, to develop his reflexes and stamina. But what animal had the greatest influence on his techniques? Goldfish!



Soke Shioda told how through watching the movements of goldfish he discovered their skill in avoidance especially when their environment was disrupted. He also observed their circular motions and ways in which they moved their bodies to execute turns. The show superimposed the movements of the fish avoiding each other in a disturbed bowl of water over a top view of Soke Shioda's Jiyu Waza (free style) and the effect was quite illuminating.

The announcer, after watching the live demonstration by Soke Shioda and the Deshi he had as assistants, was doubtful over the effectiveness of the techniques and queried as to whether the deshi were just taking falls and overly co-operating with Soke Shioda. The announcer who had apparently had some experience in martial arts, grabbed Soke Shioda's arm as a challenge to his techniques. Soke Shioda instinctively, but gently, took the man to the floor leaving an unhurt but very surprised announcer to finish the show.

◆ Famous Japanese Comedian Visit to the Honbu Dojo

Channel 4, in June, ran a 30 minute special on the Yoshinkan Honbu Dojo.

Hosting the show were two of Japan's most popular young comedians Un-chan and Nan-chan. After a brief introduction into Aikido they undertook a training session given by Shioda Dojocho son of the founder of the Yoshinkan School-Soke Shioda.

The show was a humorous and light hearted view of Aikido. Shioda Dojocho was assisted by two regular students, Ms. Kawaguchi and Ms. Fukushima, both black belt holders at the Honbu Dojo.

During the 30-minute show the comedians were taken from kamae to Jiyu Waza and managed a considerable understanding of Aikido by the end of the class. The training session ended with a souvenir photo session with the members and Deshi of the Dojo plus the numerous fans that followed the comedians to the Dojo.

◆ Visit Dojocho to U.S.A., CANADA

Yoshinkan Aikido Honbu Dojo is pleased to announce that Dojocho Yasuhisa Shioda Sensei 6th Dan, son of Soke Gozo Shioda, founder of Yoshinkan Aikido, will be touring the U.S. and Canada September 17th to October 12th.

A variety of clinics, demonstrations, and workshops have been scheduled in locations across North America. Spectators and students of all styles of Aikido and martial arts are invited to attend.

Accompanying Shioda Sensei will be Uchideshi Jacques Payet Sensei (4th dan).

For complete information on local venues, events, and schedules, please contact the Regional Host groups.

REGION and DATES

REGIONAL HOSTS

LOS ANGELES

Monday Sep. 17th

Sensei Sam Combes

213 943 5031

to	Sensei Mits Yamashita	213 329 6446
Saturday 22nd	Sensei David Dye	714 754 7267
	(contact FAX)	714 535 3603

NEW ORLEANS

Sunday Sep. 23rd	Sensei Jack Garret	504 682 2375
to Thursday 27th	Sensei Jude Cambise	504 496 0305

INDIANAPOLIS

Thursday Sep. 27th	Sensei Chris Howey	317 849 3534
to Monday Oct. 3rd	Sensei Evelyn Djsarz	FAX 274 4513

GEORGETOWN (Toronto Canada)

Thursday Oct. 4th	Sensei Fred Haynes	416 873 1295
to Saturday 6th	Sensei A. Thomson	FAX 873 6133

WINDSOR (Canada)

Sat/Sun 6-7th Oct.	Sensei Kevin Blok	519 976 1263
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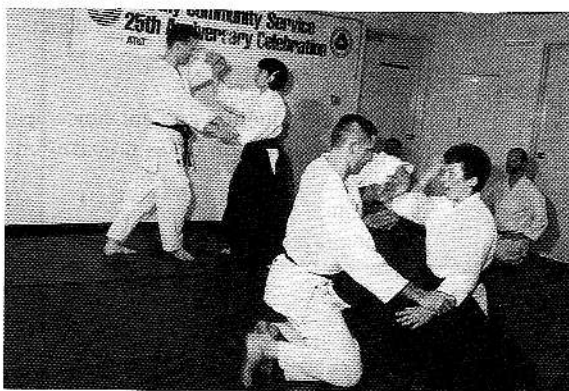
KAILUA (Hawaii)

Mon/Thurs 8-11th Oct.	Sensei Harry Fu	808 261 5823
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DEMONSTRATIONS

◆Camp Zama

There are many American military bases in and around Tokyo. Camp Zama, situated about one and a half hours south of Tokyo by train is one of these military camps. Camp Zama is specifically army and not so large with an on-base population of around 4000 people.



On July 25th, nine members from the Honbu Dojo were dispatched to Zama to give a 30-minute demonstration of Yoshinkan Aikido. After early morning training, dogis and weapons on shoulders, the group went south. The group was made up of Jacques Payet from France, Mark Baker and Pamela Hunt, both of New Zealand, Robert Mustard from Canada, Roland Tompson and Silva Kehru from Australia, Sumiko Sakano from Japan (substituting for an American

unable to participate) and Gadi and David from Israel. It was a truly international Aikido team.

The Camp Zama Community Center, celebrating its 25th anniversary, was holding a Japan recognition event and had requested a group from the Yoshinkan to present a display of the martial art. Generously, the Yoshinkan group was offered main feature status and freedom of content and time. One hundred people seated at a Japanese banquet, mainly officers and their wives, prepared to view the demonstration. At half past twelve, the 'gaijin team' (gaijin:foreigner), sitting at one corner of the area provided for the demonstration, bowed and began. The area was relatively small, which was not so much a problem in itself but suffered more from the fact that it was closed on three sides by walls and the fourth by tables. The situation of the walls and tables resulted in some very interesting adaptation of techniques and a quiet fear from the Uke should they miss the right fall.

Explanations and a commentary on the demonstration were given in English. The audience, surprised at the beginning, reached the peak of their excitement during the women's self defence, as they watch the women, Pam and Sakano throw and smash their larger male partners.

The demonstration was a success indeed, greatly due to the fact that it was the first Foreigner's Yoshinkan Aikido demonstration ever in Japan. A promise for the future, 'Gaijin Gambare'. (Thanks and good luck for the next 25 years to Sergeant Duff, Joan Noll and staff of the Zama Community Center.)

◆Japan Martial Arts Association

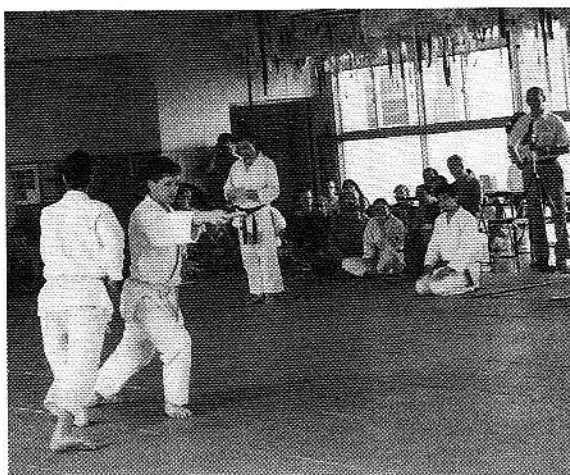
Japan Martial Arts Association (JMAS), is a non-profit organization founded about 8 years ago. The president of JMAS, Mr Phil Relnik, after meetings with foreign representatives from the Yoshinkan Honbu Dojo, indicated that the organization would be interested in seeing an all foreigners demonstration. A group from the Honbu Dojo had formed, and had been training for a demonstration at an American military base, and agreed to give a demonstration following this. The demonstration took place on Sunday, July 29th.

JMAS consists, mainly of non-Japanese residents in Japan. The organization's aim, is to introduce authentic martial arts to foreigners and Japanese. JMAS is in a sense, a directory of martial arts that is accessible to everyone.

The number of martial arts presently taught in Japan is astounding. The typical visitor to Japan will find it not so difficult to make contact with Karate, Judo or

Aikido groups, but outside of that, many hours of frustration and searching are often needed to make contact with the more obscure groups. Often an inability to speak Japanese can stop you completely. JMAS supply the link between the foreigner and the art.

The demonstration was to be incorporated with the 29th meeting of JMAS and would consist of a short introduction and meeting, a demonstration of techniques, an open participation clinic, and another short closing meeting. Having submitted the plan and format of the demonstration to the Honbu Dojo for approval, the foreign representatives at the Honbu were honoured when Soke Shioda offered to add to the demonstration himself, in support of the event and its aims.



The actual demonstration went smoothly, despite the added pressure of demonstrating in front of Soke Shioda. After the 30-minute demonstration, considerable detail on the roots and processes of Aikido, explanation on the differences between the martial arts available and effect of the sport on the martial arts, history and future development of the arts were given as only a small percentage of the audience had had practical experience with Aikido, Soke Shioda introduced the art clearly and simply

and described it in relation to the other martial arts. Soke Shioda presented an excellent lecture on martial arts and Aikido.

The final section of the meeting was the clinic where most of the audience participated to learn some basic movements and techniques. After all was finished Soke Shioda sponsored a dinner and party for the JMAS members and the foreigners who had taken part in the demonstration.

The meeting was very successful in that all aims were achieved. For JMAS, another martial art was presented to the members and further understanding of the martial arts world in Japan was achieved. For the Yoshinkan, a greater area of the community was made aware of the availability of Yoshinkan Aikido for foreigners and the support the Honbu Dojo is willing to give. Thanks to JMAS, Mr. Phil Relnik, Miek Skoss and all members.

Also thanks to the Yoshinkan members who helped organize and participated in the demonstration and of course, special thanks to Soke Shioda for his support and encouragement.

INSTRUCTOR COURSE

From April of 1991 the Yoshinkan will be offering another Instructor Course.

This course is based on the Senshusei Course previously restricted to the Tokyo Metropolitan Police and Honbu Dojo Instructors. The present course has been modified to allow participation from all Yoshinkan members.

Title: Instructor Course

The Course will run from April 1st 1991 to March 31st 1992.

Schedule: Tuesday to Saturday 9 : 00am-2 : 00pm

Tuesday 9 : 00am
Morning introduction and announcement
Morning preparation Class preparation

10 : 00am-11 : 30am
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5 : 30pm-6 : 30pm, 7 : 00pm-8 : 00pm
classes optional

Wednesday the same as Tuesday plus additional
8 : 30am-9 : 30am Kokusai (foreigners)
Class

Thursday the same as Tuesday

Friday the same as Wednesday

Saturday 9 : 00am
the same as Tuesday

10 : 00am-11 : 00am
training with Riot Police

11 : 30am-12 : 30pm training with Eng-
lish speaking Instructor

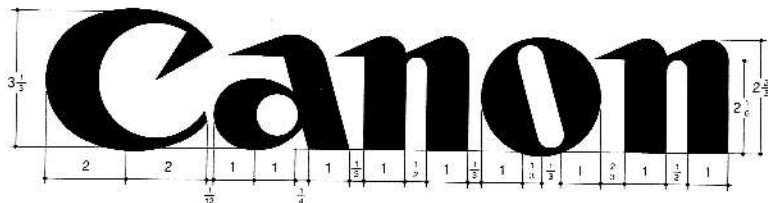
12 : 30pm- 1 : 30am Daily Report

(Additional) 1 : 00pm-2 : 00pm, 4 : 00pm-5 : 00pm,
(Sunday)10 : 00am-11 : 00am,
1 : 00pm-2 : 00pm classes optional

The first nine months of the course will be spent training with and parallel to the Riot Police. The Riot Police will graduate after nine months. From this time students will undertake practical instructor training working in English speaking school Aikido clubs within Tokyo and teaching Kokusai Courses at the Honbu Dojo. Testing will take place several times throughout the Course. Final testing will take place in March of 1992. A student entering with no grade can expect to graduate in March with First Dan if adequate levels have been attained throughout the Course. Students upon graduation will receive Certificates of graduation and International Yoshinkan Aikido Federation Instructor Certificates.

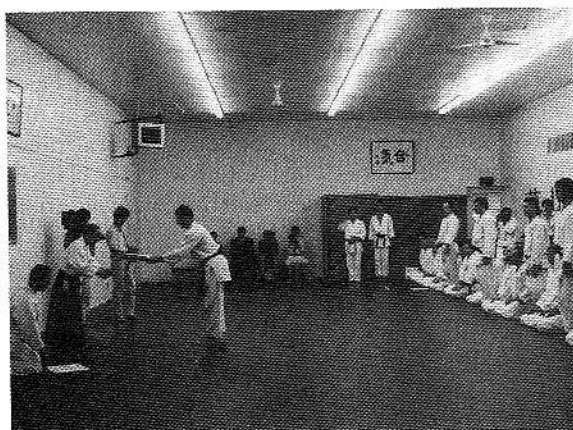
The Course will be open to men and women. Applicants must realise this is an extremely demanding course both physically and mentally and in preparation for this should be in excellent condition. The Course will be broken by one week Summer and Winter vacations. Course cost ¥25,000 per month. For application forms, please apply to 'Instructor Course', c/o Mark Baker, IYAF, Yoshinkan Aikido Honbu Dojo, 2-28-8 Kamiochiai, Shinjuku-ku, Tokyo 161, JAPAN.

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IYAF INSTRUCTOR GRADING



History was made once more in June this year when Mr. Antony Yates of England and Mr. Kevin Blok and Mr. James Jeannette of Canada received their Fifth Dans during Soke Shioda's tour of Canada. Although they were not the first foreigners to have received Fifth Dans, they were the first Fifth Dans to have been tested by Soke Shioda outside of Japan. To add to this important moment, Soke Shioda also awarded them with IYAF instructor certificates, allowing them to grade their own students independently, and allows them to receive certificates directly from the Honbu Dojo. It is the first major step in the establishment of the International Federation. Congratulations to Antony, Kevin and Jim.

IYAF MEETING

IYAF CANADA, WINDSOR. JUNE 26TH, 1990
FIRST IYAF MEETING OF INTERNATIONAL MEMBERS.
(Windsor Compri Hotel)

Reasons for meeting: Informal discussion and presentation of IYAF structure.

Dr Fred Haynes opened with a description of IYAF certificates available.

This was followed by a description of the IYAF membership cards, dan lists and various application forms. A brief description of the IYAF bylaws was given. It was explained that the mechanism was created by the Honbu Dojo to enable qualified instructors to register directly with the Honbu, and for the Honbu to support the overseas growth of Yoshinkan Aikido.

The following points were discussed:

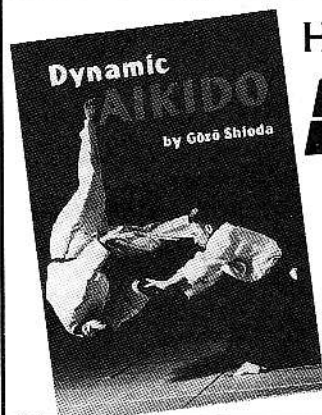
The IYAF certificates-translation on the back should contain the following information 1. country of applicant, 2. instructor name.

IYAF cards/passport: suggested that IYAF membership cards could contain full details on the Dojo, Instructor, History, Holder. (This would be a several page booklet/passport similar to Aikikai, Tomiki). Questions raised about the cost of producing cards.

National and Regional Councils.

National Council. What should the structure of this be? Two structures presented. A flat structure consisting of all instructors with equal voting power (prerequisite ranking for admittance to board, is only Yudansha, 3 Dan and above,...). Alternative Council consisting of all instructors but with one 'Shibuchō' overseeing the activities of the council and responsible for communications between the council and the Honbu Dojo in Japan. Regional Council. Some talks on structuring.

Questions were raised on what responsibilities local, regional or national associations or councils should have.



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Disagreement on the necessity of a 'Shibuchō', Discussed possibility of several 'Shibuchō' in one country.

Discussion on the use of the name 'Yoshinkan Aikido' in the U.S. by Kushida.

Questions raised on the power of Kushida Sensei to prevent others from using techniques he claims to have originated or developed.

Summary

The meeting served mainly as a means to introduce/reintroduce IYAF to Yoshinkan members and to hear the grievances of members. In general most people were familiar with the basic structure of the IYAF but needed to be presented with the finer details and especially the benefits and services available. There were several concerns expressed as to the development of the IYAF and the need to avoid misunderstandings with established groups.

The meeting ended with a decision to discuss the following points at the next meeting (27th June, 1990).

1. How to raise funds.
2. Encouragement to join IYAF.
3. Use and control of funds.
4. Structure of IYAF.
5. Test format.

IYAF CANADA, WINDSOR. JUNE 27TH, 1990
SECOND IYAF MEETING OF INTERNATIONAL MEMBERS. (Windsor Hilton Hotel)

Reasons for meeting: Continued informal discussions of IYAF.

Discussions opened on content of a 'Directory'. This would be a worldwide listing of all Yoshinkan Dojos and contain other details to assist overseas groups. Suggested content included listings of the number of students in each club. A techniques list.

Discussion on how gradings were to be policed.

Summary

Most of the meeting involved discussion of the Regional Council specifically the position and necessity of a 'Shibuchō'. A request was made for clarification of the position and power of the 'Shibuchō'. No decision was made as this was intended as a discussion

group only. In addition to the notion of a national council board, a great deal of discussion arose over the point of contact with the Honbu Dojo in Japan. There were two basic structures presented. The first being every instructor has the right to full and complete contact with the Honbu Dojo, and use of this channel for communication on a regular basis would be encouraged by the Honbu Dojo. The other structure presented called for only one representative from each country having the right of contact with the Honbu Dojo and all communications would go through this representative. The formulators of the IYAF were cautious as to this final proposition as one of the most crucial aspects of the IYAF structure is for all clubs and Dojos to have a link with the Honbu Dojo.

A precept of the IYAF safeguards against any person or persons preventing communications between the Honbu and any Yoshinkan members or member groups.

And it was upon the request for more open and less obstructed communications from the Honbu Dojo and Soke Gozo Shioda Sensei that the IYAF was established and with this in mind the basis for the Federation created.

IYAF INTERVIEW

The Aiki News magazine, an Aikido quarterly, recently interviewed one of the leading components of the International Yoshinkan Aikido Federation (IYAF). Dr. Fred Haynes. It was Dr. Haynes who was requested directly by Soke Shioda to create an organization under the guidelines given by Soke Shioda. The resultant organization is the IYAF. We recommend that all members of the Yoshinkan read this interview due to be released in the coming issue of the Aiki News magazine.

Aiki News will also be running a permanent technical section on Soke Shioda demonstrating Yoshinkan Aikido techniques. We can expect to see this within the next couple of issues.

In conjunction with Aiki News, the Yoshinkan has recently issued an English translation of a techniques handbook. The original Japanese version of this book has been standard text for all Honbu Dojo Instructors and has been used as the technical text for the Riot Police Course for several years.

'Yoshinkan Aikido, An Introduction to Basic Technique' is the complete guide to Yoshinkan basic techniques and is highly recommended. Copies can be purchased through the Yoshinkan Honbu Dojo.

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SOKE GOZO SHIODA INTERVIEW

Q : What were your feelings regarding your recent trip to Canada? The standard of teaching and attitude to training for example.

A : I came away with a very good impression of Canada. From what I saw, the students were training hard. The responsibility for future training in Canada lies with the instructors and their teaching methods. I hope that through the International Yoshinkan Aikido Federation (IYAF) a consolidated and far reaching teaching system can be developed and maintained.

Q : In Canada many people wondered why your techniques were visually so different from all the other instructor's techniques. Many people said it looked like you were doing a completely different art.

A : The techniques that everyone else performs are the foundation of Aikido.

These techniques are the 'curriculum of ausfere Aikido training'. If we use them as a base for training we will gradually reach the top.

My techniques are not the apex but I am performing techniques which are relatively nearer, in comparison with other trainees who are studying techniques learned through the period of 'Shugyo', (ascetic phase of training). Therefore from an outsider's (general

public) point of view the techniques may seem different but in fact, for the Aikido students practising, they realize it is not so different.

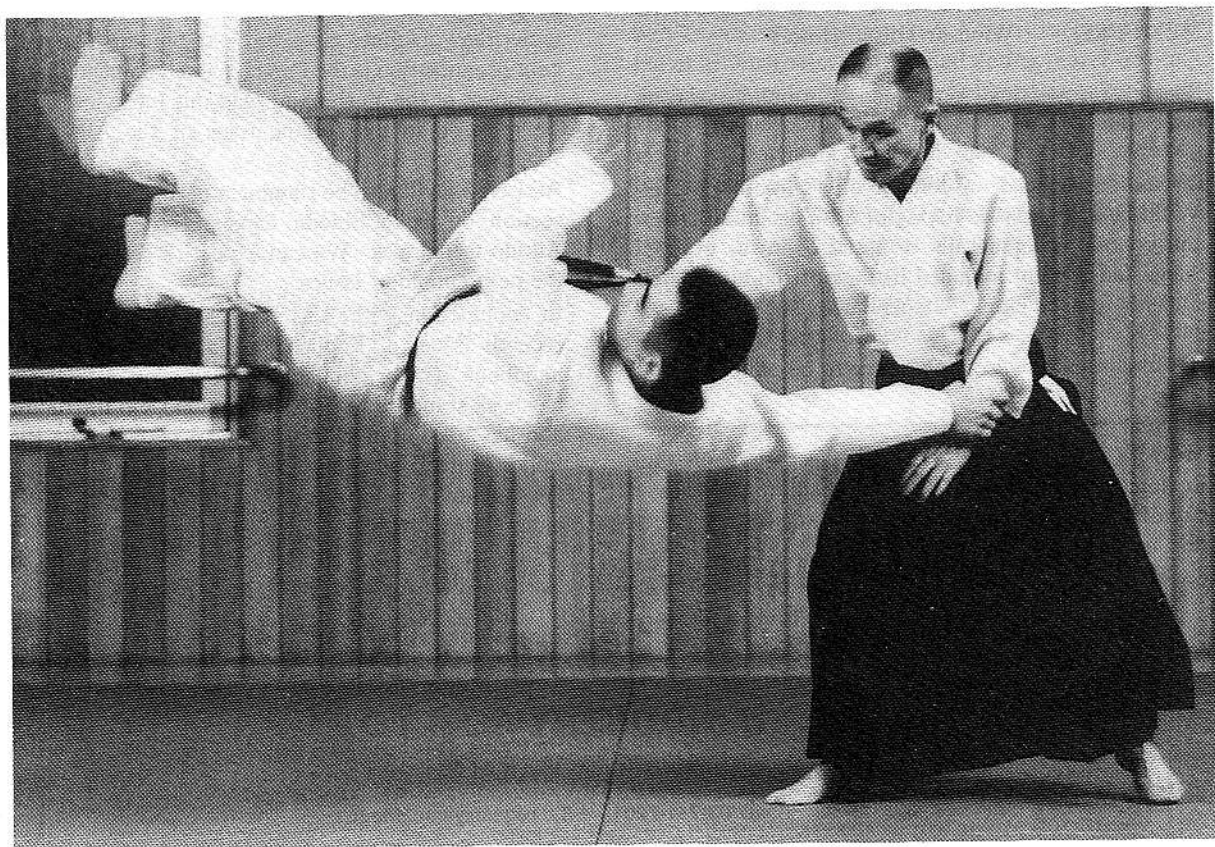
Q : Do you think that anyone, a regular student for example, can achieve your technique and reach your level?

A : As we are all human beings we all have the potential to attain the summit.

To attain this goal a firm resolution and intention, a great effort, zeal, enthusiasm and will are the necessary conditions. Without these feelings it is impossible. These are not 'supernatural' techniques or 'God' techniques. These are techniques performed by man and believe me when I say anyone can do them.

Q : At what stage should we start concentrating on hip power, relaxing and balance?

A : This depends on the person, the student. If the student progresses quickly the content of his 'Shugyo', training will progress too. However, I think this is heavily influenced by how much the student wants to get involved in Aikido and his determination and will to learn.



AIKIDO YOSHINKAN HONBU DOJO

Dojocho Shioda profile

Yasuhisa Shioda was born in November of 1952. His father is founder of Aikido Yoshinkan and because of this he was exposed to Aikido at an early age. Shioda Sensei has recently been designated Dojocho and heir to the Yoshinkan.

I began Aikido when I was in Junior High School. I was twelve years old.

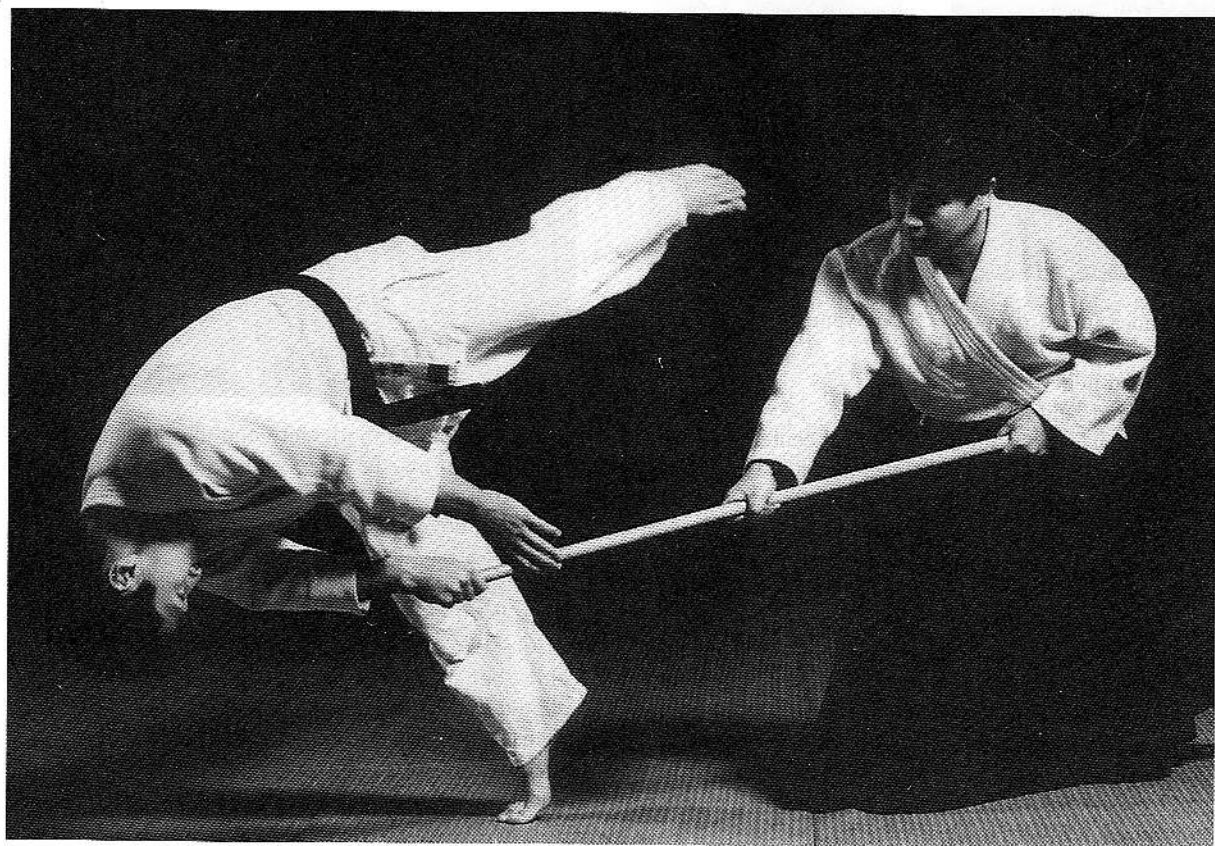
It was about this time that the first group of Riot Police began training at the Dojo. I remember staying in the Dojo during the summer vacation. The training was very hard and I was still very young. I continued training throughout my school years and upon graduation from Chuo University became an instructor at the Honbu Dojo. My duties were various and included teaching the Riot Police, at universities, regular visits to branch Dojos and of course teaching at the Honbu Dojo itself.

In 1981 I went to England, and as well as studying English, began teaching at the various Yoshinkan Dojos in and around London. The experience I had in England molded my way of thinking a great deal, and upon returning to Japan I realized just how much of an

influence living abroad had had on me. The lessons I learned in England are now proving invaluable. As many people are aware, there has been a considerable increase in the number of foreigners training at the Honbu Dojo over the last year or two, and this has made me understand that it is necessary to teach Aikido not just to Japanese, and not just in Japan, but to people of all countries, everywhere all over the world.

This is now my main goal.

The suggestion for a meeting to decide the placement of Yasuhisa Shioda as Dojocho was initially submitted by two of the original students of Soke Shioda, Terada Shihan, with one of the largest branch Dojos in Japan and Inoue Shihan, who has been teaching the Tokyo Metropolitan Police Force Aikido for many years. They were supported by the other branch Dojo instructors in Japan. On July 27th 1990 by the decision of Soke Shioda and the Aikido Yoshinkan Board of Directors, Shioda Yasuhisa was appointed Dojocho of the Yoshinkan. Shioda Dojocho stated his aims to be the development of the Honbu Dojo and world Yoshinkan Aikido through the National Federation and the International Yoshinkan Aikido Federation.



TECHNIQUES EXPLANATION

TAI NO HENKO ICHI

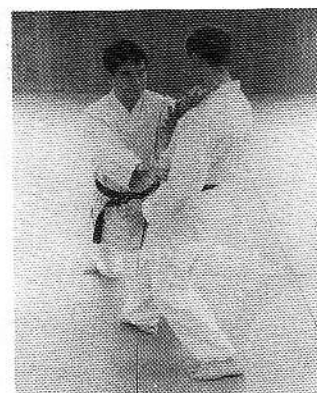
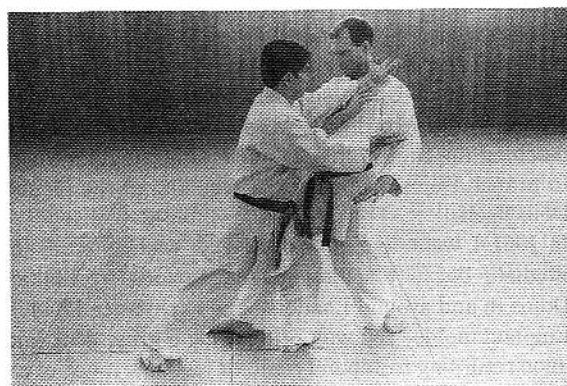
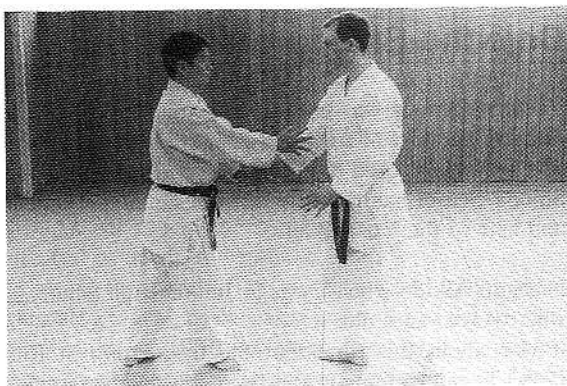
Tai no Henko Ichi, the first basic movement, is an exercise for understanding the direction and strength of force when being pulled. The Japanese word TAI NO HENKO translates as "change of the position of the body". The force of the pull is deviated in a circular motion causing the opponent to move diagonally backwards and break his balance. While performing this movement, it is important that you move your body together as a unit. You must avoid moving the hands early or late in relation to the rest of the body. At any point during the movement your hands, feet and hips should all be aligned.



- leg slides forward in an "S" movement.
- hands make a circular motion
- left hand held at forehead level
- right hand held at chest level
- knees bent, weight forward, 80% of centered weight over the front foot and 20% over the back foot. Back leg is held straight.

TAI NO HENKO (performed with a partner)

In a real situation if shite was being pulled, he would alter the direction of the pull and put uke in a position of imbalance. However, in training uke is not expected to follow passively but instead to take an active part in the movement. Through this physical exercise, and by working at the same time, shite and uke learn to read each others movements.

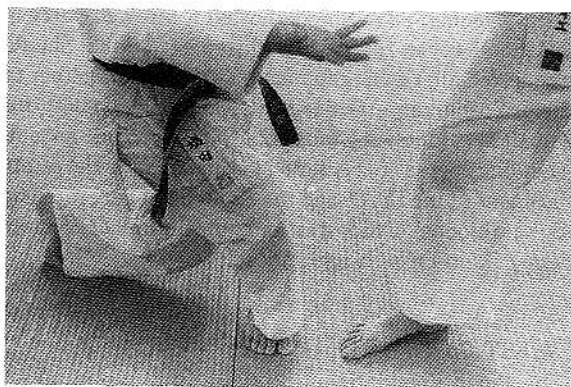
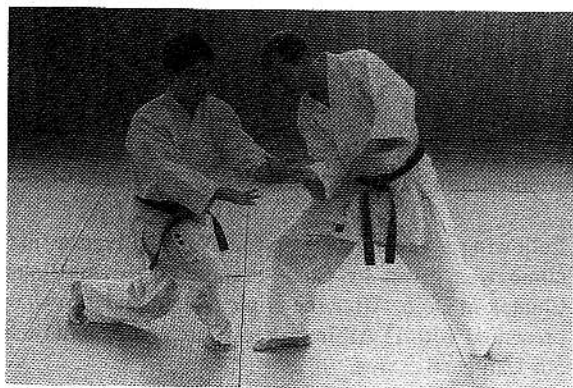
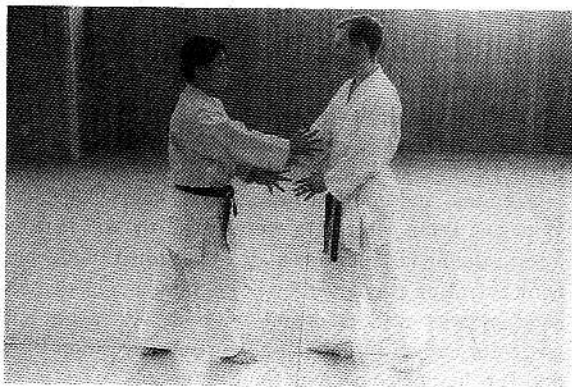


- ai hanmi kamae (both shite and uke in right stance)
- shite performs the movement exactly as he would were uke not there. uke moves in accord with shites forward movement.
- feet positions for uke
- uke turns his front foot inward whilst moving his back leg diagonal to the rear.
- Note: uke should not attempt to pull far away from shite, but should rather move in unison with him. Uke should not move either too early or too late. Movement between uke and shite must be almost simultaneous. By practising the uke's role in this movement, an understanding of the role of uke in sokumen iriminage will be gained, developing flexibility and strength.

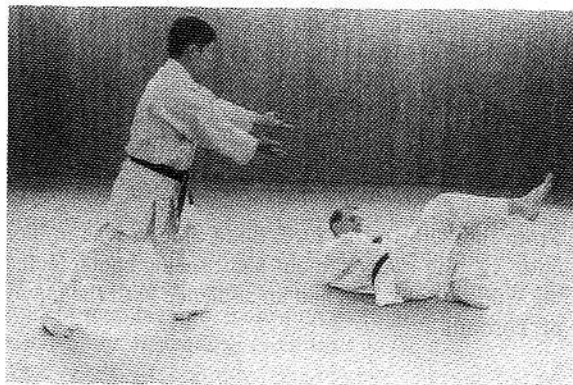
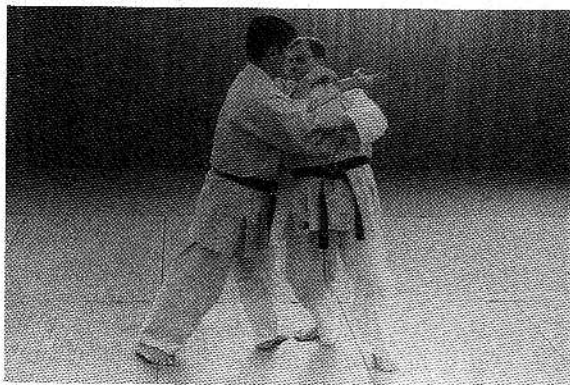
KATATE MOCHI SOKUMEN IIRIMI NAGE ICHI

In this technique shite positions himself at uke's side and throws.

One of the most common mistakes that occurs during the execution of this technique is a tendency for the shite to swing his arms to the side when throwing. Again it is important that the arms, legs and hips are moving as one, in unison; otherwise the shite's arm power only will be used to make the throw and the technique becomes ineffective. To avoid the use of arm power in Yoshinkan Aikido, the movement is broken into three parts and at each point the posture is checked during the technique.



-shite moves his front foot forward and places it perpendicular to uke's front foot forming a "T". The back leg follows by raising on to the toes of the back foot and bending the knee. The hands, palm up, redirect uke's pulling power and by this movement, control uke's body through uke's opposite shoulder. The left hand is held at chest level and the right at belt level



-the hands move in a circular motion guiding uke's balance backwards. While doing this, shite, from his back leg, cross steps through behind uke diagonally forward.

-from the front foot (left) the shite moves forward, again throwing forward. At the same time as he throws, shite cuts forward and down with his arms.

-zanshin-After the throw has been made attention must be kept focused in completion of the technique before returning to kamae position.



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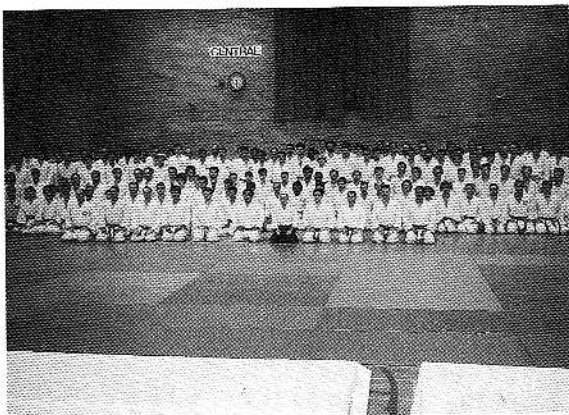
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YOSHINKAN AIKIDO WORLDWIDE

CANADA TOUR



In recognition of the establishment of the International Yoshinkai Aikido Federation (IYAF), Soke Shioda Sensei visited Canada to give a series of clinic-sand demonstrations in Toronto and Windsor from June 20th to June 27th this year. The hosts for Toronto and Windsor were Takeshi Kimeda (7th Dan) and Kevin Block (5th Dan) respectively.

From the 20th to the 23rd, Soke Shioda was in Toronto, visiting many famous sight-seeing spots, including Niagra Falls, and had an audience with the mayor of Toronto.

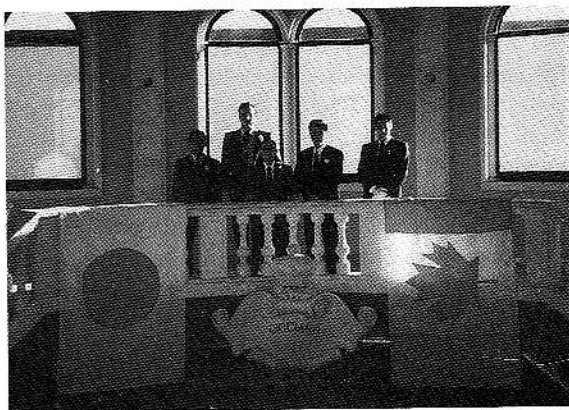
On Friday June 22nd, Soke Shioda taught the first scheduled clinic at Ryerson Polytechnical Institute to a packed gymnasium. The following day, he taught a second clinic and this was followed by the first International Aikido Yoshinkan Demonstration. Quest Video (Japan) was on hand to film the event and are presently offering a video of the demonstration for purchase.

The demonstration, which ran smoothly and professionally, was attended by more than fifteen hundred people in the gymnasium of Ryerson Polytechnical Institute.

Demonstrations were given by various international instructors from countries around the world, as well as by Toronto and Windsor Aikidoka. The demonstration concluded with a lecture and an exciting demonstration of Yoshinkan Aikido by Soke Shioda. The audience was captivated by Soke Shioda and he received a standing ovation for his demonstration.

A final party at the Chelsea Inn was a fitting end to the successful start of Soke Shioda's visit to Toronto

and Windsor.



On Sunday, June 24th, Soke Shioda travelled to Windsor, Ontario, a beautiful city about four hours from Toronto by car. That evening there was a combined clinic and demonstration at St. Clair College in Windsor. Demonstrations were given by the various international instructors, and a combined clinic and demonstration was given by Soke Shioda. The demonstration was well attended by both Aikidoka and spectators alike. Following a short break, Kevin Blok and Jim Jeannette became the first people to be tested for 5th Dan by Soke Shioda outside of Japan. A splendid banquet was held at an Italian restaurant following the days events.

The next day Jim and Sue Jeanette hosted a bar-b-que in honour of Soke Shioda at their home after which another clinic was held at the University of Windsor.

Following a yacht cruise on the Detroit River, a final clinic was given by Soke Shioda at Kevin Bloks' Chudokan Dojo. After the clinic, Kevin and Jim were presented with IYAF Instructor Certificates and their 5th Dan certificates.

That evening, Soke Shioda hosted a farewell party in his hotel room for all. At this party, Soke Shioda requested all Yoshinkan members to work together to help Yoshinkan Aikido grow. Soke Shioda left for Japan the following morning. The trip was an outstanding success for Aikido in Canada. With the establishment of the IYAF and the excitement generated by Soke Shioda's demonstrations, the future of Yoshinkan Aikido looks bright indeed.

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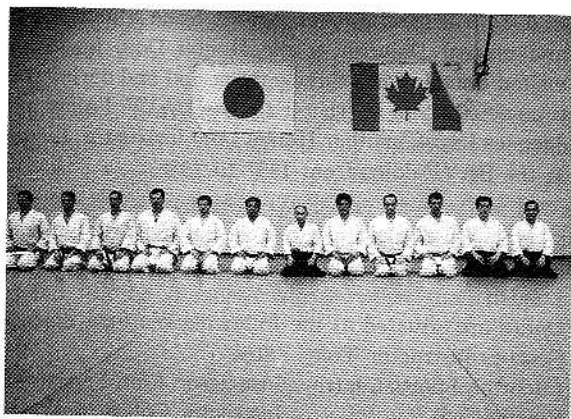
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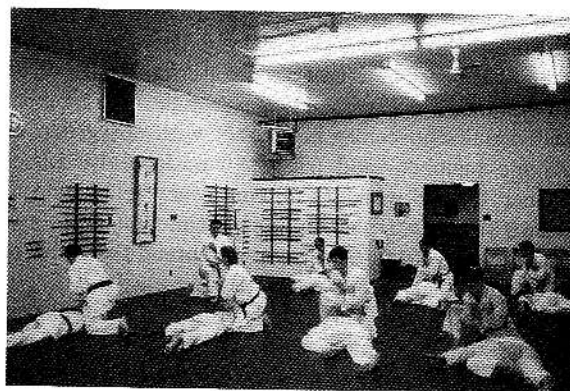
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OVERSEAS DOJO

◆ CANADA



Chudokan Dojo

Chief Instructor: Kevin Blok

The St.Clair College Aikido Dojo began in 1975 as a local Yoshinkai dojo with 12 students. By 1982, membership had grown to over 50 students and our own dojo seemed necessary. In November of 1982, Kevin Blok and his students founded the Rose City Dojo to accomodate the ever growing demand for a permanent Yoshinkai dojo in the area with branch clubs in the neighbouring towns of Tecumseh, Belle River and Chatham. Incorporated as a non-profit organization it has been recognized by the provincial and federal governments as a tax exempt institution. In 1988, the dojo underwent major renovations by the student membership, enlarging the mat area, adding a kitchen and upgrading facilities.

As a result, we can now accomodate overnight stays at the dojo by guests and visitors.

In March of 1989, the dojo was renamed Chudokan Dojo and added a new branch club, the Seishinkan Budo Dojo in Rochester Hills, Michigan, in the United States. Total membership now exceeds 160 students including special classes for children and a defense and control tactics course for police and customs

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officers taught as a college program through St.Clair College.

The dojo has 4 shodan, 10 nidan and one sandan student to assist in the instruction of more than 25 classes each week in the various locations. Our aim is to spread the art of Yoshinkai Aikido whenever and wherever possible to enlarge our Aikido family. Most importantly, we strive to improve the life of each individual who comes in contact with our group as Aikido members and friends. Our dojo also raises money for and manages an emergency relief fund to assist individuals and families in times of crisis and catastrophe. It is a great way to spread the spirit of Budo to society in general.

We have been honoured with visits by the Japanese ambassador to Canada in 1983, a number of government grants and most recently with a 4 day visit by Kancho Shioda Sensei in June of this year. As a result, membership has been steadily increasing and more people know of Aikido Yoshinkai than ever before. Our heartfelt thanks go to Kancho Shioda Sensei, Kimeda Sensei and all the other instructors who helped make this event so very special and successful. We would like to invite instructors and visitors from the Yoshinkan and around the world to come to Windsor and share our Aikido practice and hospitality.

Address: Chudokan Dojo Kevin Blok
1089 Tecumseh Road East or 1242 Reaume Road
Windsor, Ontario, Canada
N8W 1B3 N9J 1C1
tele: (519) 978-1263

◆ENGLAND

British Aikido Yoshinkan Federation (BAYF)

Chief Instructor: Antony Yates

The roots of Yoshinkan Aikido in Britain can be traced back to when Mr. Yu, a Korean who had studied at the Aikido Yoshinkan Honbu Dojo in Japan, set up the first dojo in 1974. Yu who was a very strict instructor attracted many people to his dojo but few



remained for any great period of time due to his severe training methods. There were also a number of political battles being fought at the time from groups in opposition to this 'new' style of Aikido.

When Yu left in 1979 Antony Yates, now president of the British Aikido Yoshinkan Federation (BAYF), became the head instructor assisted by Patrick Walsh, Alan Bell and Graham Reeve.

In 1981 Yasuhisa Shioda, son of Soke Shioda Gozo and present Dojochō at the Honbu Dojo in Japan, visited London for a three year period and during this time acted as an instructor for the BAYF. Following, Jacques Payet, another Honbu Dojo instructor, taught at the BAYF dojos from 1987 to 1988.

The BAYF a federation with 4 senior instructors and around 100 students has several dojos in and around London.

Dojo's are situated at the following: Watford Leisure Centre : Instructor Tony Yates
Dacorum Sports Centre : Instructor Alan Pegramm
Ruislip Club : Instructor Colins McWatt
Stevannage Club : Instructor Gary Yates

For information contact Antony Yates
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INTERVIEW



Miss Pamela Hunt

She is a member of Honbu dojo.

Q: Why don't we start with an introduction first and then perhaps some history. Could you tell us where you were born and what brought you to Japan?

A: Well I'm from New Zealand from Palmerston North a relatively small city by International standards. I happened on Japan a few years ago while getting some overseas experience. At the time I was heading for Europe via Asia. Unfortunately I've yet to get as far as Europe, but fortunately in retrospect I opted for the Japanese winter rather than the European one.

Q: How did you become involved in Aikido?

A: I initially became involved in Aikido just over a year ago, when a friend impressed by the Martial Arts of the Seoul Olympics persuaded me to join with her. She'd taken the advice of other friends and chosen Aikido as a "softer" form of budo. Prior to entering the Dojo I had absolutely no background in Martial Arts, although being a New Zealander I always had an interest in more conventional sports.

Q: What do you feel are your responsibilities to the Yoshinkan and in turn the responsibilities of the Yoshinkan to you. When I say "you" I mean students in general.

A: I see my responsibilities as training and acting in accordance with the ideology and etiquette of Yoshinkan Aikido as established by Soke Shioda and embodied by the other sensei's. As for Yoshinkan's responsibilities to me, that's a little harder. I only hope that those involved will provide me with role models, so that I can attempt to emulate these ideals. And here I'd just like to say a big thanks to all the Senseis and fellow Aikidoka's for their tuition, support and encouragement. They've certainly kept me going at times when I've been on a down and wondering what

it's all about.

Q: Life in Japan can be difficult sometimes, but of course there are the good things too. We've seen many people come and stay for six months then leave, often with bitter feeling towards the country or more specifically Tokyo and its people. You have been here for several years now. Why have you stayed when so many others haven't?

A: I agree, life in Japan, and in particular Tokyo, can be rough at times. I've certainly seen a lot of people come and go, some with happy memories and experiences and others only too glad to get on that plane at Narita. I've been here for nearly four years now, I guess I can only put that down to the fact that I concentrate on the good aspects and things that are available and make the most of them. Avoid "Japan bashing". The Japanese life-style and culture are very different to those that most of us experience in our own countries, so I think it's essential to remind ourselves that it isn't our country and as such be prepared to accept differences. I've certainly been able to learn and enjoy many pursuits that would be difficult to do at home. I have friends from all around the world and definitely appreciate the personal growth and development that I've gone through here. Now, while I still maintain interests in other areas, Aikido is my main reason for being here.

Q: In the Honbu Dojo you are what the Japanese call 'senpai' or senior to many of the other foreign women that now train in the Dojo. Can you give any advice, warnings or suggestions to other women that may be considering joining the Honbu Dojo in the future?

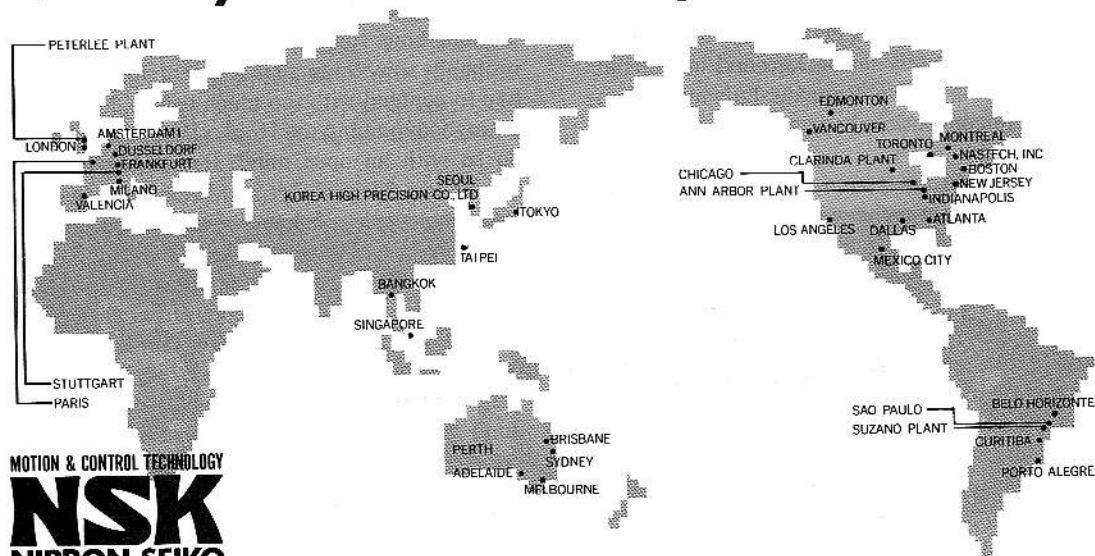
A: The "Senpai - Kohai" or "Senior - Junior" system is something that is fundamental to life here, but probably something that a lot of foreigners haven't had to contend with too much before. My only advice to anybody joining the Honbu Dojo in the future, is to do so with an open mind. Remember it is a Dojo, Aikido is a Martial Art and because of these factors we're expected to behave in an appropriate manner. There are times when we may have to do something or act with a degree of humility and obedience that may be alien to our concepts of equality in modern society, but these can be profitable and rewarding when extended to other aspects of life. Aikido is a very strong experience and as I said, have an open mind and you'll certainly get back as much, if not more than you can give. At this stage in Yoshinkan Aikido's development and with the introduction of IYAF I look forward to seeing a lot more women participating in and enjoying Aikido.



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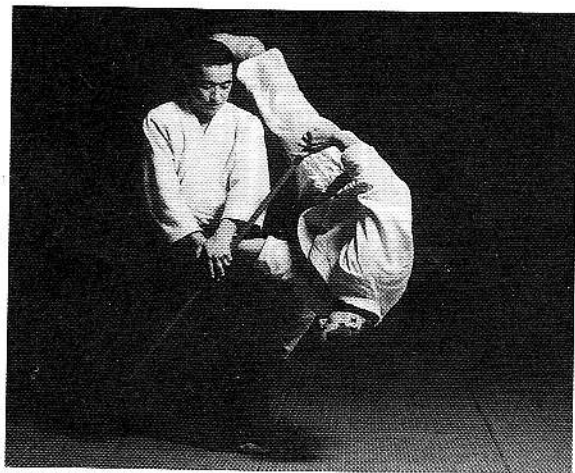
QUESTIONS & ANSWERS

Q: Why are there so many techniques in Aikido ?

A: The history of Aikido is over 800 years old. The warriors of that time used swords as their main weapon. As it was impractical to try to block swords, the techniques of Aikijutsu developed where the defender grabbed and controled the attacker where the sword was held. As Aikido developed, the controlling techniques involving the joints were developed as a way to control the opponent using minimum effort.

Q: Why is there no competition in Aikido ?

A: In competition there is only one winner, but in Aikido techniques the Shite and the Uke work together to develop their bodies and spirits. After the technique has been completed the Shite becomes Uke, and the Uke becomes Shite. There can be no winner as Shite and Uke work together and are one. Also in the martial tradition, to lose meant to die, and in modern Aikido we are training our minds and bodies in order



to improve our existance.

Q: What is the importance of "suriashi" (sliding step)?

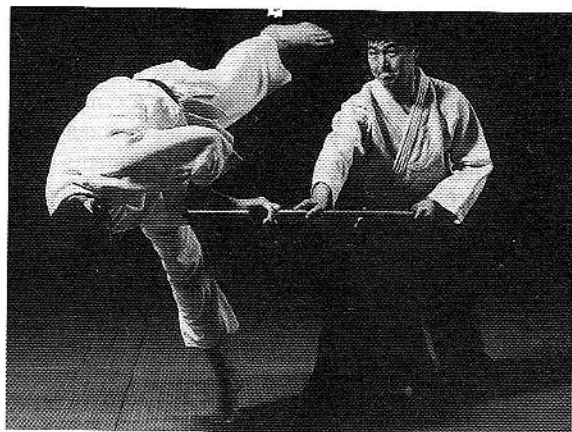
A: In Aikido keeping your body in balance, and keeping your weight low are very important. To have strong technique one should keep the body balanced and use ones hip power only. Suriashi is a useful way to develop strong ground balance and keep the hips low.

Q: What is the signifigance of #1 and #2 techniques?

A: Aikido techniques are developed using the attackers momentum against himself to control him. If the

attacker pulls, #1 techniques are used, and if the attacker pushes #2 techniques are used.

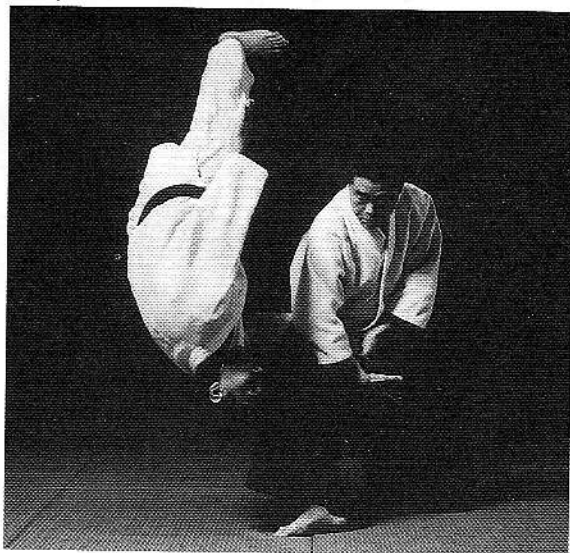
In #1 technique, Shite and Uke are in ai-hanmi (same basic stance), and an entering movement is used. In # 2 techniques, Shite and Uke are in gyaku-hanmi (opposite basic stance), and a pivoting movement is used. To avoid confusion, Shite should start all #2



techniques in hidari gyaku hanmi (left basic stance).

Q: What is the most common mistake of beginners ?

A: The most common mistake of not only beginners, but most Aikido practioners is to use too much muscular strength in their techniques. Power is generated by using the whole body, focusing on the power of the hips, and not using ones muscular strength. Students



must also carefully study correct weight distribution and balance in their techniques.

Q: Why do we practice Jiyu waza (freestyle techniques) ?

A: We practice Jiyu waza techniques to develop our understanding of basic techniques at a fast pace and with movement. Moving through successive techniques with power and balance is very difficult. To flow with Uke's power and movement must also be studied. Jiyu waza also helps to develop stamina and is excellent practice for Uke.

Q: In Yoshinkan Aikido, what is the meaning of 'osu'?

A: 'Osu' is a common martial greeting. The deeper meaning of 'osu' may be found in the study of the Chinese characters. The first character 'xx' means to push and the second character 'xx' means endurance. In greet-ing our instructors and fellow students with 'osu', we are reminding ourselves to train hard, endure and never give up in a moments of hardship.

Q: What is the cirriculum of the Yoshinkan Instructors Course?

A: The Yoshinkan Instructors Course is an intensive training period, where students study first, basic movements and basic techniques. Through repetition

and hard training, endurance and a strong spirit are developed. Basic weapons and free style techniques are also intensely studied. Teaching techniques called 'shidoho' (teaching method) are introduced. The Instructor Course of Yoshinkan Aikido is very rigid and strict, with the highest expectations of the students. At present the main course is nine months in duration.

Q: In other styles of Aikido, the terms 'Ikkyo', 'Nikyo', etc. are used. Why are the terms 'Ikkajo', 'Nikajo', etc. used in Yoshinkan Aikido?

A: Soke Shioda studied with the founder of Aikido Morihei Ueshiba before the Second World War. At that time the art was called 'Aikijujitsu', not 'Aikido'. As the terms used at that time were 'ikkajo', 'nikajo', etc. Soke Shioda continues to use the same terms for the techniques he was taught.

Q: Is it important to practice everyday?

A: If possible, daily practice is best. In Yoshinkan Aikido, it is not how much you practice, but how you practice. It is important to focus and train hard. If Aikido is practiced with a strong spirit, the more one practices, the stronger one will become.

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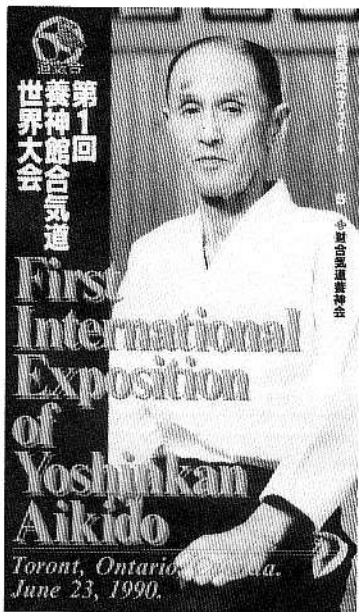
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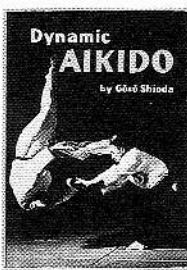
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CONTENTS

Introduction	1
Yoshinkan Now	2
IYAF	6
Soke Shioda Gozo Interview	8
Aikido Yoshinkan Honbu Dojo	9
Techniques Explanation	10
Yoshinkan Aikido Worldwide	12
Question & Answer	17
Information	19
Contents, Subscription & Order Form	20

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