

2019-2020 Yoshinkan Aikido Test Syllabus Test Techniques
Suwari Waza Shomen Uchi Shomen Iriminage (2)



(1) From kamae; move in and into seiza. Keep a slightly larger distance between you and your partner.



(2) Shite and uke raise their hands together and shite blocks the strike from uke.

This is the 3rd set technique for 1st-3rd kyu. Important points in this technique are how you grab uke's collar; the movement of your hips and center when turning; raising uke and entering. Before throwing; make sure your weight and your center are dropped and your center of gravity stays low.

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(4b) 4a seen from another angle. The blade hand leading uke forwards should be positioned above your knee at this point.



(4a) Grabbing uke's collar, make a large pivot and break their balance.



(3) Shite brings uke forwards, using their blade hand to lead uke, and reaches for the collar.



(5) Shite enters using the blade hand, pulling the hand holding uke's collar slightly towards you to help twist and unbalance uke..



(6) Shite stands with the knee to move forward, raising uke.



(7a) Shite opens with the knee slightly when placing the knee on the mat; drops their center and pulls up the back leg.



(6) At this point, shite should keep their center low and enter with the right shoulder.



(7) Open with the knee slightly when lowering the knee to the mat and twist the hips.



(8) Shite steps forward with the inside leg to throw uke.



(7b) 7a seen from another angle, uke's balance is broken. Shite is fitted close to uke applying pressure with their shoulder.

Ryu World Aikido Federation Affiliate Yoshinkan Aikido Nintaikan Dojo Nippon Country Club



Congratulations to Ryu World Aikido Federation Affiliate Dojo Yoshinkan Aikido Nintaikan Dojo on the establishment of an aikido club at the Nippon Country Club in São Paulo, Brazil.

The Nippon Club was founded in 1960 and is known as the largest Nikkei Club in America, measures 560,000 square meters, and is recognized for the beauty of its landscape and facilities, where it performs cultural, artistic and sports activities.

The Club is formed by 5000 member families, where 90% are of Japanese origin, always maintaining the traditions and culture of Japan.

Thanks to Senseis Ednei Feital de Carlo and Marcio Welb at Yoshinkan Aikido Nitaikan and FLAY for their efforts in promoting Yoshinkan Aikido in South America!



Me and Shioda Kanchō by Tsuneo Ando

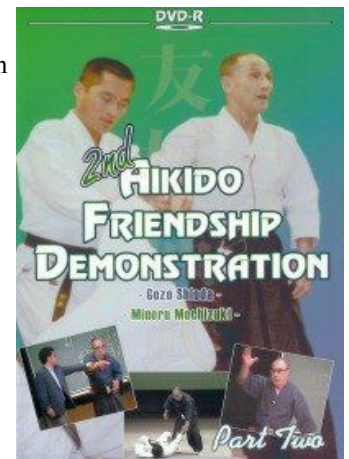
I have many memories of my time with Shioda Sensei but the memories of when I took his uke at various demonstrations are the memories that are the sharpest. There are a lot of videos of Shioda Sensei's demonstrations circulating on the internet and there is one in particular where I am his uke that I remember well because I got knocked out.

This was at a demonstration hosted by Aiki News titled "Remembering the Founder and Friendship Ensemble". At this event; students of the Founder Ueshiba performed in order and in 1986, Shioda Sensei was invited to the 2nd Aikido Friendship Demonstration. Other students of Ueshiba Sensei who attended that day were Saito Sensei; Mochizuki Sensei; Shimizu Sensei and Sugino Sensei.

My fellow uchi deshi at the time Nakano Sensei and I drove together with Shioda Kanchō to the Edogawa Ward Cultural Center where the demonstration was to be held. When we pulled up at the venue, Saito Sensei was outside already waiting to welcome Shioda Sensei.

When I was a university student, I had attended a training camp at Iwama and been taught by Saito Sensei but when Saito Sensei saw me it was clear he didn't recognise me. I hoped it was because I was greatly changed and improved since my university days (by which I mean hopefully cooler and better-looking...)

The event began and Shioda Sensei started out by explaining that Ueshiba Sensei and his technique was like the summit of Mt Fuji. There are various ways to climb Mt Fuji and various starting points to climb from. Whichever way you climb is fine, you just have to find the one that suits you best. And then the demonstration began. Nakano Sensei and I performed some basic movements and basic techniques while Shioda Kanchō explained the principles behind them. He started to toss us around a bit. Nakano Sensei went first and then it was my turn.



I became filled suddenly with fierce enthusiasm and attacked without any fear or hesitation. Shioda Kanchō did a fast crouching technique under me. It was exquisite timing! I took the fall and thought I had taken great ukemi - I even shouted out "Yoisha!!" I thought I had done so well! And that moment of vanity was my downfall. In the next instant I turned and Shioda Kanchō performed a perfect irimi tsuki. I was extended out backwards and landed flat on my back and was out cold. Nakano Sensei dragged me roughly off the mats, I revived quickly but the whole episode left a great impression on me, as you can imagine. Afterwards, Shioda Sensei kept saying "Sorry! Sorry! But Ando turned and I saw his eyes wide and fierce and I thought, 'Here's trouble!' and I just did that technique. After the demonstration, we drove Shioda Kanchō to a bar he often visited and he told the proprietor of the bar all about my ukemi saying, "Today Ando learned a priceless lesson! He improved a lot today!"

Soryu Dojo & Koryukan Joint Seminar



On Sunday the 11th of August, Akira Mitsuhashi from Yoshinkan Aikido Soryu Dojo and Misato Katagiri from Yoshinkan Aikido Koryukan taught a joint seminar in Ichihara City, Chiba. This was the first time that two of Ando Sensei's former uchi deshi had collaborated on such an event. Both instructors expressed the hope that it would become a regular seminar and that they could continue to co-operate as members of the Chiba Prefecture Yoshinkan Aikido Association.

Around 31 students from Soryu Dojo and the Koryukan gathered for the seminar.

Training was held in the dojo at Wakaba Junior High School in Ichihara City with both instructors teaching a variety of basic movements; basic techniques and weapons techniques.



Despite the summer heat, the two hour seminar flew by. Afterwards, a party was held in a nearby restaurant. Students from both dojos got to know each other over good food and drinks. The Soryu Dojo MVP student was announced and then students separated into teams for games.

Check out the Soryu Dojo Youtube page for videos of the seminar and party!

<https://www.youtube.com/user/yoshinkanaikidosoryu>



Ryu Year End and New Year Schedule & Upcoming Events:

- **Ando Shihan Seminar in Moscow (hosted by Yoshinkan Aikido Chiryukan)** - Friday the 29th of November - Monday the 2nd of December
- **Winter Tests** - Saturday and Sunday the 21st and 22nd of December
- **Ryu Christmas Party** - Sunday the 22nd of December
- **Dojo Cleaning** - Monday the 23rd of December
- **Winter Holiday** - Tuesday the 24th of December - Saturday the 4th of January 2020
- **First Day of Training** - Sunday the 5th of December 2020
- **Ryu All Japan Federation New Year General Meeting & Ryu Headquarters Dojo 20th Anniversary Celebration** - Monday the 13th of January 2020
- **Junior Aikido World Championship** - Tuesday the 11th of February, 2020
- **30th Anniversary Urayasu City Aikido Demonstration** - Sunday the 17th of May 2020

Aerial Ukemi

Ando Shihan demonstrates at the annual Shimane Yoshinkan and San'in Area Demonstration



E-mail your dojo introduction, event reports and upcoming events to rwaf@aikidoryu.or.jp to be featured in the Aiki Ryu Newspaper!