

Seminar in Mississauga, Toronto, Canada



ANDO SHIHAN 8TH DAN



At the end of February, Ando Sensei was hosted by the Sendokan Dojo in Mississauga, Toronto, Canada. Mississauga is a suburb of Toronto situated on the shores of Lake Ontario and it was Ando Sensei's first visit there. From Haneda, he flew directly to Toronto International Airport which is rapidly developing into the gateway to Canada from Japan.

Although Ando Sensei had left with the first signs of Spring in Japan, the drive from Toronto Airport was on very snowy roads!

The Sendokan is headed by Nic Mills Sensei; 7th dan in Yoshinkan Aikido. Ando Sensei knows Nic Sensei from his time at the Yoshinkan Aikido Honbu Dojo where he spent about 4 years training, during which time he graduated from the 4th International Senshusei Course. Ando Sensei is one of 6 instructors invited to teach a series of seminars celebrating 65 years since the founding of the Yoshinkan.



Ando Sensei with Nic Mills Sensei to his right and Chris Johnston to his left.

The seminar was held in the Sendokan Dojo, a beautiful dojo of about 100 mats. Spread out over 5 training sessions, there was a relaxed atmosphere celebrating the Yoshinkan and also the long history of the Yoshinkan in Canada.

Ando Sensei was happy to see the familiar faces of a lot of other students he knows from training at the Yoshinkan Honbu in the old days or who are regular visitors to Ryu Dojo for live-in training. Ando Sensei would like to thank all the students who attended the seminar and he is looking forward to maintaining and strengthening the Yoshinkan bond between Canada and Japan.

**A
I
K
I
R
Y
U**

Published monthly by:

Ryu World Aikido

Federation

aikidoryu.org

2-1-25 Kairaku

Urayasu

Chiba

Japan

279-0003

+81-47-355-7140

Subscriptions:

¥3,000 per year.

Subscribe to the Japanese print edition from our Online Shop:

<https://www.aikidoryu.or.jp/product/aiki-ryu-newspaper/>

Ryu Headquarters Dojo and Urayasu Branch Closure

Following the policy of the Japanese government at this time and their recommendations in response to the Corona virus pandemic, Ryu Headquarters Dojo and the Urayasu Branch Dojo will be closed for training from Wednesday the 8th of April until Wednesday the 6th of May.

At Ryu, we're using this break in regular training to revisit the basics and we plan to come back after the pandemic new and improved.

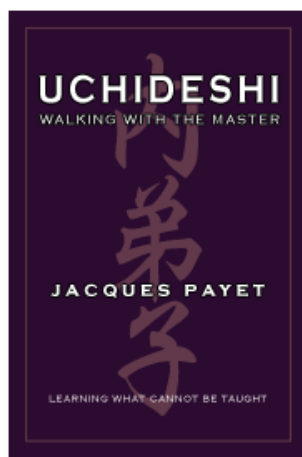
Keep an eye on the Ryu home page and social media for training tips on exercises you can do at home to maintain some level of fitness and to make your return to the dojo less painful!

30th Anniversary Urayasu City Aikido Demonstration CANCELLED

Due to the continued spread of the COVID-19 virus and the Japanese government declaring a State of Emergency, we are very sorry to announce the cancellation of the 30th Anniversary Urayasu City Aikido Demonstration.

We are grateful to everyone who had committed to attending the demonstration and pledged their support and are very sorry for the inconvenience. We hope to see you all in Urayasu for the demonstration in 2021.

We recommend!



Uchideshi provides readers with an inside look at the live-in training program at the Yoshinkan Aikido headquarters during the first half of the 1980s. Under the direction of Shioda Gozo, himself a pillar of modern Aikido, Payet recounts all of the daily hardships, as well as the pleasures, associated with this unique type of training. **Uchideshi** is a gem that welcomes readers onto the mat right alongside the author. Reading **Uchideshi**, you will learn Payet's key insights, dream his dreams, and endure his pain. This is a unique perspective not available anywhere else.

Uchideshi is indispensable reading for anyone interested in the history of Yoshinkan Aikido and the life of Shioda Gozo, one of the most dynamic martial artists of recent time.

Jacques Payet is the founder and chief instructor of the Mugenjuku Dojo as well as the Mugenjuku Kenshusei program, both based in Kyoto, Japan. He holds the rank of 8th Dan, Shihan, within the Yoshinkan Aikido organization. He is also the co-translator of Aikido Shugyo and Aikido Jinsei -- two significant works by his teacher, Shioda Gozo.

Order your copy at Shindokan Books now!

**2020-2021
Yoshinkan Aikido Test Syllabus
Set Techniques**

Shokyu (1st-3rd kyu)

- Suwari waza shomen uchi sankajo osae (1)
- Ushiro waza ryote ikkajo osae (2)
- Yokomen uchi kotegaeshi (1)

Shodan

- Suwari waza yokomen uchi yonkajo osae (1)
- Ushiro waza katate eri mochi ikkajo osae (1)
- Ryote mochi tenchinage (2)

Yudan

- Katate mochi kotegaeshi (1)
- Ushiro waza ryokata mochi ikkajo osae (2)

Yokomen uchi kotegaeshi (1)



1. Start from migi ai hanmi kamae.



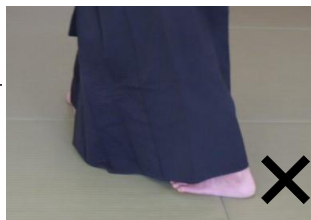
2. Shite and uke raise hands together.



4. Shite forms a cross with their arms.



3.2 The back foot should be pointing to the side, with the heel pulled in.



3.1 The angle of the back foot when blocking the side strike is very important.



3. Shite moves their back leg off to the side and blocks the side strike.



5. Shite moves off the line of attack with the front foot and uses their blade hand to bring uke forwards.



6. Next, shite extends forward and pulls uke off balance.



7. While changing direction, shite rotates uke's wrist slightly, transferring their power from the center.



8. Shite takes a large step forwards with their back foot; rotating uke's wrist fully and entering.



10. Shite moves around with the back leg, bringing uke prone on the ground and applies a pin.



9. Shite steps in with the back leg to throw uke.



8.1 Viewed from another angle. we can see that the angle of shite's body is the same as in iriminage.

2020-2021 Yoshinkan Aikido Test Syllabus Seminar

Ryu will be hosting an online seminar demonstrating the set techniques from the new 2020-2021 test syllabus. The seminar will be streamed live on Facebook. RWA members will be invited to attend the seminar via Zoom and will have the opportunity to participate by asking questions.

Date and time:

Wednesday the 29th of April
from 09:10-10:50 Japan
Standard Time.

Continued on page 3.



3. viewed from another angle. Shite directs their eye directly at uke's face.



4. viewed from another angle. Form a cross with the arms. Use the blocking hand to guide uke forwards.



5. viewed from another angle. Be sure not to grasp uke's wrist with your hand - only use the blade hand to guide uke off balance.



6. viewed from another angle. Be careful not to pull on uke's hand.



8.3 When stepping in with the back leg to throw, the power from your center should be transferred to your hand.



8.2 Shift your weight; rotate uke's wrist and enter.



7.1 When changing direction, keep the elbow down when rotating uke's wrist back.



6.1 Don't grip uke's hand - just rest or hook the blade hand on their wrist.



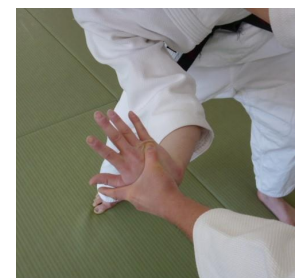
8.4 If you lose power in your center and are unable to transfer the power from your center to your hands, your arms will become extended.



9.1 After stepping in with the back leg to throw, the position of the hands should be next to your knee. Your waist should be facing slightly downwards and the hips slightly open. Uke shouldn't be thrown too far from shite. Extend your arms but keep the elbows slightly bent and your shoulders down. It is very important at this point that the power from your center is concentrated in your hands.



9.2 Close-up of the hands after the throw.

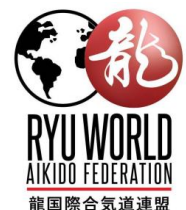


8.3 Note the position of the thumb when rotating uke's wrist.

Ryu World Aikido Federation 4th Annual General Meeting

The Annual General Meeting of the RWAF is usually held on the day following the Urayasu City Aikido Demonstration, together with a special seminar. Since the Demonstration has been cancelled this year due to the COVID-19 pandemic, the AGM will be held online via Zoom.

Date and time:
Sunday the 17th of May
18:30 Japan Standard Time.



www.aikidoryu.org