

ZOOM Aikido!

Training at Ryu Headquarters Dojo has been suspended since the 8th of April with the start of the COVID-19 pandemic and the Japanese government subsequently declaring a State of Emergency to curb the spread of the Corona virus. In order to keep in contact with students both inside and outside Japan, Ryu ZOOM Aikido classes were introduced as a free service to support Ryu All Japan Aikido Federation and Ryu World Aikido Federation members during the pandemic.

Initially, classes were held just using a laptop but since then Ryu has upgraded with a home theater projecting participating students on a large screen, making it easier for the instructor to see and give feedback on student's movements.



The first couple of Zoom classes at Ryu Dojo, with students on-screen.

Since most students attending the classes are training at home, the movements have been adapted to provide optimum training in a limited space. Most classes follow a similar pattern starting out with "suburi" movements with a wooden sword. This exercise cutting down with the sword and using the hips to create the angle develops lower body strength and flexibility. After that, students move on to practising some basic movements.

First, students work on their posture after sliding forward from the front foot and holding that position for a count of ten, keeping low in a lunge. The class may also include some hiriki no yosei (1) and (2) or some seated tai no henko (1) and (2).



Checking the basic posture after sliding forward from the front foot.



Ando Sensei demonstrates an important point of kotegaeshi.

After this, the class will usually move onto some rolling backward break-falls snapping back up to a standing position. This is to develop core strength and but also provides a nice stretch for the lower back after the basic movements.

Each class will usually feature one or two techniques. Performing the techniques alone gives us the opportunity to really focus on our own posture; on the positioning of our hands and legs and making sure that we are always keeping our center line straight and our hands and legs aligned on that center line. The Yoshinkan style, with its set movements and basic techniques, really lends itself well to training without a partner at this time! Always keep in mind that we study the basic techniques in order to learn and understand the principles and theories inside the techniques. Once we understand those basic principles, we will find that all techniques are one technique.

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Ryu Headquarters Dojo and Urayasu Branch Closure - Extended

In accordance with the extension of the Japanese Government's extension of the State of Emergency with regards to the COVID-19 pandemic, training at Ryu Dojo and at the Urayasu Branch dojo will be suspended until Sunday the 31 of May.

We apologise for any inconvenience caused and look forward to seeing everyone back on the mats as soon as possible!

In the meantime, you can join us for our ZOOM online aikido classes. Check the Ryu home page for the latest ZOOM Aikido training schedules.

Yoshinkan Aikido Test Syllabus Test Techniques Seminar



Participants in the seminar projected on a screen so that Ando Sensei can provide feedback and answer questions.

On Wednesday the 29th of April, the Ryu All Japan Aikido Federation hosted its annual seminar on the set techniques from the new Yoshinkan Aikido test syllabus. This year, due to the COVID-19 pandemic, the seminar was held via ZOOM.

Over 55 dojo representatives, students and instructors from Japan and from around the world joined the online seminar. The seminar was divided into 3 parts: 1st-3rd kyu; shodan and yudan.

Ando Sensei focused on the important points of each technique and what to emphasize when teaching the technique as well as providing some basic teaching theory and philosophy as well.

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

Shokyu (1st-3rd kyu)

- Suwari waza shomen uchi sankajo osae (1)
- Ushiro waza ryote mochi 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)

Ushiro katate eri mochi ikkajo osae (1)



1. Shite and uke start in ai hanmi kamae.



2. Uke performs a front strike.



5. Shite moves their back leg off to the side, dropping their center and breaking uke's balance.



4. Uke moves behind shite and grabs their wrist and collar.



3. Shite performs an atemi at uke who uses irimi to move off to the side and avoid the punch.



6. Shite raises both hands to head height, making sure to keep hands even with each other.



7. Shite shifts their back foot slightly, creating distance between themselves and uke.



8. Shite pulls their front leg back, thrusting both hands out in front to unbalance uke further.



11. Shite steps forward with the front foot, cutting uke down.



10. Shite pulls their back foot up to their front foot and grasps uke's elbow.



9. Shite applies an atemi, causing uke to release their grip on shite's collar.

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12. Shite grasps uke's hand with the arm thrust out in front; cuts in with their waist and drops their center to ride their weight on uke's arm.



13. Shite steps in with the back leg, thrusting in towards the shoulder.



14. Shite takes another big step forward with the back leg, placing the outside knee on the floor and bringing uke prone to the ground.



15. Shite places the other knee on the mat.



16. Shite drops their weight on uke's arm and pins the arm.



Be careful not to grip uke's hand too soon at this point. Your own posture will become broken.



At this point, shite should still not grasp uke's hand. Maintain the connection with uke by keeping your own posture correct and upright.

Aikido @ Home



Send your aikido@home training pics to rwaf@aikidoryu.or.jp!



In the words of Gozo Shioda Sensei

On the power of Aiki...

"First, do.

The power of aikido can only be acquired through permanent training...

Progress and new things do not come out of sufficient or ideal [training] conditions. Greatness arises in insufficient conditions... Courage, decisiveness, effort, devotion, and all that is necessary for success come only from insufficient conditions. The power of Aiki also arises from inadequate conditions and adversity. In that sense, effort is the most important factor."

Taken from "Yoshin"

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2020 Event Calendar

May 17th	4th Annual Ryu World Aikido Federation AGM
July 18th & 19th	Ryu Summer Tests
July 31st-August 9th	Summer Training
August 10th-17th	Summer Holiday
September (Date to be announced)	Koganei Aikido Demonstration
October 3	All Japan Yoshinkan Aikido Demonstration
October 8th-12th	Mitsuhashi Sensei in Moscow hosted by RAAF Affiliate Aikido Yoshinkan Federation of Moscow
October 27th-November 2nd	Ando Sensei Seminar in St Petersburg hosted by the Sutemi Dojo
December 19th & 20th	Ryu Winter Tests
December 24th - January 1st	Winter Holiday
January 5th 2020	First day of training
January 11th	New Year Seminar, Kagamibiraki, New Year Party
January 29th - February 7th	Winter Training
February 11th	Junior Aikido Tournament
February 24th - March 3rd	Ando Sensei seminar in Lviv, Ukraine
March 20th & 21st	Ryu Spring Tests

*Please note that events may be subject to change.