

合気道

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Summer School 2001



WITH SEIICHI SUGANO SHIHAN 8th DAN

**In Canberra
January 7th to 13th 2001**

With special guest Nobuo Takase Shihan 6th Dan

The Australian National University is the venue.

Registration will take place on 7th January, training to commence 9 -15 am 8th January. Training fee is \$60 per day. Accommodation will be on campus using the student's dormitory and cost is \$25 per day, all linen and towels supplied and there is a sink in each room. Catering is \$27 per day. The university is a short walking distance from shops, and transport to activities around Canberra. Visitors can book extra days of accommodation before or after the training week if they wish to do some sightseeing. For purposes of catering, if you are attending could you please advise Hanan Janiv Sensei by mid December.

See address back page, also boxed note page 5 >

Aikido in New Zealand

By John Cornwell

February 2000 was the month I spent in the “Land of the Long White Cloud”. Work consumed most days but evenings and weekends presented an irresistible opportunity to experience the local Aikido. There are lots of choices in Wellington with over twelve clubs being listed and various styles represented.

At Winter School on the Gold Coast (1999) we all had the pleasure of meeting and training with Greg Walton who was visiting from New Zealand. He manufactures and distributes weapons bags which many Australian aikidoka are now using. It was his dojo (Shin-Ryu-Kan, Aikikai) in Tawa, a suburb of Wellington, which is run by Sensei Warren Fransham (Yondan) that I chose to train at. Aikido Shin-Ryu-Kan is New Zealand Aikikai headquarters and is headed by Hombu representative in Auckland, Shihan Nobuo Takase-San (Rokudan).

My first few weeks were spent acquiring the subtle differences that exist between countries. For example: Shomen uchi off the front foot and applying resistance at different times, and the rationale behind the differences. My goal was to attend the Gasshuku held in Auckland from the 25th to the 27th of February.

During Summer School 2000 in Melbourne, many who were there will remember training with Roland Stettler (Shodan) from Switzerland who now trains with Shihan Takase-San in Auckland. Roland kindly provided accommodation in return for my culinary skills in the kitchen.

On the evening of Friday (25th) when Roland and I arrived to register it was announced that we would have 10 minutes to warm ourselves up before class throughout the Gasshuku. The students formed ranks and Sensei Andrew Williamson (Godan) who also attended the Melbourne 2000 Summer School, headed the class.

Shihan Takase-San entered the dojo with his guest from

Hombu (Japan),
Shihan Norihiki
Ichihashi-San
(Hachidan). His
introduction was
well received with a
long round of
applause. This was
unexpected and I
found it very
uplifting. This
feeling continued
throughout the
weekend.

We were encouraged not to wear ourselves out too early, and to explore the lines being offered by uke which allowed nage to complete a technique. We could wear ourselves out towards the end of the Gasshuku and back at our respective dojos.

As the evening progressed the interpretation of Shihan Ichihashi-San's instruction was without hesitation, a credit to the attentiveness of Shihan Takase-San's students. Throughout the Gasshuku both Shihan were busy guiding individuals through various aspects of technique. It was interesting to note that unless specifically asked, students surrounding these demonstrations continued performing the technique without stopping. Changes in partner were more frequent

than changes in technique. When a group instruction was being given and we were asked if we understood, the immediate reply from many students was a very firm “Hai!”

The evening passed quickly, and afterwards at a lounge in a hotel close to the dojo, Shihan Takase-San politely introduced himself to me. He was interested in where I was from, who my Sensei was, and how my knees were. He and Shihan Ichihashi-San were very approachable and mixed well with all the students.

On Saturday morning we were off to the Howick Community Centre where the classes were to be held. Each class was fifty minutes followed by a ten-minute break. After three classes we adjourned for a fifty-minute lunch break. The afternoon concluded after another three classes. At times the classes were divided in half as different aspects of a technique were explored. Mukyu to Yonkyu students were isolated for certain things as were Sankyu to Ikkyu, then Shodan and upwards for others. New Zealand Aiki-Kai has Mukyu to Yonkyu students wearing white belts, while Sankyu to Ikkyu wear brown belts. Female students from Sankyu and upward are encouraged to wear hakama.

Saturday evening we gathered at a Korean restaurant for a buffet dinner. The evening began with Shihan Ichihashi-San being invited to share with us some of the normal things one would want to know about a person, as we may well know his Aikido background. This was really interesting. As we had to leave the floor via an internal staircase to obtain food, we were told by Shihan Takase-San to not expect to have the same seat when we returned. He or Shihan Ichihashi-San may be sitting in it, as could be anyone else. Shihan Takase-San wanted as many students as possible to interact with him and Shihan Ichihashi-San while we were together.

I was continuously made welcome and was impressed by a number of things, one being the level of ukemi demonstrated by Simon Puffet, a Sandan from headquarters dojo in Auckland. It seemed he took more than ninety percent of the ukemi for both Shihan throughout the weekend. This display of enthusiasm, and unison between Nage and Uke was extraordinary. As for the other students, although they came from vastly different parts of New Zealand, the consistency of technique from them all was a credit to Shihan Takase-San and his instructors.

Sunday's spirited classes were an hour long with ten-minute breaks between sessions and a larger break for lunch. Shihan Takase-San whose command of English is excellent and who enjoys Aikido with obvious passion took four of the classes throughout the weekend. He used a multi directional approach to demonstration that left no doubt in our minds exactly what was required and expected.

Both Shihan continued to amaze us with the reasons behind body, hand positions and mind, when conducting a technique as Nage or Uke. Both were noticeably animated with their descriptions, and involved humour during their many demonstrations.

I was inspired by the teaching of both Shihan, and very happy that I was able to attend this Gasshuku as a follow on from our own Summer School in Melbourne. To have received teaching from four Shihan over a two month period was a wonderful boost to my own aikido development.

Throughout this time, the message that came through to me very strongly was although we are all different in size, shape, ability to move, flexibility and sensitivity, we are all striving to attain what we perceive in our minds as ideal Aikido techniques. We should encourage this in each other as we would or should our children — with positive reinforcement to develop one's strengths and aspirations. We should not pursue the negative.

..we are all striving to attain what we perceive in our minds as ideal Aikido techniques. We should encourage this in each other — with positive reinforcement to develop one's strengths and aspirations.

the warwick dojo

Established as the first free settlement in Queensland in 1840, Warwick is the home of rural Australia's biggest rodeo. It was also the place where an egg thrown at Prime Minister Billy Hughes in 1917 resulted in the formation of the Australian Federal Police.

Warwick is also unique because it is the location of the only Aikido dojo under the umbrella of Aiki-Kai Australia that is owned by the club and the members that train there.

Only two and a half hours drive south of Brisbane along the New England Highway, set in lovely rolling hills through which winds the Condamine River, Warwick is a delightful country town full of old sandstone buildings dating back to the 19th century.

The dojo, built from a Nissen type hut 30 years or more ago for a Judo club, stands high off the ground on stilts, Queensland style. On its wooden floor the original "mat" consisted of a five inch layer of sawdust and sand covered by a stretched canvas sheet. This was most interesting to fall on as you created an indentation that stayed after you got up, until someone fell nearby and shifted the sand and sawdust to create another indentation. The sawdust and sand has been gone some time now and the tatami consists of proper mats overlaid with a canvas cover. The ceiling is lined with plywood sheets to cover the original corrugated iron roof and to insulate against the heat in summer. The iron walls are hidden behind light coloured cloth coverings. There is a picture of Jigoro Kano—the founder of Judo, hanging on the wall near the entrance, and this seems appropriate since this was for many years the home of a Judo Club. The Shomen is located at the other end of the dojo and features a large work of calligraphy spelling out Aikido, and a framed drawing of O-Sensei.

There is a wonderful ambience in this dojo. You know as soon as you take a bow and step through the front door that this is a real, martial arts dojo; that this building has always been dedicated to the martial arts whether they be Judo, Karate, or Aikido. Nothing else but dedicated training has taken place here.

When Ross Barrell was looking for a place to train not long after forming the Warwick Aikido Club, the teachers at the

school where he worked sent him to see the trustees of the judo club. They were getting on in years and there had been little activity at the Judo club. They wanted to share the dojo with a Karate group as well as the newly formed Warwick Aikido club, but the Karate people were not interested.

The trustees decided to sell the property to the Aikido Club, if they were interested in buying it. The price was \$1. But there was a catch. The club had to pay the transfer costs, government stamp duties, etc. This came to \$3200.

Of course everyone in the Warwick Aikido club jumped at this opportunity. They raised the money and bought the property, taking possession in 1994.

There were no Yudansha at this time, and the club members approached Graham Morris Sensei to get permission to train, and make it an official dojo. Graham Morris obtained permission from Aiki-Kai Australia and a special certificate was issued to allow the members to train as long as Sensei Morris and other senior Yudansha supported the training.

Today, even though the dojo has three Yudansha training and teaching, other Yudansha visit from the Gold Coast and Brisbane dojos to take classes at Warwick. This is a tradition that has been maintained right from the beginning. These classes are always well received and attended by extremely enthusiastic students whose love of learning Aikido is overwhelming. This love of Aikido is manifest in the air itself. You can feel it the moment you step into the dojo.

Graham Morris Sensei visits at least 4 times a year to run special courses. In 1997 the Warwick dojo hosted a visit from Shimamoto Sensei of Osaka, Japan, who was holidaying in Queensland at the time.

The Warwick Aikido club welcomes visitors, even arranging accommodation, so if you find yourself travelling through Queensland, do make the trip out to Warwick for a few days of training. You'll have a wonderful time, and not regret one second of it.

Ross and Kathy can be contacted at (07) 4661 8332.

Report by John Litchen



On the 24th and 25th of June Aikido Queensland was privileged to welcome Hanan Janiv Sensei, a member of Aiki-Kai Australia's Technical Teaching Committee, for a weekend series of classes.

There is often discussion about Aikido as a self-defence martial art and I wonder — do you consider Aikido as an art for self-defence, or as a pre-emptive offence in the sense that you can determine the outcome by taking the initiative and then using defence-response as

HANAN JANIV ON THE GOLD COAST

Those who attended were, I feel, enlightened for having been exposed to Janiv Sensei's love of Aikido. The 4 classes over Saturday and Sunday were full on and left everyone with the feeling of having had an enormous workout as well as a lot of fun.

As I saw it, it was fundamentals and basic movements that we worked on. Janiv Sensei went to some length to point out that many senior students were often lazy and cut techniques short because both Nage and Uke knew what to expect and went along with it rather than Nage taking proper control of Uke's centre in order to unbalance and throw. This laziness leads to poor form and incorrect technique. The example used to illustrate this was Kaitenage from Gyaku Hanmi Katatetori, both Omote and Ura forms.

The mats were fairly crowded and space was at a premium so a number of techniques that used long linear movements rather than circular were practiced. In these examples we used a Jo. The attack was chudan tsuki and Nage took the Jo and used it to throw Uke.

Another point emphasised was Ude Osae, or arm pins. Control must be maintained at all times, so in effect the pin is applied throughout the duration of the technique and not only at the finish.

With Iriminage, a proper deep entry was desired to affect the technique. Again many don't enter deep enough and end up pulling Uke around to finish the throw.

Speaking with Janiv Sensei after the training I asked him a number of questions to which I received some fascinating answers. Of course not all of these can be presented here so I have selected a few which I hope will give an insight into Janiv Sensei's feelings about Aikido.

Q. Have you practiced in other Arts such as Karate, Judo, Tai Chi, and so on?

A. As a Young man I was involved in a Judo team in Israel. I was introduced to Aikido in Israel.

Is that where you started to practice?

No. No, I really consider myself as starting Aikido with Sugano Sensei. But I was introduced to Aikido beforehand. It's important that I make the distinction. Even though I feel I was introduced to Aikido there, I knew when I came here what to look for. When I saw Mr Sugano I just knew this was the person I wanted to learn from. Let's be clear. I was not introduced to Aikido through a book or through other ways other people find out such as movies. I was introduced through a student of Aikido, but I definitely consider Sugano Sensei to be my first teacher.

How do you regard Sugano Sensei as a teacher?

He is my only teacher. I don't think he is anybody else's teacher for that matter. (Laughter) You know, he's had lots of other students...

an attack to defend against? This way you determine how it progresses rather than wait to see what happens before you react.

I agree with the statement. It was a statement not a question. I think that Aikido can be a very effective self-defence, but it takes a long time to learn. That means people cannot learn it primarily as that. They will learn it as an art form. I see it as an art of self-development.

Do you think O-Sensei's Doka — the songs, or poems of the way — those fragments of exposition remembered and recorded by his uchi-deshi or those pieces he wrote himself — have any relevance today?

Yes I do.



There are people who don't incorporate any Aikido philosophy in their classes, but you do to a certain degree. Would you agree then with O-Sensei's idea for example that to hurt someone is to hurt yourself, and that what you are trying to do is to prevent either one from getting hurt?

To prevent one from getting hurt...let's not make any mistakes about it.

If some maniac attacked you with a knife would you try to do as much damage as possible or would you try to limit the amount of damage you did to him?

I feel these things are very difficult to answer. In reality I don't think that breaking someone's arm is the end of the affair. If it needs to be done, I am capable of doing it. There is no conflict in my mind in real terms. I always believe that my Aikido will work.

Where do you think your Aikido has taken you, as an individual?

I really can't say. Where does Aikido stop? It has been so much a part of me, that I don't know how much is my personality or how much of it is Aikido. In many ways it has been a very successful part of my life.

What would you like to see in your students? What would you like to see them accomplish from your instruction?

I see them improve and I see they understand. What I'd really like to foster is enthusiasm for the art. That's primarily my aim. I would like them to love the art as much as I do, or even half as much.

Generating enthusiasm in beginners, do you have a problem with this?

It's one of my most important priorities.

How do you see the future of Aikido in Australia, as we are doing it in Aiki-Kai?



I never thought Aikido would have a large following. I would probably like to see it grow considerably more, but not to an unmanageable size.

In some areas there are very few training.

You need a critical mass or you can't keep a dojo. If you've got half a dozen people, if one person is missed every time, it becomes impossible to run a class. You need something like 25 or 30 before it becomes viable.

How long have you been in Australia?

I'm celebrating thirty years this year. Thirty years under Sugano Sensei!



Getting the "low down" from Hanan Janiv Sensei.

I would like to thank Hanan Janiv Sensei for his willingness to answer the questions I asked and for the time spent talking to me. (Editor)



Hanan Janiv Sensei is ACT Area Representative, a member of the TTC (*Technical Teaching Committee*), and Director of National Coaching Accreditation. He is Aiki-Kai Australia's representative on the Australian Martial Arts Council.

THE BEST KEPT SECRET IN TOWN

By Bodhi McSweeney.

Some eight years ago I called into my local Dojo where I knew a friend of mine ran regular classes. I had for along time been slightly interested in the idea of Aikido though I knew little of it. I'd heard vague rumouring that it was a different martial art, that it was a bit like dance, and had something to do with energy. I was looking for something more in my life, something different to my regular fitness regime.

I was absolutely stunned with what I saw.

What wonderful movement! It was exciting, captivating, and I was blown away.

Shortly before this autumn night I had been to see the Sydney Dance Co in one of their finest seasons. I realised that Aikido was nothing like dance, but there was the same quality of commitment in movement and integrity of spirit. I had seen this other places in high standard sport. I was deeply moved, and determined to give it a go. I also knew that if it wasn't for me, then I could on occasions have the pleasure of watching these fine practitioners. I was soon to find out that I had been watching those very experienced and highly trained.

I gave it a go and loved it! Then embarked on my journey of learning and practicing Aikido. At thirty-four I was challenged by the movement (natural movement?) not so natural to me. Looked easy, it wasn't. Many blokes not many other women. Too many high grades, not many beginners. On the other hand I found that if I just kept practicing I would learn. I began to trust my training partners no matter whether they be male or female, and soon found that what ever grade I was, everyone treated me as one of the gang and was pleased for me to be training.

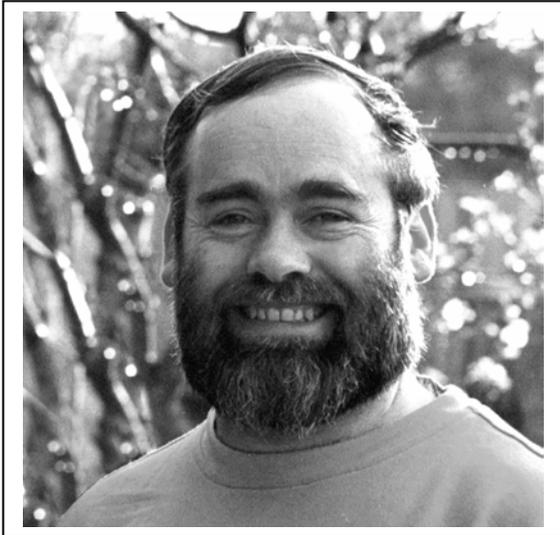
My family friend of five years I soon learned was a person who spent much of his time with Aikido affairs, travelling nationally and internationally. Attention to local responsibilities was always given with the same enthusiasm for one student or twenty.

At thirty-four I also had the experience to realise the depth of this art. It truly is an opportunity to develop mind body and spirit, all at your local Dojo! It seems so perfect for these times. For me there is such completeness about it. I have always been amazed that more people don't practice. I know it's not for everyone but sometimes I think that if more people knew about Aikido they might give it a go. Recently watching a news program that was highlighting another story of planetary insanity causing the death of more innocent children through war I wondered if we also have a responsibility to promote this alternative way.

I often wondered why my friend spoke so little about his Aikido life, position and responsibilities. With time I realised it was humility. I learned that our association preferred quality not quantity, so it doesn't go out of its way to find new students. I now wonder if we may be humble and, while maintaining quality, also share this great secret.

SUMMER SCHOOL IN CANBERRA

In order to facilitate planning and budget preparation we would like an estimate of the numbers likely to attend. Would all prospective attendees notify their Area Representative as soon as possible. Once Area Reps have a reliable estimate of numbers they should contact Hanan Janiv via email. We would expect this information by the end of November. Your co-operation is appreciated. Hanan.



Robert John Ansell

Born 9 September 1950 Died 4 June 2000

Bob Ansell died of a heart attack at his home in Sunshine Victoria. He is survived by his wife Maureen and their son Sean and daughter Rebecca. He will be sadly missed by family, friends, work colleagues, and by Aikidoka of Australia.

Bob's long involvement in Aikido began in 1982 when he joined the Aikido club at the Royal Melbourne Institute of Technology (RMIT) where he worked for more than thirty years as a library officer. He attended Aikido classes at the RMIT for eighteen years and for most of that time voluntarily undertook the administrative duties of liaison with RMIT, the record keeping, and the behind-the-scenes chores for the Aikido Club. Bob was also a Judo player highly skilled in receiving technique, and drawing on that skill and his Aikido training, personally undertook to insure a thorough grounding in receiving for the hundreds of new Aikido students that passed through the club.

In May 2000, Aikido Victoria held its annual Embu, a public demonstration in which the various dojos and clubs within Victoria gather and demonstrate Aikido. Bob presented the demonstration for the RMIT Aikido Club. In this, his first public demonstration, Bob showed his deep understanding of the art. He demonstrated Ukemi, the art of falling. He spoke with the insight gained over many years of dedicated study and careful consideration, with his typical wry humour and with a clarity and wit that was as plain and honest as he was.

Many Australian Aikidoka will not know Bob. His family and work commitments precluded wide involvement outside the RMIT Aikido club, forays to Peter Morgenroth's Bon Beach dojo, and special events at the central dojo at Clifton Hill. This year he was able to attend summer school part time. For those of us who trained with him, some of us for many years, Bob engendered an Aikido ideal; a man of great humility, vibrant personality, humour, dedication and insight with an understanding and flexibility overlying an inner strength that no one could question.

A memory that springs to mind is of doing an Ikkyo hold-down and having Bob gently roll forward, stand up and smile; not in victory, not "Ha, I got you," just a gentle indication

that here was a technique that required a bit more work. I am sorry that I will not have Bob to help with that work. In Aikido we entrust ourselves to our training partners. Bob engendered that trust and through it gave all of us a great gift that was easy to overlook during his life.

Bob was a quiet reliable friend to all of us who trained with him. As one of the backbones of RMIT Aikido he touched the lives of hundreds of Aikido students; those who met him only briefly and those who went on to make Aikido as much a part of their lives as it was of his. Without Bob and those like him who are prepared to do the unglamorous and often unrecognised work of running a dojo, Aikido would be much poorer.

For all of us who trained with Bob, we will miss him.
Bob, you were a great mate and an inspiration.

Thomas Dixon

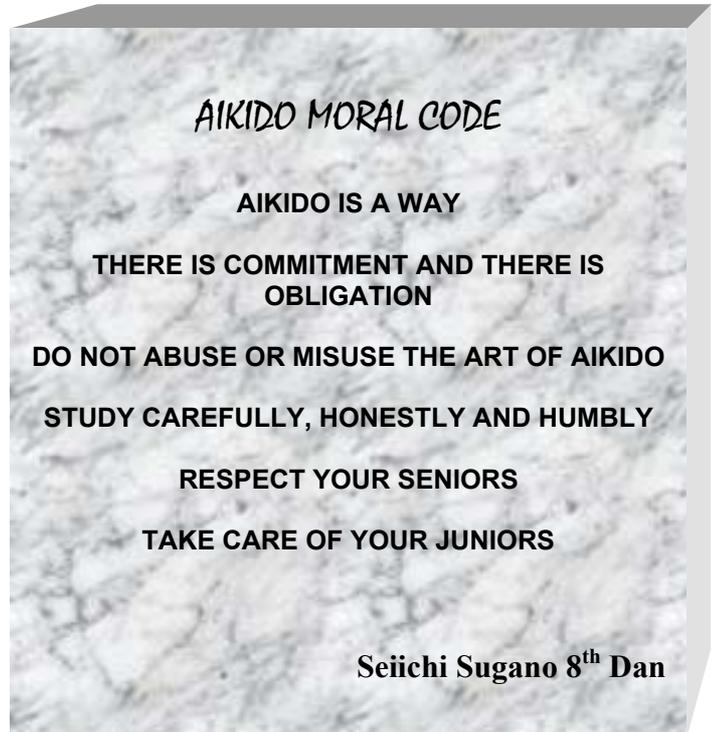
GREMLINS.

These cheeky creatures hide in the process between layout — pre-press — and printers. They create havoc by deleting files, shifting objects to the wrong page, and losing information. This time they managed to delete the whole first line of Sensei's Moral Code.

Being the editor, I must of course take the blame.

But then even the eagle eyes of the two proofreaders (who shall remain nameless) missed it.

So here it is again, with my apologies to Sugano Sensei for somehow deleting that first line.





The following people attended the 35th Anniversary winter training camp at Richmond, July 2000.

Andrew Gordon, Hanan Janiv, Robert Botterill, Tony Smibert, John Priest, Amelia Jane Hunter, Ray Simmons, Andrew Pratt, Bingo Badelles, Patric Crogan, Yvonne Wing Chung, Marg Carter, Sridevi Patnaikuni, Wamiko Adachi, Mark Turner, Marylou Edwards, Igor Zablotzky, Charles Youseffi, Greg Walton, Michelle Besley, John Karabin, Michael Petery, Michael John Shineberg, Brett Edgley, Kathryn Henderson, Jasmie Cherryh, David Baker, Ann Chong, Luke Gexard Dunsford, Brigitte Zoghryer, George Kesic, Marcus Phillip Newberry, Bradley Lane, Harry Karlikoff, Roewen Wishart, Leon Metzeling, Matt Aitken, Steve Armfield, Andrew Dziedzic, Austin James, Lis Van Papenrecht, Michael Nagle, Upi Weston, Anthony Chui, Ross Barrell, Kathy McCarthy, Yumiko Ina, George Lo, Sam Ang, Michael King, William John Haynes, David Brown, Gordon Travers, Anne Travers, Wayne Sheils, Machiko Hirata, John Litchen, Margaret Dinan, John Watson, Ian Michael Little, Simon Parker, Aaron Bentel, John Cornwell, David Hain, Warren Spry, Leigh Blake, Duncan R Stevenson, Steven Sweales, John Van Roessel, Graeme Jaenke, Orrazio Torre, Charmaine Grace and Aroryn Morris.

Most of them can be seen in the photo, though not in the order listed.

Thanks, and an Apology

Aiki-Kai Australia would like to thank Simon Collins of Spearwood W.A. for permitting the use of one of his drawings for the 35th anniversary commemorative T-shirts. We would also like to apologise to Simon for the incorrect printing of his surname in past issues of *Aikido Australia newsletter*

A brief Winter School Report.

This winter school would have to be notable for the fabulous band that entertained everyone at the anniversary party. It cost, but there was no doubt that band and the party was a spectacular finish to the winter school training. You should have seen the incredible 35th anniversary cake!

For those who were not there, the days were beautiful and sunny, pleasantly warm in the mid-afternoon though always cold in the shade. Nights were icy with the mornings cold enough to snap bones.

Stepping onto the mats when the temperature was minus 4 degrees took some will power. The mats immediately sucked the warmth from your feet. However, once the initial stretching was over and we started with Tai no Henka or Katate tori Kokyu ho everyone soon warmed up so we could go on the next throwing techniques. Training was certainly enthusiastic, perhaps because everyone needed to keep moving vigorously to stay warm.

Outdoor weapons' training was perfect. The sun was shining and the temperature got as high as 16 or 17.

Those who have been to Richmond before know that the accommodation is not the best, but the food was very good, thanks to Eino Laidsaar, and there was plenty of it. The company

was fabulous, and the training was outstanding, which more than made up for any other shortcomings.

UK Millennium Summer School

The UK Millennium Summer School at Bangor University in Bangor, North Wales was held from Aug. 5th to Aug. 12th. 2000. Senseis Nobuyoshi Tamura (France) 8th Dan, Yoshimitsu Yamada (New York) 8th Dan, Kazuo Chiba (San Diego) 8th Dan, and Ichiro Shibata (Berkley Aikikai) 7th Dan were the main instructors.



Four Aikidoka from the Gold Coast made a special effort to attend this millennium summer school. They were Graham Morris, Red MacEvoy, Russel Cosby and Nathan Miles.

Red: — It was wonderful, a chance in a lifetime to train with such senior Shihan. The training was hard and physical which I enjoyed. It also gave Graham a chance to catch up with old friends and to

Renew past memories with Chiba Sensei. It was Nathan's first trip overseas and what memories for him! All the Shihans congregated in the campus bar and mixed in with everyone. It was great to train with so many different nationalities and so many 5th and 6th Dans.



Chiba Sensei demonstrating weapons. Graham Morris and Russel Cosby observe from a clear vantage point.

Graham: My main reason to go to the UK was to see my family, but while I was there I attended the Millenium Summer School at Bangor University.

It was a great time for me because the last time I was at Bangor Uni was in 1980 for the Summer school with Chiba Sensei who was at that time my teacher. At this 2000 Summer school we had apart from the four senior Shihan named above many other senior instructors from all over the world.

Besides the high standard of training, this school was for me very special because 15 years had passed since I was last in the UK. It was fantastic to see old friends and instructors again. Chiba Sensei was pleased to see me after all this time. We had a special on the first night for Shidojin where there was a lot of reminiscing about the old days over a few drinks.

Looking back on some of the old times I feel privileged to have trained with some of the top instructors in the world. And from that perspective I also think we are very lucky in Australia to have a Shihan such as Sugano Sensei teaching us.



Red McEvoy, Ichiro Shibata Shihan, Graham Morris, Nathan Miles, Russel Cosby.

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S. Sugano 8th Dan Shihan**

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