

MITCHAM AIKIDO NEWS



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HIGH GRADE RETREAT - OCTOBER 12-13TH AT THE LEARNING CENTRE AUCKLAND



Victor Sugijarta

The Riai High Grade Retreat was held at the Learning Centre led by Sensei's Henry Lynch, Mike Ashwell and Danny McIntyre. The weekend was full of learning and enjoyment. On the first morning, after an introduction and session from Henry, various yudansha were invited to take a 10 minute session to lead training. This was a valuable

from a both a teaching and learning perspective as

well as a way for everyone to observe the depth and skills of Riai senior grades.

Throughout the rest of the retreat, Henry, Mike and Danny led us on a path of discovery through training. As we have come to expect in the Riai approach to learning Aikido, there was plenty of laughter and enjoyment to be had. On the Saturday, there were 19 Yudansha and 4 1st Kyu grades on the mat. Patrick Low from Mitcham Riai while on one of his regular Auckland work-



Lyne Meachem and Henry Lynch

related visits, was invited by Danny sensei to join training on the Sunday. Patrick was warmly welcomed and showed off his recently acquired 3rd Kyu (blue belt) skills! On the Saturday evening we all went off to a great Japanese restaurant in Ponsonby, for a meal and socialising. This annual training event, in addition to our Friendship Camps, provide a great opportunity for yudansha and invited Kyu grades to learn, and teach together in the spirit if Aiki.

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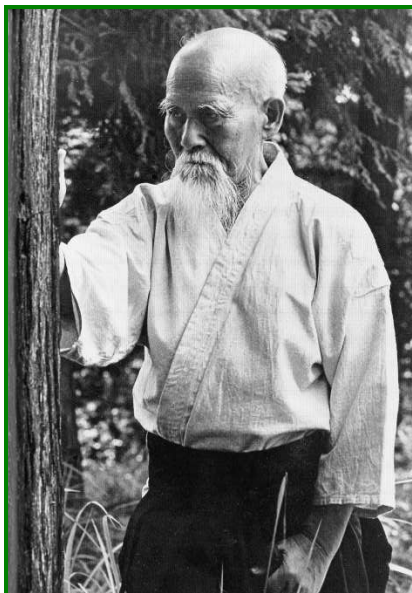


High Grade Retreat at The Learning Centre, Auckland



*Henry Lynch 5th Dan
Head of Riai Aikido*





Morihei Ueshiba O Sensei
1883–1969

FOLLOWING O-SENSEI

“The techniques of the way of peace change constantly; every encounter is unique, and the appropriate response should emerge naturally. Today`s technique will be different tomorrow. Do not get caught up in the form and appearance of a challenge. The Art of Peace has no form - it is the study of the spirit”

Quote from Abundant Peace – The Biography of Morihei Ueshiba. Founder of Aikido

by John Stevens. Shambala Press 1987

“Instructors can impart only a fraction of the teaching. It is through your own devoted practice that the mysteries of the Art of Peace are brought to life” O Sensei

2014 MAJOR EVENTS



William Gleason
Shihan. 7th Dan



Robert Nadeau
Shihan. 7th Dan

In association with our Aikido friends from Kenkyukai Aikido International - an organisation established and led by Yoshinobu Takeda, 8th Dan Shihan, Riai Aikido will host William Gleason Shihan in 2014 between June 13th - 15th in Auckland. There will be a Riai only session on the 13th, followed by general training open to any aikido students who wish to join us. Gleason sensei will be making his 3rd visit to lead us in training. He has a wonderful way of imparting his aikido knowledge. His own Aikido path included 10 years in Japan training under one of the post war greats of Aikido, Seigo Yamaguchi Shihan - who was also the teacher of Takeda Shihan. Riai students will get another chance to learn from a master teacher.

Sensei will also be teaching in Sydney (prior to the Auckland weekend) for Mitcham students interested in going there.

The 33rd Riai Annual Friendship Camp will again be led by Robert Nadeau Shihan. Sensei has been coming to New Zealand for over 25 years to lead Riai Friendship Camps. The 2014 Camp will be held between October 25th and 27th (a public holiday weekend in New Zealand). Nadeau sensei was a direct student of O-Sensei in the 1960`s. He has devoted his life to teaching Aikido and imparting his knowledge, as passed to him direct by the Founder. Not to be missed!

SHARED TRAINING WITH GKR KARATE DEC.21 ST



Bill Farman Sensei

Mitcham Riai hosted local GKR Karate club and Bill Farman sensei for our second joint training in 2013. This was followed by an end of year BBQ which also included a 3rd birthday celebration for Mitcham Aikido. Training focussed on entering space and looking for openings. Sensei`s Bill and Steve alternated teaching through our 2 hours, building on the elements of what had just been practiced. GKR students found training on our tumble mats useful when moving down to the floor - something not usually done in their dojo when training on a wooden floor. Mitcham Riai students were asked to have a go at karate techniques. Sensei`s Bill and Steve were able to identify quite a few similarities and present these for practice. Mitcham Riai was joined by yudansha Phil Low and Trevor Mason who took part in a short randori demonstration with Julie Niere and Patrick Low - while GKR dan grades demonstrated kata forms. We look forward to 2 further shared training session in 2014.



GKR Karate students with Mitcham Riai December 21st, 2013

FROM THE ARCHIVE - CANBERRA 1994



Takeda Shihan 8th Dan

I was privileged to attend a training seminar held in 1994 in Canberra led by Yoshinobu Takeda Sensei - one of the leading contemporary teachers of Aikido. His is a flowing and powerful style. When taking ukemi, it is as if one is drawn into a vortex! One moment you are approaching Sensei while the next you are being moved through the air and down to the mat while having only the slightest sense of how that happens. A truly amazing

teacher as well as being generous, friendly and helpful. Takeda sensei was a long time student of the late Seigo Yamaguchi Shihan who taught at the at the Honbu dojo, Tokyo. In 2013 Takeda celebrated the 30th anniversary of the opening of his dojo in Japan.

Shared Training Rial Mitcham & GKR Karate



Steve West with Phil Low



Julie Niere randori



Sally Maloney GKR San Dan



GKR students Jacob Sutton and Georgina Dalivigas

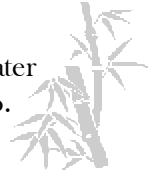
DOJO DISPATCHES

MT COOK DOJO, WELLINGTON, NEW ZEALAND

When starting the new dojo I personally had many fears about what I was doing. Was I going to be able to attract students? Is there support for what I am doing? Is the dojo going to last long term? It's now a year and a half since we opened, and these questions remain. Yes, students are coming in the door, but students also leave. Trying to build that core of regular students is hard work, and quite heartbreaking when some of the keenest students move away. Now I am coming to realise that the answers to the questions may not be the best way to measure success. While they are important, they can be likened to finishing an Aikido technique; but if finishing is your only focus, your are likely to miss all the good stuff and your Aikido is never going to look quite right. In order to have good technique, the beginning and the middle should not be ignored. So the better questions may be: Are people interested in the type

of Aikido we offer in this dojo? Are those who turn up to class for the first time getting the best experience we can give? Is the dojo a positive environment for learning and achieving? Are regular students progressing? I think that if the answer to these questions is yes, then you have and will continue to have, a successful dojo. Mt Cook's success is in grading 9 students into the Riai style, and progressing one of those student to Brown Belt (1st Kyu). Thanks go to the many Riai people including the higher ranks in Wellington who have provided wonderful support as we have grown. And to all the students who come along to classes. It is a privilege and a complete joy to teach you. This is the dojo's greatest reward. From my point of view, no other appreciation is ever needed.

In aiki, Mark Fitzwater
San Dan. Dojo Cho.



Katie Morton and Greg Moffitt



Nicky Fitzwater and Ha Le

RIAI WELLINGTON - 20TH BIRTHDAY CELEBRATION

On 7 December Riai Wellington celebrated 20 years of Aikido in Wellington. A full day's training followed by a grading was held at the club's Crofton Down's Dojo, with Sensei's Henry and Danny who came down from Auckland for the day. A birthday party doubling as the club's Christmas party was held in the original Wellington Dojo - the Ngaio Town Hall. The theme was 'Asia' and members old and new attended with a total of 50 people reminiscing the night away. Great food, great company and great entertainment (including a power point presentation to music titled *'Twenty Years in Review - The Legacy'*) led to a night that won't be forgotten for some time.

Reporter, Lyn Meachen. Wellington Riai

