



Ken shinryu 流神劍

TRADITIONS FOR THE FUTURE

An Initiative of **Compass**
INSTITUTE INC.



VOLUME 26 ISSUE 11 THE INSTITUSHIN NOVEMBER 2016

Kancho's Corner

Osu!

In the last weekend of October, Stuart Mac, Nutty and I headed down to join the Aikido Shudokan crowd in welcoming Robert Mustard Sensei back to Australia. Mustard Sensei was last here 12 years ago (as he kept reminding us) and was in great form throughout. My sincere thanks go to Joe Thambu Sensei and the members of the Shudokan who handled the very significant preparation and organisation that goes on behind an event of this scale.

The weekend kicked off with a Public Demonstration on the Friday night. This included performances by some of the juniors for the Shudokan along with most of the senior instructors. Nutty literally got out of the car following a two day drive and was wielding a Jo and being flogged around the mat an hour later. We received a lot of very positive feedback for our demonstration which probably helped make up for the mammoth effort he made in being there in the first place. Key demonstrations came from Darren Friend, Peggy Woo, Jon Marshall and Joe Thambu Sensei's. As the special guest, Mustard Sensei performed the final demonstration which included explaining the principles of Aikido – a task he managed with a blend of humour and powerful technique. The demonstration was followed by an Instructor dinner and 'after party' where we were once again exposed to Mustard Sensei's magic show... how to make massive amounts of beer disappear. On Saturday night approximately 80 people attended the Welcome Dinner at a local Thai restaurant where once more large amounts of alcohol evaporated in the warm Melbourne air...

Some 70 students participated in the weekend seminar which boasted two 8th dans and three 6th dans in the teaching staff – not a common occurrence in Australia or many other parts of the world. Mustard Sensei focused on the basics – kamae, kihon dosa and kihon waza - at length, providing all the participants with the time and guidance to make genuine improvements. Importantly, he also inspired the group through a variety of kokyu nage and advanced techniques that highlighted the beautiful simplicity of Aikido at its best. The takeaways from the teaching for me were 1. Develop and maintain a good kamae – kamae is a means of learning to rid ourselves of muscular tension 2. Strength and force are unnecessary if we have broken our partners balance 3. Age and treachery will always overcome strength and resistance.

If you feel you missed out, there are two seminars coming to Australia in 2017... Inoue Kyoichi Shihan will be hosted in Sydney by Darren Friend Sensei (March) and Chida Tsutomu Shihan will be in Melbourne in October. These two gentlemen are great statesman as well as world class practitioners and teachers... I cannot recommend these seminars too highly and hope we can put together a group for both.

See you on the mat...

Sensei David



Kenshinryu — 5 Briggs St Palmwoods Qld — Ph: +61 (07) 5457 3716

www.kenshin.com.au

Dojo Doctor - Breathing for Wellness**JUST REMEMBER
TO BREATHE****Breathing For Wellness**

I'm sure you've seen the bumper sticker "Remember To Breathe" No brainer obviously, we do it automatically, and you don't have to think about or plan your day around breathing.

But how often do you consciously breathe?



I want to introduce you to an amazing Dutchman called Wim Hof. Short story, holds 26 records for swimming under ice, running a marathon in the artic in underpants only, climbing to Everest base camp, again in underpants (must be a Dutch thing) and sitting emerged in ice for 2 hrs and last but not least holds breath hold records.

No ice tanks necessary but a simple technique he teaches is shown to reduce stress and the intensity of anxiety, depression and PTSD.

- Set a timer for 2 1/2 minutes
- Take deep breaths right into your diaphragm until the timer goes off.

- Let all the air out of your lungs on the last deep breath, and drop and do as many push-ups, squats, burpies, kicks etc until you have to take a breath.

I do this with push-ups and can easily do 5-10 more than without the prior deep breathing. But it is easier with less muscle stress. My breath recovers quickly and I feel great.

Because Wim Hof is so amazing, he has been the subject of many studies, and it has been proven that you can quickly make your blood more alkaline. This is a healthy state and it is believed that cancer cells cannot survive in an alkaline environment.

Don't be afraid if you are no good at push-ups, I know people who struggle to do 3, but manage 10 or more after the breathing. I love techniques which are simple proven and effective. Keep healthy and happy.

Ian Newton

PS free online fat burning wellness programme at
<http://roadmaptovibranthealth.com/>

Deshi's Diary

Osu.

How the time flies.

Its nearly the end of October already and that means.....**November** is coming up! Get your stash or borrow one.

We will be having our junior grading on Friday the 4th of November/November.

Don't forget to have lots of water before and after training as it starts to ramp up and worm up. I hope to see you all on the mat.

James.

Aikido



Origami with people

Upcoming Events



Junior Dojo Grading

Friday 4 November
4:30pm - 5:30pm

Registrations by 2 November 2016
(07) 5457 3716 info@kenshin.com.au



Check out our Facebook page at
www.facebook.com/kenshinrypalmwoods
For some fabulous Kenshin memories!

Dojo Breakup Party
Sunday 11th December**
Look for our sign along The Mooloolaba Spit
11am kick-off **Bring lunch & the family!!**
BYO Picnic and/or meats for the BBQ
BBQ, PICNIC, CRICKET, SACK RACE, EGG & SPOON
RACE AND SWIMMING!!
Weather permitting - keep an eye on Facebook for updates

Members Corner - A special word to our Juniors

Mindfulness in the face of Nerves



It is nearing the end of the schooling year and Kenshinryu is about to complete the first junior grading for 2016. The work and effort that both Sensei Steve and the students have put in has been inspiring. And although the process of grading can seem daunting, something that martial artists have in their favour is the practise of mindfulness. Mindfulness is the psychological process of bringing one's attention to the physical experiences occurring in the present moment. By shifting your attention away from your thoughts and into your body and your breathing, you can move out of the stressful state and into more of a responsive mode. This automatically alters your physical, psychological and emotional responses, and allows you to perform to the best of your ability.

In Aikido mindfulness is developed through four key things:

1. Mind and Body Union - using posture and an awareness of the body as a way to tie the mind to the physical movement.
2. Movement – Aikido techniques are based on a way of moving that is balanced, centered and relaxed.

3. Harmonisation – Aikido is in essence, flowing with the forces rather than with resistance.

4. Ki – a form of breath that circulates energy and expands our awareness and sense of self.

Ultimately, every day you step on the mat, you are, in fact developing your ability to calm yourself and mentally prepare for any situation. Something, which I hope that the junior students can take to heart is that every martial artist on grading day will have some form of nerves. Moments before any student steps onto the mat for their grading, their hearts speed up, butterflies flutter in their stomachs and they feel the adrenaline rush that has their hands shaking. It is a natural response when wanting to perform well. And throughout their training each and every one of them have developed the ability to overcome their nerves and complete their grading to the best of their ability. Because, regardless of your form—Judo to Aikido—and regardless of your place of practice—dojo or basement—to be a martial artist is, in large part, to engage in the practice of mindfulness. For all the other members, if you are coming to the junior grading on the 4th of November be sure to pat them on the back and wish them clarity of mind.

Tamara

Close your eyes and you will see clearly.

Cease to listen and you will hear truth.

Be silent and your heart will sing.

Seek no contacts and you will find union.

Be still and you will move forward on the tide of the spirit.

Be gentle and you will need no strength.

Be patient and you will achieve all things.

Be humble and you will remain entire

Taoist Meditation Chant