



Ken shinryu 流神劍

TRADITIONS FOR THE FUTURE

An Initiative of **Compass**
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Kancho's Corner



Osu! Happy New Year x 2. Welcome to 2017 and the Year of the Fire Rooster... a combination last seen in 1957. I hope everyone has been enjoying the return to training and is looking forward to a big year.

My personal goals this year are:

1. To continue to personalise the Dojo and our training while further fusing the unique combination of armed and unarmed traditions we represent.
2. To support the development of the Junior Dojo reinforcing the strong path we have built over the past 25 years for children to aspire to the life of Budo and all it has to offer.
3. To take a group to Japan in September and provide a trip that offers quality instruction in both Aikido & Shinto Muso Ryu.
4. To continue to work on my own technique and understanding of the arts.



In mid-January I was invited to provide training in Shinto Muso Ryu in Sydney at the home of Aikido Yoshinkai NSW, a full time Martial Arts organisation so ably run by long-time friends Darren Friend Sensei and Peggy Woo Sensei. The seminar was also attended by another very good friend, Jon Marshall Sensei whose Dojo is based in Melbourne.

Together we are working to support the development of what can most accurately be described as Nishioka-Ha Shinto Muso Ryu into Sydney and Melbourne through their Dojos. All three teachers are highly respected both in Japan and here in Australia

and it's a pleasure AND a privilege to work with them on a project that I know would have brought Nishioka Sensei a great deal of satisfaction.

IMPORTANT – PLEASE READ

As you know, James has completed his 2 year course as Uchi Deshi so there is now no one located permanently in the office for fees, gi orders etc. Kenshinryu is establishing a 'Virtual Office' where you as a Member will be able to mark your attendance at class, register for seminars, check class times or schedule changes, pay fees, order Dogis, weapons, or merchandise such as books, caps, Tenuguis etc. This should be operational very soon. As Members you will be able to access the 'Office' from your computer via our website, from an iPad in the Dojo foyer... but most importantly from your mobile device... ensuring the greatest freedom and versatility. To streamline all of this we will no longer have single class fees. This is messy to receive and track... and is very bad value when compared to the monthly, term, half yearly and yearly fee options. For those of you who only attend once a week however there will be a 'six pack' of classes available and there is no time limit on their use.

We are also going to be making changes to our fee structure in 2017. In 2007 / 08 we actually **lowered** our fees because of the GFC... and we plan to now return them to their pre-2007 level. When compared to other martial arts schools, yoga / dance groups and other sports, our fees remain the lowest of any we could find... bar none. There are also substantial discounts for paying by the term, half yearly or annually AS WELL as for enrolling more than one person from the same family. **Please note** that there is also no additional annual membership or insurance cost – these are incorporated into your regular class fees. On average, if a student trains twice a week their 'per class' fee equates to less than \$10, 3 times a week around \$7 and if you train 4 times per week it drops to approximately \$5. The new Fee Schedule is available on our website.

Thank you...

Sensei David

Upcoming Events



Kenshinryu Mudjimba will be offering a series of Women's Self Defense classes...



Practical self-defense techniques and strategies designed specifically for women!

- . Suitable for women & girls from 12yrs
- . Female participants only
- . Not strength based
- . Regular weekly classes allow you to develop effective skills
- . No previous martial arts experience necessary
- . Certified Kenshinryu senior instructor with 20yrs Aikido experience

FEES

Adults \$15 per class
School students \$10 per class
Additional family members \$10 per class

Pre-Paid Packages:

6 classes (adults) \$75 (equals 1 class free)
6 classes (students) \$50 (equals 1 class free)
6 classes (mother & daughter) \$99 (**introductory special - save over \$50)

Wednesdays 7:30pm - 8:30pm

(please arrive 5 or 10 mins early)

Contact us today to book your individual or group sessions!

Northshore Community Centre, 701 David Low Way, Mudjimba
P: 0418 753 184 E: info@kenshin.com.au

Kenshinryu Mudjimba will be hosting a series of Women's Self Defence classes every Wednesday from 7:30 - 8:30pm.

The classes are suitable for women and girls only, from 12yrs of age. There will be regular weekly classes allowing you to develop and strengthen your skills and there is no pre-requirement for joining, and no martial arts experience necessary.

Classes will be held with a certified Kenshinryu senior instructor with 20yrs Aikido experience.

Fees:

Adults \$15 per class
School Students \$10 per class
Additional family members \$10 per class

Pre-paid Packages:

6 classes (adults) \$75 (equals 1 class free)
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Contact us today to book your individual or group sessions!



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I'd like to recommend that you have a look at this [website](https://www.aikiinsights.com/) and become a subscriber. <https://www.aikiinsights.com/>

When I was last in Melbourne I was interviewed by its founder, Marvin Oka, and I have since listened to all the podcasts on the site.

There is an absolute wealth of information for Aikido and Budo students - all being shared in a conversational format by some very highly experienced Teachers including Joe Thambu, Robert Mustard and Darren Friend Sensei's.

The information is suitable for absolute beginners through to students and instructors with many years practice behind them.

Accelerate your development in Aikido - Double your results from your training efforts - Improve your mind-body coordination - Develop your Aikido spirit - Embody and apply Aikido principles in daily life.



Learn how to learn Aikido

Get insights and teachings from various Sensei that make a difference to how you train.



Improve your Mind/Body coordination

Learn tips and techniques to enhance your Mind-Body connection when doing Aikido.



Daily applications of Aikido Philosophy

Learn about Aikido philosophy and key principles, and how it applies in daily life.

Aiki Insights

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



How do you adopt an attitude? And why should you? Here are some suggestions to consider while you attempt to answer these questions.

- **Relaxation**

Keep your body relaxed throughout your training. Being relaxed during aikido practice is a bit of a paradox. It's hard to learn to be relaxed because learning implies doing something, and if you try to relax, the trying will most likely produce the opposite effect. Relaxing is more like not trying. This doesn't mean that you don't have an intent. It means you let the intent do it, not your muscles and "will."

- **Large Awareness**

Take in the big picture. Be aware of all that is around you. Keep your awareness "soft" and on your partner's center, not on his fist or weapon.

"If you focus on the sword, the sword will slay you!"

- **Calmness**

Cultivate for an attitude of calm, centered relaxation. This attitude will allow you to respond to an attack with clarity, speed, and precision.

- **Attitude of reconciliation**

An attitude of reconciliation will eliminate most conflicts before they start, keep a conflict from escalating, and allow you to resolve a conflict with minimum harm.

Aikido



Origami with people



Check out our Facebook page at

www.facebook.com/kenshinryupalmwoods

For some fabulous Kenshin memories!