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TRADITIONS FOR THE FUTURE

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Kancho's Corner

Practice makes perfect...

I wonder how many people actually 'practise' walking when they're out for a stroll? I guess most of us 'just walk' and focus on other important things... like day dreaming, right. Perhaps it sounds a little weird but in addition to just walking normally, I 'practise' walking every day. I focus on my posture, weight distribution, gait, lightness of tread, balance, upper body relaxation, arm movement, knee / toe alignment, use of the big toes to grab the ground, general alertness, breath... I regularly rate the effortlessness or otherwise of my progress and deliberately try to improve all of the above elements.

There is no plan to do a marathon, compete in any walking competitions or similar. It's just that as I was growing up my grandfather taught me "If you're going to do something, make sure you do it the best way you can". And I guess, without really noticing, I've taken that philosophy into even the most basic things I do.



My habit is to also very deliberately practise other very similar things like standing, breathing, seeing, noticing, personal safety and even listening.

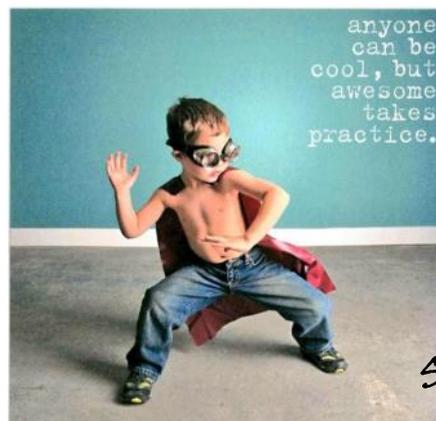
The benefits to me, apart from the increased value inherent in each of these activities, are that I'm increasingly aware of my performance across a broad spectrum of life's essentials. My teacher used to say to me that beyond a certain age human beings can tend to 'shrink' a little each year... and the remedy to this is to stretch ourselves a little each year instead.

Mentally – read quality literature, take time for reflection, converse with interesting people of all ages, work in fields in which you are passionate, engage in new activities or interests, travel... be curious.

Physically – stay loose and strong, exercise, rest and recover, eat well and in the right proportions, play games, walk, get plenty of fresh air and sunshine... challenge yourself.

Emotionally – practice being resilient, meditate, be grateful for what you have, be kind to people around you and try to be of service to others... be your best self.

I watched him lead an incredibly full and healthy life right into his 90's... and I have seen other rare individuals do the same. It is possible. It just takes a little practice...



Sensei David

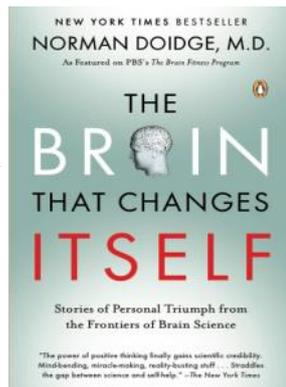
Contributor Corner...

The Struggle Within

Almost all change occurs with some level of internal resistance. We want to change but all the old fears and beliefs rise up and seem to block us. Those changes we easily embrace occur because there is little resistance, maybe some fear but mostly only positive feelings. But some of the things we most want in life never happen because the resistance to change is just too great.

So how can you break through? The simple answer is hypnosis. But to achieve this change you can help yourself. Get some leverage on your mind. Firstly, look closely at where you are and why you want to change. Then create a clear mental image of yourself having made the change and enjoying the benefits.

It's important to realise that this process takes time to fully integrate. In the book "The Brain That Changes" their research showed clearly that the transition of mental images into reality can take months.



It's crucial that you are clear about the change, don't go chopping and changing, and that you persist with the process. Of course small goals will happen faster, but bigger more challenging goals will require some mental effort. Keep the goal in mind but more importantly remember exactly why you want it, and how you will feel when you achieve it.

You may argue that you don't have the time. You may be right, but we can find time for all sorts of trivial things, and of course time passes quickly, so if you get started then the results will come before you know it.

Ian Newton www.ianNewton.com

Upcoming Events

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

Kenshinryu Mudjimba is 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.

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

Upcoming Events Cont'd

Save the Date!

Kenshinryu
流神劍

Kenshinryu Winter Gasshuku 9 – 11 June 2017

Aikido . Shinto Muso Ryu Jojutsu . Shinto Ryu Kenjutsu & Iaijutsu

Suitable for practitioners of all styles aged 15yrs + and any level of experience
Enquiries and bookings: 5445 9116 or info@kenshin.com.au

If you are interested in attending the 2017 Winter Gasshuku let us know now and we will email you a registration form and the event schedule.

Fees:

\$99 per head

Include: 1 x breakfast, lunch & dinner

Accommodation:

\$10 per night, per head if you would like to stay at the dojo.

Contact us today to register for the Winter Gasshuku!



Briggs Street, Palmwoods

P: 07 5445 9116 E: info@kenshin.com.au

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Tap into the minds of numerous Aikido Sensei to learn how to learn Aikido. Get fortnightly podcast interviews and quarterly webinars with the masters. Invaluable for all serious Aikido students.



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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.