

# Ken shinryu 流神劍

TRADITIONS FOR THE FUTURE

An Initiative of **Compass**  
INSTITUTE INC.



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## Kancho's Corner



### Osu!

Osu! Welcome to Spring. It looks like it might be a nice warm summer of training coming up. Thank you for the positive feedback on last month's article around the Dojo history and the meaning of certain key Japanese terms. I'm really glad so many of you found it interesting and that it filled in some gaps for you. As one person said "I've been training here for years and hadn't thought about the depth of history in this Dojo at all... it really has some major history!" And I guess that's true... if you look at the Honour Board on the back wall of the Dojo there are now 39 people who've achieved their Dan rank (first degree black belt) in either Aikido or Shinto Muso Ryu (or both in a handful of instances). To lend some perspective, a third of those ranks were awarded last century and nine during this decade which is a real testament to the depth of the student body over our 26 year history as a full time Dojo. The oldest serving black belt in the Kenshinryu is Stuart MacAdam who earned his Shodan in 1998 (though he'll hate me mentioning that because you can guess how old he must be).

On another note, the 21<sup>st</sup> to 23<sup>rd</sup> October will see [Chida Tsutomu Sensei](#) in Australia as the guest of Joe Thambu Shihan and the Aikido Shudokan. Six members of Kenshinryu have already booked their places at the Seminar and Demonstration so if you're still thinking about it I recommend two things... 1. Definitely do it and 2. Get your booking in NOW. Chida Sensei is one of the greatest teachers of Aikido alive today – no matter the style – this will be an opportunity to get some real and personal instruction from him due to restricted numbers in this seminar. I happily have borne the costs associated with travelling to Japan on many occasions for that privilege... and you will have him here in your own back yard so to speak. Hope to see you on the mat.



Kenshinryu — 5 Briggs St Palmwoods Qld — Ph: +61 (07) 5445 9116

[www.kenshin.com.au](http://www.kenshin.com.au)

## Kancho's Corner Cont'd

I'd like to take a moment here also to recognise and thank one of our Dojo members – Kurek Ashley – for his recent very generous donation of a unique auction item to support the fundraising efforts of Compass. Kurek has made available a Coat hand-made by David August Couturiers for Sylvester Stallone which has Sly's name inside and which was given to Kurek by Sly. It's a great gesture and adds to the list of things Kurek has done in support of Compass since he commenced his training here. If any of you would like to find out more about Compass and ways in which you can support it please just let me know. For example in September you can go to the Compass website and become a Dollar a Day sponsor of a Puppy as part of the Compass Assistance Dogs project. Just click on the following link

<https://www.compassinc.org.au/index.php/compass-assistance-dogs/dollar-day-program/>

and make sure you put 'Kenshin' in the reference box so we can track your support. If you grab a copy of the October Blitz magazine you can learn more about this incredible project.

On another note remember the next Shinsa is Friday 8<sup>th</sup> September at 6.15pm and will include a Shodan test.

*Sensei David*



Contact us today to book your place in any of these events!

**P: (07) 5445 9116**  
**E: [info@kenshin.com.au](mailto:info@kenshin.com.au)**

## Upcoming Events

- Friday 8th September—6.15pm  
8th Kyu to Shodan



- October 21st—22nd, 2017  
David and some members from the Dojo are travelling down to Melbourne for the Chida Sensei Seminar. If anyone would like to attend please contact: [admin@compassinc.org.au](mailto:admin@compassinc.org.au)



Aikido Shudokan Proudly Presents:  
**Chida Tsutomu Soke**  
Public Demonstration  
Also featuring high level Australian Aikido teachers

Demonstration 20th Oct. 7pm

Methodist Ladies' College

James Tatoulis Auditorium

207 Barkers Road, Kew

Tickets: \$20



Seminar 21st & 22nd Oct.

Open to practitioners of the

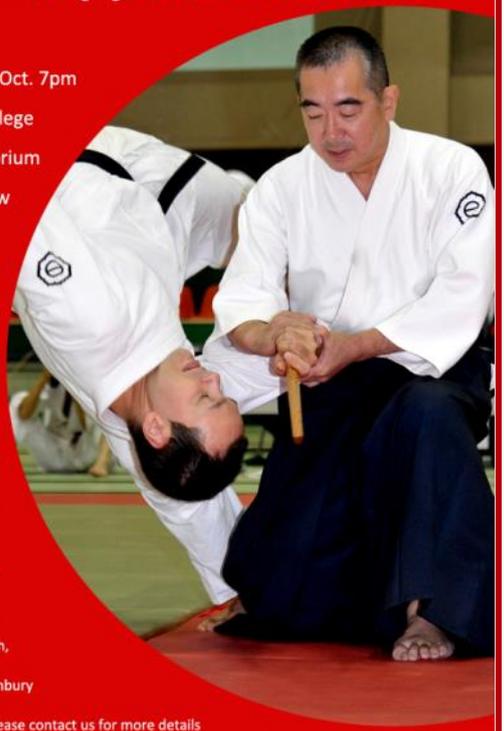
Yoshinkan system of Aikido.

St Georges Antiochian Church,

28 Shaftesbury Parade, Thornbury

\*Limited spaces available. Please contact us for more details

[www.aikidoshudokan.com](http://www.aikidoshudokan.com) (03) 9440 7028



## Members Corner

# Technique Workshop

## Yokomen Uchi Yonkajo Osae Omote



Uke launches a Yokomen uchi (side of head strike) attack to the temple of Shitei. Shitei steps back slightly off-line and checks the incoming blow.



Rolling the strike over and absorbing Uke's momentum with a further step off-line to the rear, Shitei begins to shape Uke's arm for Ikkajo Osae.



## Members Corner

Uke allows the elbow to fold, denying Ikkajo, so Shitei further shapes the forearm with the elbow up allowing the forearm to move into a Yonkajo position.



Applying Yonkajo, Shitei steps through with the nearest leg and cuts Uke down.



Shitei steps forward once more securing Uke on the ground and applies Nikajo Osae.



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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.