



TRADITIONS FOR THE FUTURE

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Kancho's Corner

Osu!

Welcome back to training for 2018. This is the beginning of the 27th year of full time operation for the Kenshinryu and personally I'm very excited to see what the year will bring. My goals are to continue to work on my ability to share Aikido and Shinto Muso Ryu with others and to create the best possible training schedule and environment to support that.

Recently I was listening to a podcast where one of the world's most prolific non-fiction authors talked about her writing style and ways in which she improved it over the years before her career as an author finally took off. She said her approach to information gathered during the research phase of a book was to pull together as much as possible and then begin to both condense it and to pare it down... and to do this repeatedly as she sought to simplify and then grasp the underlying concepts, context and history of the subject matter. The result of this process was she



gained incredible insights into her subject but when she then started to put this on paper there were simply too many ideas on each page. She met her now Editor around this time who pointed out this problem to her and encouraged her to learn to put down one idea at a

time and develop it slowly leaving what the editor called 'space for the book and the reader to breathe'. I understood from this that the process she used for her own personal research and learning about the subject was valid but the same process could not then be applied to sharing that information. It left a density in the material that was daunting and even difficult to pierce by the reader.

What I took out of this was the realisation that the paring down of information relating to technique and even technique itself in Budo is something I have to leave to the student to a greater degree because it's the grinding and polishing that takes the learning into the body. Putting too many concepts into one class makes the lesson too dense and can be obstructive. I need to leave more 'space to breathe' in our training to ensure the number of 'mouthfuls' in each lesson and even each month are balanced and leave plenty of chewing time.

To help with this I've also modified the Class times for Aikido in 2018. Adults classes will run from 5.30 – 7.00pm with half an hour (or more) of free time for informal training in weapons, *jiyu waza* or syllabus for example. This means the actual class can be a little more brisk without burning everyone out and you will be able to choose when and what to do after the formal class. It's going to be interesting for you to see what your level of motivation is when faced with this opportunity.

Again this year I encourage those of you participating solely in the unarmed classes on Monday, Wednesday and Friday evenings to consider joining one or more of the armed classes to round out your practice and ability... in my opinion only when you are doing both classes and have a balance of skills in what is in Japanese 'Sogo Budo' can you truly say you are a student of Aikido.

On another note Hayley will only be with us for another month managing the office however she is now training my new PA – Nikki – and hopefully the office side of things will continue smoothly under Nikki's oversight. Of course if there are issues with fees or similar please let myself, Aaron or Tamara know and this can be rectified. All the best for 2018! Gambatte!

Sensei David

Members Corner

I have no parents
 I make the heaven and earth my parents.
 I have no home
 I make awareness my home.
 I have no life or death
 I make the tides of breathing my life and death.
 I have no divine power
 I make honesty my divine power.
 I have no means
 I make understanding my means.
 I have no magic secrets
 I make character my magic secret.
 I have no body
 I make endurance my body.
 I have no eyes
 I make the flash of lightning my eyes.
 I have no ears
 I make sensibility my ears.
 I have no limbs
 I make promptness my limbs.
 I have no strategy
 I make 'unshadowed by thought' my strategy.
 I have no designs
 I make 'seizing opportunity by the forelock' my design.
 I have no miracles
 I make right-action my miracle.
 I have no principles
 I make adaptability to all circumstances my principles.
 I have no tactics
 I make emptiness and fullness my tactics.
 I have no talents
 I make ready wit my talent.
 I have no friends
 I make my mind my friend.
 I have no enemy
 I make carelessness my enemy.
 I have no armour
 I make benevolence and righteousness my armour.
 I have no castle
 I make immovable mind my castle.
 I have no sword
 I make absence of self my sword.

- Anonymous Samurai, 14th century

Welcome Back!

Welcome back! We hope that each of you had a wonderful break and enjoyed special time with friends and family. We also hope it gave you some time away from your everyday tasks to start the new year fully restored. Here's to a fabulous New year!



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



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