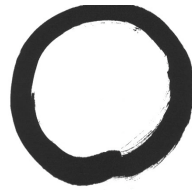


The Aikido NSW Newsletter

December 2008



...human beings must unite mind, body and the ki that connects them
and then achieve harmony with the activity of all things in the Universe.
O-Sensei

www.nsw.aikido.org.au

Hello everyone, and apologies for such a long delay between newsletters.

It has been a busy six months. Since the last newsletter in June 2008 the following events have taken place:

Winter Training – misogi	14 – 15 June 2008
2008 Winter School, Narabeen, Sydney	6 – 11 July 2008
IAF Congress Japan tour	1-17 October 2008
TTC / Grading weekend	1 – 2 November 2008
Dojo clean-up day, Leichhardt	16 November 2008
AGM / Dojo Christmas Party, Leichhardt	30 November 2008

Also, some changes within the school include the instigation of two Member Protection Information Officers (MPIOs) – Margaret Carter and Justin Cogley, and changes to the Aiki Kai fee structure to include an annual payment to the Aikido Foundation.

Member Protection

In April Justin Cogley and Margie Carter attended a special training weekend where they were briefed on the ins and outs of being a membership protection officer. Justin and Margie are the member protection officers for NSW and their details are later in this newsletter.

A more detailed summary of Member Protection is at the end of this newsletter.

The Aiki Kai Australia Member Protection Policy can also be downloaded from the website at <http://www.aikido.org.au/Forms/protection.htm> where you can also get details of the Member Protection Information Officers in each state and territory.

Dojo Clean-up

A dojo clean-up took place at the Leichhardt dojo after George's class on Sunday 16 November. Big thanks goes to George who rallied up the troupes and helped clean as well! Thanks also to Justin, Kirsty, Lionel, Maciej, Yus and Zoran (I may have missed someone..). Thanks also to the scouts who painted the hall for their 100 year anniversary.

Book Review

A review of the book *Meditations on Violence* by Rory Miller follows at the end of this newsletter. Thanks Denis for an interesting commentary.

Blue Mountains Dojo, Annual Report for 2008

Attached to this newsletter is a report from the Blue Mountains Dojo.

Summer and Winter Schools 2009

The Summer School 2009 will be held from Monday 12 January to Saturday 18 January inclusive. At least part of the National Coaching Accreditation refresher course will be held at the time of this school.

Winter School 2009 will again be held at the NSW Academy of Sport and Recreation at Wakehurst Parkway, Narrabeen (same as 2008), starting on Tuesday 7 July (registration on Monday 6 July) and finishing on Sunday 12 July.

Christmas closures (last class 2008 – first class 2009)

Leichhardt

Wed 17th Dec – 21st Jan

Thurs 18th Dec – 22nd Jan

Fri 19th Dec – 2nd Jan

Sun 21st Dec – Sun 4th Jan (no class on Sun 11th and 18th Jan)

Olympic Park

Mon 15th Dec – Mon 2nd Feb

Sat 20th Dec – Sat 24th Jan

Blue Mountains

Wed 17th Dec – TBA

Seven Hills

Tues 16th Dec – Tues 3rd Feb

Sutherland

Tues 23rd Dec – Tues 20th Jan

Sydney Aikikai dojos

Sydney Olympic Park: M 7.00-8.30pm S 8.15-9.45am

Hornsby: Th 7.00-8.30pm

Leichhardt: W 7.15-8.45pm Th 7.00-8.30pm F 7.00-8.30pm Sat 11.00-12.00(children's class)

Sun 9.00-11.00am

Pennant Hills: Tu 7.00-8.30

Seven Hills: Tu 6.15-8.00pm

Sutherland: Tu 7.15-8.45pm Th 7.30-9.00pm

N.S.W. Aikikai dojos (outside Sydney)

Armidale: Tu 6.00-7.30pm Th 6.00-7.30pm S 10.00-11.30am

Elands: M 5.30-7.00pm W 6.00-7.30pm Sat 9.00-10.30am

Faulconbridge: M 7.30-9.00pm W 7.30-9.00pm

Upcoming events

Summer School, Melbourne

12-18 January 2009

Winter School, Narrabeen

7-12 July 2009

Email notification list

In order to receive newsletters from Aikido NSW automatically, please subscribe adding your email address via the home page at: www.nsw.aikido.org.au

Member Protection



New Member Protection Information Officers (MPIOs)

In the interests of promoting member protection against harassment or discrimination within our organisation, two of our NSW members, Margaret Carter and Justin Cogley undertook a two-day MPIO training course. The purpose of the training is to help protect our AIKIDO members from harassment and/or discrimination. The MPIO is a person who can help you by listening to you and outlining your options, should you feel harassed or discriminated against within the organisation.

Harassment and discrimination

Dealing with harassment can be a major challenge for clubs. Not only can it reflect badly on the sport, it can deter participation at all levels. To help everyone understand the types of behaviour that form the basis of harassment and discrimination, here are some useful definitions and references.

What is harassment?

Harassment is any behaviour by a person or organisation which:

is offensive, abusive, belittling or threatening
is directed at any other person or a group of people
refers to a particular characteristic of that person or group of people.

The point of view of the person receiving the harassment is what helps determine whether an action or behaviour is considered harassment. This behaviour must also be assessed objectively in that it must be the type of behaviour that a reasonable person would find unwelcome.

Types of harassment

Harassment for sports and recreation clubs can be divided into:

sexual harassment
abusive behaviour
discrimination.

Sexual harassment

Sexual harassment includes:

an unwelcome sexual advance (including unwelcome touching)
an unwelcome request for sexual favours
unwelcome conduct of a sexual nature (including a statement, orally or in writing, of a sexual nature)

Abusive behaviour

Abuse is a form of harassment and includes:

physical abuse (eg. assault)

emotional abuse (eg. blackmail, repeated requests or demands)

neglect (eg. failure to provide the basic physical and emotional necessities of life)

abuse of power which the harasser holds over the harassed (eg. Instructor, senior students)

Discrimination

Discrimination is treating or proposing to treat a person less favourably than someone else in certain areas of public life on the basis of an attribute or personal characteristic they have.

Attributes and characteristics include:

- age
- disability
- marital status
- parental/carer status
- physical features
- political belief/activity
- pregnancy
- race
- religious belief/activity
- sex or gender
- sexual orientation
- transgender orientation.

The main activities where discrimination can occur in clubs are:

- employment (including unpaid employment)
- provision of goods and services
- obtaining or retaining membership (including the rights and privileges of membership)

This information (slightly modified) has largely been taken from the NSW Sport and Recreation website.

Andrew Dziedzic is the National Co-ordinator regarding Member Protection Policy

Our NSW Member Protection Information Officers are Margaret Carter and Justin Cogley. Should you require any help regarding issues of harassment or discrimination, please feel free to contact Margaret or Justin – any concerns will be treated confidentially.

Margaret Carter: Ph. 0423 368 389

email: margienage@hotmail.com

Justin Cogley: Ph. 9669 7516

email: info@jcphotography.com.au

Book Review: *Meditations on Violence - A Comparison of Martial Arts Training & Real World Violence* by Sgt. Rory Miller ⁱⁱ

Everyone asks “does it work” when they study Martial Arts, and especially with Aikido. Rory Miller takes a cold hard look at what we learn in martial arts class from the point of view of someone who works in the prison system dealing with and having to physically control some of the nastier people in our society. The book is well worth a read, it is not an easy read and you will not feel like your spirit has been lifted to a higher plane, but you will get a feel for the reality of violence from the point of view of someone who has real practical experience.

Rory likens martial arts to the rhinoceros and the unicorn. When people returned from Africa they brought back stories of this strange animal that had a single horn in the middle of its head, they had seen and experienced the rhinoceros. The story spread and people drew pictures and added their own interpretation to it, it took on magical properties, eventually we ended up with the mythical beast, the unicorn. Strangely most people know more facts about the unicorn than the rhinoceros, there is only one fact that matters – the unicorn is imaginary. So it is with martial arts - they were developed by inspired people who had experienced real conflict and violence, but as this was passed on the meaning and the techniques change. In its purest form a martial art should incapacitate an opponent in the shortest possible time, however we cannot practice this, society and practical considerations will not allow it. We would not have many students if we broke bones and used mortal blows. How many people die in Olympic Judo practice? How often do we have injuries in Aikido? We have to introduce flaws into our practice to allow us to keep training. In full contact styles some body parts are disallowed for safety reasons, some styles train to pull their punches and boxers wear gloves which encourages practitioners to batter away at heads which would break their ungloved hand. What would be the point of learning to help protect ourselves if we got beaten up in the process? In our society very few people should need to use martial arts, but if we do need to we should be aware of its flaws.

Don't get the impression that this book is about machismo and learning to beat the tripe out of any person who looks sideways at you. No, it makes sense, “it is better to avoid than to run, better to run than to fight, better to fight than to die”. Rory goes into the types of situation that may occur, the types and psychology of the attacker, the psychology and response of the victim (you), the aftermath. The first you may know of an attack is a knife in the back, or of being hit, how will you respond? Will you freeze? How will you counter? Remember, there is no time to plan, it is happening, you are taking damage. If you get knifed or shot (it is an American book) will you crumple up on the floor just like in the movies? The proposition of this book is that you think through these things before they happen, you look for the quick and direct techniques that you can use to attack the attacker so that you don't have to think about your response.

How many instructors know what the legal implications are of maiming or injuring someone who is attacking you? The best advice I have been given is if you do damage an attacker it is far easier just to leave the scene if you can, avoid the trauma and cost of being involved in a court case with some low life.

An interesting statistic that Rory quotes from NYPD statistics from 1994-2000 show that trained police officers at a range of 0 – 2 yards have a hit percentage of 38%, they miss 62% of the time. That is with a gun, how well will your martial arts training work?

Denis Moffat - Shodan

ⁱ Jon Pearson, 'Aikido – the essential introductory guide, 1997, p.22

ⁱⁱ Miller, Rory, 'Meditations on Violence – A comparison of martial arts training and real world violence', YMAA Publication Center Inc, 2008



Aikido New South Wales (NSW Aiki-Kai) Inc.

Official Representative Organisation of the Aiki-Kai Foundation
and Aikido World Headquarters, Tokyo, Japan
Established 1968

Blue Mountains Dojo
c/o 9 Birdwood Ave.,
Winmalee,
NSW 2777

Blue Mountains Dojo, Annual Report for 2008

Status

The Blue Mountains Dojo (in the Faulconbridge Community Hall) has been operating since March 2005. Classes have been held twice a week, with the teaching responsibilities shared between Wayne Sheils, Patrick Connor and Machiko Hirata. Occasionally, extra classes have been held in the dojo, and sometimes in parks.

Apart from the three instructors the dojo has six current 'full' Aiki-Kai(Australia) members: George Osvald, James Bray, Greg Tonowicz, Andrew Marshall, Miles Perigo, and Adam Dawkins. Unfortunately, we have 'lost' several members from last year due to changes in their personal circumstances.

Although the dojo has only a small number of students, their dedicated attendance has maintained good numbers at classes. As well, all of the students now have at least 2.5 years of experience, allowing classes to be taught at a level well beyond 'beginners'.

Gradings

Four students have progressed their grades in the past year: James Bray (2nd kyu, 10/5/08), George Osvald (2nd kyu, 10/5/08), Greg Tonowicz (2nd kyu, 10/5/08) and Andrew Marshall (5th kyu, 10/5/08).

Blue Mountains and beyond

It is important that students in 'branch' dojos understand that their teaching derives from Sugano Sensei. It is also important for them to attend classes by senior instructors whenever possible. Although the distance from the Blue Mountains makes it difficult for our students to attend 'regular' classes around Sydney, they make efforts to participate in summer and winter schools and TTC/grading weekends.

Promotional activities

The number of new memberships was fewer this year than last, possibly due to lesser advertising (posting of notices on community notice boards). Machiko has continued to distribute Aikido information from a stall at the monthly market at the Faulconbridge primary school.

Plans to build a web site have commenced with a domain name having been registered, and some initial development work of the site.

Accounts

For the 12 month period 1/10/07 to 30/9/08, the dojo had an operating balance of \$1580.00. From this amount, \$500 was paid into the Aikido NSW bank account in August, and \$1080 is being held as cash in hand to pay rent (which is paid in advance) for the Faulconbridge Hall.

	2007	2008
Income	\$	\$
training fees	3825.00	4708.00
Expenses		
hall hire	2706.70	2847.00
miscellaneous	81.25	201.00
Domain name registration		80.00
total expenditure	2787.95	3128.00
Balance	1037.05	1580.00

The 1997 balance of \$1037.05 was paid into the Aikido NSW bank account in February 2008.

Wayne Sheils
23rd November, 2008

The class in December 2007....

From back left: Andrew, James, Marcel, Adam

From front left: Julie, Greg, Machiko, Miles, Patrick, Danny, George

