

AOFA The Scroll

Journal of the Association of Oriental Fudoshin Arts

Issue #1, Dec 2008

Welcome to the first edition of the latest incarnation of The Scroll. After more than two-years of success as the newsletter for the Yamagawa Dojo in Victoria (and later the Tsurushin Dojo also), we have decided to expand it's coverage to include all Dojo within the AOFA. This new, collaborative, effort will see news from all Dojo within the AOFA allowing for a greater link and communication between members. It is a fine idea that I hope will have an equally fine future.

As the Association grows, so too will the need for better communication, as well as the desire for knowledge for what our fellow members are up to. For this purpose, a new e-mail address has been set up purely for submissions to The Scroll. Any and all correspondence should be sent to aofascroll@gmail.com and the process can begin there.

It is believed, at first, that The Scroll will be issued quarterly. In the interests of economy and environment, please see your Dojo Sensei about the possibility of receiving your issue via PDF format through e-mail. As time progresses, alternative formats (HTML coding etc.) will be investigated to make this process more efficient again.

This issue

This is the largest issue of The Scroll ever produced. It is packed with much reading to tide you over the holiday period and hopefully enough to spark many questions to bother your Sensei about when training resumes in 2009.

We have general news concerning all members, lessons from Soke, articles from various Yudansha, Dojo updates, Zen sayings and much more. If there is something you wish to see here, please let us know. As I said before, it is a collaborative effort and we would welcome any help if it is offered.

I would first, however, like to take this opportunity to thank, properly, Melanie Attard who was the previous editor, printer, journalist (sort of) and general manager of The Scroll for the last two years. It was mainly because of her that the Victorian Dojo were able to have regular copies of The Scroll produced. It is not

a small job to design, compile, print and deliver a publication, but Melanie did it without fuss, argument and with much patience. On behalf of the new 'team', thank-you Mel.

So, with that being said, sit back into a comfortable seiza, pour a nice cup of green tea and get ready to read some pretty good content!

Darren Ball, on behalf of the team behind The Scroll.

General Editor - Darren Ball
Assistant Editor - Tom Rozbroj
Contributors - Graeme Dunning
- Mike Haynes
- Franks Sottile
- Soke Ball

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Fu-Do-Shin Ryu (*lit. School of the non-moving spirit/heart*) is a system of Martial Arts training formed by Robert Lawrence in 1968. After many years of training in various Oriental Martial Arts across Asia, Europe and North America, Soke (clan/family leader) Lawrence settled home again in England. After teaching on behalf of many notable masters (many of which were Japanese), he became frustrated that the quality and trends of the time were not in keeping with the traditional perspective he had been exposed to from his instructors in Japan. After this realisation, he formed Fudoshin with the view of training in the arts of Judo, Jujutsu, Karate, Aikido and Weaponry together, in harmony, as well as practising the philosophical and spiritual side of Martial Arts (Bushido) and thus keep the traditions of the Japanese Warrior (Samurai) alive in the modern day. Soke Lawrence's number one student for many years, Tony Ball, brought the system to Australia in 1982 when he emigrated with his family. He formed the Association of Oriental Fudoshin Arts (AOFA) as an Association to conduct and uphold correct standard across various Fudoshin Dojo. Since then, Soke Ball has taught and spread the Fudoshin 'way' across Australia. The Honbu (heart/home Dojo) is in Frankston North, Victoria-Australia.

www.fudoshinbujutsu.net

Being a member

It's all very well and good you being a member of the AOFA, but what does that actually mean?



The AOFA is an umbrella organisation that encompasses all Dojo which follow the Fudoshin-way as taught by Tony Ball Soke. This 'method' has been unchanged since Soke's training with the founder of Fudoshin, Master Robert Lawrence.

Being a member of the AOFA not only covers you for insurance purposes, but gives you access to training in all affiliated Dojo as well as the ability to train in a system that legitimately traces its heritage back to ancient Japan and prestigious figures in Japanese Martial Arts history.

A brief history on Fudoshin and the AOFA is outlined in your membership license. The AOFA makes certificates, licensure, grading, seminars, training camps, interviews, educational materials, tournaments and much more available to you.

It is very important that you ensure all of your personal and training history information is kept up-to-date. If some of your details have changed, or you are missing signatures, dates or certification; please see your Dojo Sensei immediately.

The AOFA regulates the standard and quality of training through its Yudansha ranks who all come under the guidance of Tony Ball Soke.



Student: "Master, what happens after death?"

Zen teacher: "I don't know."

Student: "But you're a Zen Master!"

Zen teacher: "Yes, but I'm not a dead Zen Master."



New Years message from Soke

As I think back over the past 12 months, I am pleased to see how our Association has grown.

I am reminded that Fudoshin was renamed by Musashi, 'Iwa no Mi', which means 'Body like a rock' (the body being a person - as in a body of substance).

Let us all make this year the year when other clubs hear our battle cry. Acknowledge and respect us through our actions and our attitudes. We have a history of showing the way for others to follow, let us show how hard work and courage, required to follow the path of the true warrior, can lead us to the truth.

Our ranks will swell by three more black belts who can show that our standard is still one of the highest. Let our black belts be known for their wisdom, as well as knowledge, of the arts we all hold so dear. Our challenge this year is for all students to step up and doubt not ourselves, but allow for the doubts of others.

The next year will challenge us, but I am sure the Sensei and myself will set examples for everyone, so that together we can achieve our goals, both individually, and as an Association.

In the greatest spirit of Bushido

Soke.



DEADLINE FOR SUBMISSIONS

The next issue of The Scroll will be in March, 2009. Please submit articles, poems, pictures, interviews and/or ideas to either your State Representative, or the General Editor at aofascroll@gmail.com. Deadline for submissions are the 15th March, 2009.

Published by the Association of Oriental Fudoshin Arts (AOFA), the not-for-profit organisation that produces materials and provides education and training in the Fudoshin Ryu.

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The Scroll

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AOFJ Championships

20th September, 2008

Written by Mike Haynes

On Saturday the 20th of September the 2008 Interstate Challenge (Nationals) took place again in New South Wales, and what a long day it was. From Sunrise to Sunset various competitions took place on the one mat in the Takebushi Dojo. The majority of competitors turned up to the Dojo between 8:00-8:30am to help set up ready for the tournament. The bow in began at 9:00am and with 27 competitors on the mat shoulder to shoulder it was sure to be a long and memorable day.

As usual, the Teams Event kicked the day off with Victoria and New South Wales contesting for the interstate prize. After the Teams Demonstration Events both states were nearly tied with a one point difference favouring VIC (58.5 vs. 57.5). The Treble contesting began with a burst of adrenaline which saw the Dojo's first Chui of the day being awarded within the first 20 seconds of the very first match. After the competitors got their nerves back together there was some great spirit and skill being shown from both states. The Trebling decided the final outcome of the Interstate Challenge with NSW scoring a 51 over VIC's 27. This then concluded the Teams Event with NSW as the winner of the 2008 Interstate Challenge with a close score of 108.5 to 85.5.

The day moved on to other events such as Junior Breakfalling and Junior/Intermediate/Open Kata and Weapons Kata. In the words of Soke;

"It's always good to see a lower grade beat the higher grades"

This was proven by a mauve belt Junior (Mel) in the unarmed Kata and by a mauve belt Senior (Nick) in the Weapons Kata. Nick also went on to impress the competitors by taking home the 2008 Nationals Bushido Award.

In the Treble contesting the Juniors showed a lot of strong competition which resulted in the winner getting some public recognition in our local newspaper. The Intermediates proved to be fierce again this year with ANOTHER lower grade taking everyone out for the win, which resulted in a mauve

vs. green match where the mauve eventually out manoeuvred the green. The Senior Trebling went for over an hour and half with intense competition on the mat and also intense for those watching. A few smiles and a bit of sizing up had the Seniors doing some good Ippons and quick submissions. There was also a lot of strong spirit being thrown around the mat with competitors challenging existing/new injuries and those with on going hardships.

Once everyone was kitted up ready for the Weapons Kumite (Intermediate and Senior) it was hard to tell who was who and it showed as competitors bashed away at each other, withering their opponent down one limb at a time to gain any advantage they could until the clock ran out. This was the first year that the Weapons Kumite was a National Event and taken beyond that of the Interstate Challenge. The competitors had a great time, learned some new skills, and with some quick on/off mat interchanging and equipment swapping it ran very smoothly.

The only regret on the day was the lack of participation/support from higher grade students resulting in the Advanced Division (2nd Kyu – 3rd Dan) being withdrawn. This later caused Sensei Peter McCormack to be forced down a division in the Weapons Kumite which he then inevitably went on to win.

I would like to give a huge THANK YOU to Sensei Graeme Dunning NSW for hosting the Nationals and for opening up his home to all 27 competitors afterwards for their sorrow drowning. Also a THANK YOU to all the students who partook in judicial duties on the day, as without enough judges the Nationals wouldn't run. And finally another huge THANKS to all the competitors (especially QLD) for making the effort to travel to NSW and stamp your authority within the association. It's always good to see you

- Takebushi Dojo NSW

See next page for results!

Tournament results

Juniors

Name	State	Grade	B.Falls	Kata	Treble
Mel Malakou	NSW	Mauve	*	*	
Jakeb Sharpe	NSW	White	*		*
Brayden Poole	NSW	White	*		*
Adam Pearce	NSW	White	*		*
Ethan Trott	NSW	White	*		*
Hayley Stewart	NSW	Mauve	*		*
Elayhna Walters	NSW	White	*		*

Name	State	Grade	Kata	W.Kata	Treble	W.Kumite
Scott Dornan	NSW	Blue Pip	*	*	*	*
Chris Amato	NSW	Orange	*	*	*	*
Daniel Amato	NSW	Mauve	*		*	*
Daniel	NSW	White			*	*
Nicholas	NSW	White			*	*

Seniors

Name	State	Grade	Kata	W.Kata	Treble	W.Kumite
Lachlan Kosmala	QLD	Green	*	*	*	*
Luke Thompson	QLD	Mauve	*		*	*
Andrew Robinson	NSW	Yellow	*		*	*
Stephen Shepherd	NSW	Mauve	*		*	*
Klee Urig-Thomas	NSW	Green	*	*	*	*
Wes Haynes	NSW	Green	*	*	*	*
Brett Adelsback	NSW	Blue				
Andrew Mithcell	VIC	White	*	*	*	*
Will Marshall	VIC	White		*	*	*
Tom Rozbroj	VIC	Yellow	*	*	*	*
Nick Falcone	VIC	Mauve	*	*	*	*
Anthony Stubbs	NSW	White	*		*	*

...continued from previous page

Advanced

Name	Sate	Grade	Kata	W.Kata	Treble	W.Kumite
Peter McCormack	QLD	1 st Dan	*	*	Exhibition	*
Mike Haynes	NSW	Brown	*	*	Exhibition	
Seanjames Hosking	VIC	Brown	*	*		

Teams

1st

2nd

VIC	Event
C. Seanjames Hosking	
Will Marshall	B.Falls
Tom Rozbroj	Kata
Nick Falcone	W.Kata
Andrew Mitchell	W.Kumite

NSW	Event
C. Brett Adelsback	W.Kumite
Andrew Robinson	B.Falls
Wes Haynes	W.Kata
Stephen Shepherd	Kata
Klee Urig-Thomas	Reserve

Individual Event Rankings

Junior Breakfalls

1st Hayley Stewart
2nd Elayhna Walters
3rd Ethan Trott

Junior Trebles

1st Hayley Stewart
2nd Brayden Poole
3rd Ethan Trott

Junior/Intermediate Kata

1st Mel Malakou
2nd Chris Amato
3rd Scott Dornan

Intermediate Weapon Kata

1st Chris Amato
2nd Scott Dornan
3rd N/A

Intermediate Trebles

1st Daniel Amato
2nd Scott Dornan
3rd Chris Amato

Intermediate Weapons Kumite

1st Chris Amato
2nd Daniel Amato
3rd Daniel Murray

Senior Kata

1st Mike Haynes
2nd Seanjames Hosking
3rd Wesley Haynes

Senior Weapons Kata

1st Nick Falcone
2nd Peter McCormack
3rd Mike Haynes

Senior Trebles

1st Lachlan Kosmala

2nd Andrew Mitchell

3rd Tom Rozbroj

Senior Weapons Kumite

1st Peter McCormack
2nd Wesley Haynes
3rd Klee Urig-Thomas

Advanced Trebles

1st N/A

2nd N/A

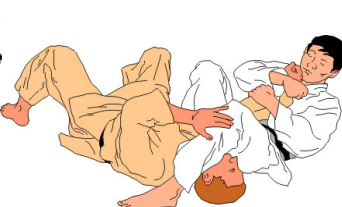
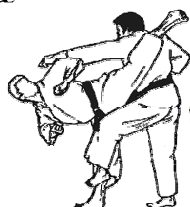
3rd N/A

2008 Nationals Bushido Award

Junior – N/A

Intermediate – Chris Amato

Senior – Nick Falcone



The Ultimate tournament of Bujutsu/Budo?

By Darren Ball

I was recently discussing with another Martial Artist (from another style) about Triple Contesting and that we believe it is good to develop skills in those three areas of combat. He went on to remark that it sounds, "...pretty full-on" and, "hard". I casually replied that if they thought that was hard, you should see what we do at our Association Championships.

A test of breakfalling, un-armed Kata, armed Kata, contest of weaponry, contest of striking, contest of throwing and a contest of grappling; it is a fairly intense experience. When one sits back and thinks about it, for anyone to have competed in the AOFA Championships, from any year, has something very much to be proud of. Not only is there the 'push' to also compete in the single events, but to train in the way we train, and compete in the way we compete, is a truly unique and remarkable thing.

My hat goes off to all those who competed this year, congratulations. You all no-doubt did your Sensei proud.

Honour

By Soke

Without honour, one could not practice any type of Martial Arts. One can not be taught it if one has never known about it and I cannot say how important it is in all things, not just Martial Arts. It must never be confused with pride.

One must always believe in one's self and believe in what one is doing to be right and just. Apart from believing in Fudoshin and what it will teach you, one day you may have Fudoshin extend in to your life, and with all its twists and turns, will challenge you.

Despite this, because of your training and your sense of Honour, you will overcome and conquer.

The best way I can describe it is to listen to your heart and know that it is the right thing to do.



Mei-yo, honour

Holding onto anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.

- The Buddha



What Fudoshin isn't...and other things you won't find here.

Darren Ball - Nidan. 2/3/03

A single art

Fudoshin is a system based on warrior training principles. The philosophy we embrace is that of the Bushi of ancient Japan. This word simply means 'warrior' and refers to all fighting men and women, including the class known as the Samurai. The Samurai's un-armed combat is usually referred to as Jujutsu. Actually, Jujutsu is in itself a concept of fighting which in general was applied to the warriors of ancient times.

Our system is conceptually based, rather than technically based. This means that the concept of philosophy behind the training is focused on as being more important than the technique. As far as the techniques are concerned, you will find elements of Jujutsu, Judo, Karate, Aikido and usually many others. We use these systems to complement our philosophy of training in all areas of combat. You will find that all Martial Arts have similar concepts and are generally linked in their basic philosophies. This is the Fudoshin way.

To study the arts in this way is to embrace the most ancient of combat training principles; if it works, use it. The Samurai did not care who owned a type of technique, or what school it was from. If it saved their lives, it was worth learning. Also, studying the concept rather than one particular style enables us to understand more about Martial Arts as a whole and we can become a more complete, true student of the Martial Arts. Many styles have different things to offer as well as their fields of specialty.

At Fudoshin, we study areas of combat using techniques from multiple styles so that we may better understand the sciences of combat and the philosophy of Martial Arts.

IT'S TRUE!

When the Samurai of ancient times had to swim across moats in their heavy armour, they kept themselves 'buoyant' by use of belts made of cork.

New South Wales Update



Takebushi Dojo Soke's Trip to NSW

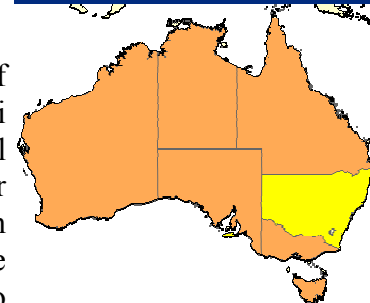
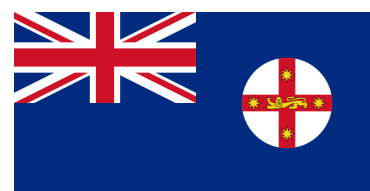
Soke Tony Ball made his last trip to NSW for 2008 on Thursday the 27th of November which involved him being invited to our end of year Christmas Party/Award Ceremony and taking private lessons and gadings. No sooner did he arrive that our Juniors got underway (after the dojo power failure) with their demonstrations. Sensei Graeme Dunning led the enormous amount of students through some syllabus work and other various technical displays so that parents and onlookers could be amazed and impressed by the junior's skills.

After the Juniors had completed their demonstrations the award ceremony kicked off with the Junior Student Of The Year going to Haley Stewart (Yellow), Junior Bushido Award going to Jakeb Sharpe (Mauve) and the Bob Dunning Memorial Award going to Ethyn Trott (Mauve).

After the Juniors devoured their Sausage sizzle it was time for the Intermediates and Seniors to take to the mat and perform their demonstrations. The demonstrations involved both armed and unarmed displays with weapons such as Jo, Tanto, Kama and Katana being used and the unarmed displays mainly focussed on disengagements, mauve defences and breakfalling.

Once the Intermediates/Seniors were finished, their award ceremony began with Chris Amato receiving the Intermediate Student Of The Year and Scott Dornan receiving the Intermediate Bushido Award. The Senior Student Of The Year went to Andrew Robinson with the Senior Bushido Award going to Stephen Shepherd.

After the awards were handed out there was yet another sausage sizzle held where students could unwind chat about the days events. Also there on the night was a small group of students from a local Karate school who had come to have a look at the demonstrations and say hi to some old friends.



Friday the 28th of November saw Sensei Graeme doing a full day of training under Soke as random students came by the Sottaku Doji Dojo throughout the day (depending on work) and also passed a section of his first dan. Also, Sempai Mike attempted a section of his black belt in the afternoon which turned out to be a success.

On Saturday the 29th of November a group of NSW students poured into the Sottaku Doji Dojo early in the morning to commence the days training and gradings. Through out the day Sensei Graeme had passed two more sections of his first dan, Sempai Mike passed a section of his black belt, Sempai Brett passed a few sections in his Brown belt Kata and Scott Dornan passed another section of his blue belt. The day was long and exhausting, but another good day for the students of NSW.

The following morning on Sunday the 30th November Sensei Graeme decided to get up early and throw around one of his students for an hour and a half so that he could get in some early morning practice before the referee's course (it's what students are for). Sensei Graeme, Sempai Mike, Sempai Brett, Wes, Klee and the head instructor from a local Hapkido school all attended the referees course which turned out to be a success. The course included covering such things as Flag gestures, competition organisation, rules and regulations, scenario workshopping and some straight forward "Q & A". After the completion of the course, each student was asked (with the exception of the Hapkido instructor) to put together their own competition and submit it in the near

Martial arts study is a journey in self development.

It is about you challenging your boundaries and striving to continually improve yourself. Your Mind, Your Body and Your Spirit. The best summary of this I have ever heard is:

"Making Good People Better."

Graeme Dunning Sensei

Gradings

Tuesday the 2nd of December was the beginning of two weeks of Takebushi Dojo gradings, the first time it has ever been done. With a grand total of 18 students to grade, it was always bound to take more than a day. The following is a list of all students that graded throughout the two weeks and also included are those that graded at the Sottaku Doji Dojo within the last month:

2 Mauve Pips:

- * Adam Keen junior
- * Erica Keen junior
- * Piper Shepherd junior
- * Tyler St. James junior
- * Jack Thompson junior
- * McKenzie Walter junior
- * Brad Thew senior

3 Mauve Pips:

- * James Smith junior

Mauve Belt:

- * Jakeb Sharpe junior
- * Adam Pearce junior
- * Brayden Poole junior
- * Ehlayna Walters junior
- * Ethyn Trott junior

Yellow Pip:

- * Owen Wills senior
- * Will Cooper senior
- * Stephen Shepherd senior

Yellow Belt:

- * Mel Malakou junior
- * Haley Stewart junior

2 Blue Pips:

- * Scott Dornan Intermediate

Brown:

Semapi Brett Adelsback senior

Black:

* Sempai Mike Haynes – 2 sections senior

1st Dan:

* Sensei Graeme Dunning – 3 sections senior



Sottaku Doji Dojo

NSW's Sottaku Doji Dojo held its first grading on October 27th with two successful students.

The dojo opened its doors in April this year with two keen local students as well as support from the Tuncurry Dojo's students.

After five months of hard work they were ready to present for mauve belt, the first grade in the Fudoshin Bujutsu System.

Both Owen Wills and William Cooper were successful after being tested on a variety of martial arts elements including: strikes, breakfalls, locks and chokes as well as advanced ju-jitsu self defence techniques.

The grading was overseen by NSW Head instructor, Graeme Dunning Sensei, who was very pleased with his students.

"This is the beginning of a new era for our club" Sensei Dunning said, "these two guys are fine ambassadors for our new dojo."



Victoria Update



Tsurushin Dojo *From Richard Lewis Sensei*

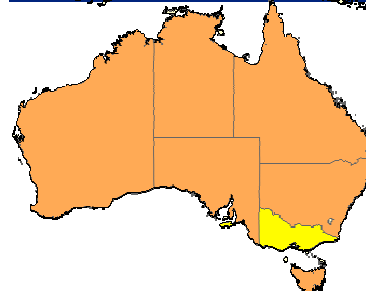
We continue to enjoy a combination of the Drama Centre and sports ovals at Mt. Eliza Secondary School. Occasionally we have access to a full range of gymnastic gear.

We have booked a place in next year's Australia Day Parade in Mornington for all Fudoshin dojos to march and demonstrate our style down the main street of Mornington. It should be a good opportunity to market our style and hopefully attract much needed numbers to our clubs. Please come along and support us on a fun afternoon. The Parade starts at about 4:30 on 26th January (Australia Day public Holiday). Please contact Sensei Richard Lewis if you are interested.

We would love to see lots of kids there too.

The focus on next year is to develop more depth in the club numbers to provide stability to host some events at the great facilities.

Have a great Christmas break and see you all next year.



Yamagawa Dojo *From Darren Ball Sensei*

It's been a great year. The Yamagawa Dojo has fostered some amazing spirit throughout 2008. Along with the incredible support that I received whilst away (twice) this year on international trips, the students have also been excellent to their commitment to their training. I can see 2009 being only a continuation of the energy and synergy that has been created at the Dojo, both between members of the Dojo Team as well as all the members in general.

On behalf of everyone in the Dojo Team, I'd like to say a big thank-you to everyone, and especially those who have helped out with fundraising, administration, Dojo setup and general duties. I look forward to seeing what the next

From Frank Sottile

"Study Strategy over the years and achieve the spirit of the warrior.

Today is victory over yourself of yesterday,
tomorrow is your victory over lesser men"

Wisdom of Miyamoto Musashi

Among flowers, the cherry blossom;

Among men, the samurai.

Japanese proverb.



Yondan grading



As much as it goes against my nature to talk about my own achievements, it has been suggested by many that I should write something about my experience in grading for my Yondan this year.

When Soke and Sensei Kevin 'awarded' my Sandan at the Instructors Camp in 2006, I remember Soke mentioning that it was "long overdue" and that I had "been a 3rd dan for some time now". This, he had explained to me, was the way it should be. He also mentioned that I had started my assessment for Yondan already. I knew that part of my assessment was how I would grade my own Black Belts and the quality and standard that I would demand of my own students, both Mudansha and Yudansha. This did not change how I intended to train and grade Matthew and Cyril, but I was very aware that Soke would be closely watching me.

What I found most challenging was finding time for my own training and development throughout the training of the three (initially) Black Belts. It did, however, allow me to experience my technique at Black Belt level, and re-visit many of the lessons I remember throughout my own Black Belt journey. Through training Matthew and Cyril through to Black Belt, I discovered more about myself as a teacher as well as my future in my Dojo and the AOFA. For that, I am thankful for having such dedicated students and a tolerant Soke.

The preparation and training I did for my 4th dan heavily revolved around three aspects of Fudoshin: the physical study and application of Judo, Jujutsu, Karate and Weapons, the calming and expanding my mind, mental faculties through meditation and breathing technique, and lastly research into Martial history and philosophy. Although heavily unbalanced for the last two years, as my grading date came closer, I could feel a burning desire for more. More training, more time, more of everything. It was like I was losing myself to the training. Something I had

only marginally experienced before. That brings us to March this year. There was a moment when I had achieved an enlightening experience (certainly not enlightenment!). From that meditation onwards, my training took on a new development and I was able, obviously, to develop both the skill and mental attitude that Soke believes to be of a 4th Dan.

On the day of my presentation/grading, I was nursing a shoulder injury which Soke reminded me was just another challenge that all warriors face. Those that were there are better to talk about the actual grading than myself, but at the end of the lesson, I felt as though I had been pushed to a limit and that I had been given the chance to turn back or turn towards more. I am somewhat disappointed that my body let me down in a way (both my shoulder and a long-existing back injury), but obviously Soke believed that I had shown appropriate spirit (*Bushishin*) deserving of my new rank. I would like to say a big thank you to, firstly, Soke who has been more than just a father could be. He is someone who constantly inspires me with his attitude and spirit of our Warrior Ways. Secondly to my Uke's on the day as well as the students of Yamagawa Dojo for their support throughout the last two years which has allowed me to grow as a student of the Way as well as a teacher of Fudoshin. Next, to my family (Nyree and Jasmine) for it is through their support and patience that I have been able to spend the time and energy developing my skills. Because of them, I am able to achieve anything I end up achieving. Lastly, for all those fellow Fudoshinka and friends/families who wished me well, wrote personal letters of commendation and supported me throughout this endeavour.

I could not be a prouder man to be involved with such an organisation that truly teaches an incredible way of life, a way that is built on our Code of Honour. This Warrior Family of ours (*Bushikai*) is truly a unique one, one that I look forward to growing with and helping to build for the rest of my life. From the bottom of my heart, thank-you and I look forward to standing by everyone's side in our future.

Osu!

In Bushido
Darren Ball

At a glance...

Name: Cyril Jezek

Rank: 1st Kyu

Coat of Arms: Vermillion Jaguar

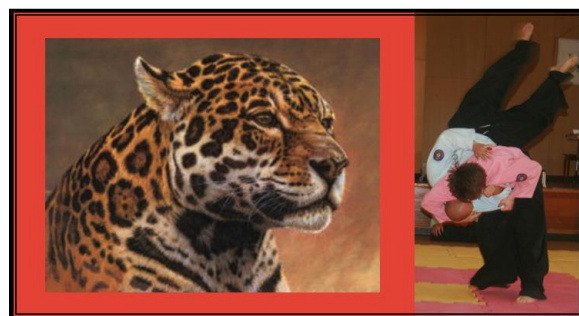
Date started Fudoshin: 01/05/1997

Date of Black Belt: 26/10/2007

Favourite philosophy: None at the moment

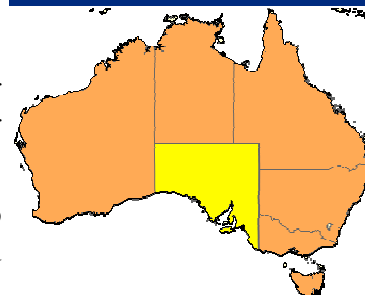
Favourite quote: One Breath, One Action, One Life.

History: Started in 1997, as a kid with limited English. I received my black belt at the age 21. Attended only a few competitions taking several golds at state, Australian and world level. In 2008 attended the Dai Nippon Butoku Kai - represented Fudoshin along with learning a great deal about martial arts and myself.



South Australia

Update



The Mushin Dojo in South Australia is headed up by Sensei Cameron Wheeler who is one of the few people lucky enough to have trained extensively under the founder of Fudoshin, Soke Robert Lawrence.

I first started Fudoshin in July 1995. I started because I wanted to learn Aikido principally but then I saw what Fudoshin had to offer in ways of Weaponry and all other areas of Martial arts, I was initially hooked due to the break falls and weaponry, but the longer I have studied the more I have learnt to appreciate all the martial arts, especially those I struggle at. I believe after 10 years training I have finally become a competent student and constantly search for the student attitude.



I initially started Studying under Sensei Peter Anderson and Sensei Peter McCormack (Sensei Peter Mac was a green belt when I started but achieved his Blue 3-4 months after I started) In my first few years of training I did a lot of competing in NAS and within Fudoshin, one of the highlights from that era was when So-Soke Robert Lawrence visited Australia and was present at the Australian Championships it was then known as the interstate challenge. So-Soke awarded me the "So-Soke Award" which was awarded to who he believed showed the correct attitude towards Fudoshin amongst the students.

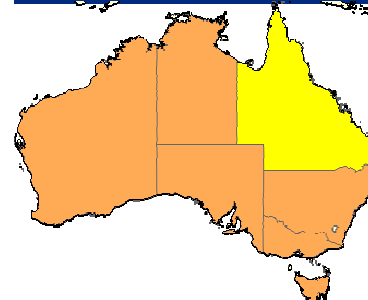
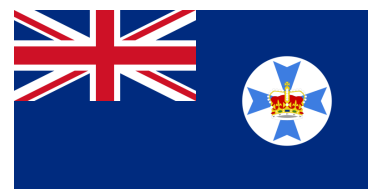
In 1997-1998 I travelled to Europe on a scholarship, I spent 7 months in Portugal training Judo, in a club where I found out after I started had 3 National Champions training in it. In mid 1998 I travelled to England and spent 6 months training with So-Soke Robert Lawrence, this was when I really started to understand the potential of Fudoshin.

In Early 1999 I returned to Australia and have been training and instructing in Adelaide since. I achieved my Black Belt in 2005. I feel as though I have finally become a real Student

My Philosophy in life: Be a REAL student and lose the mind.



Queensland Update

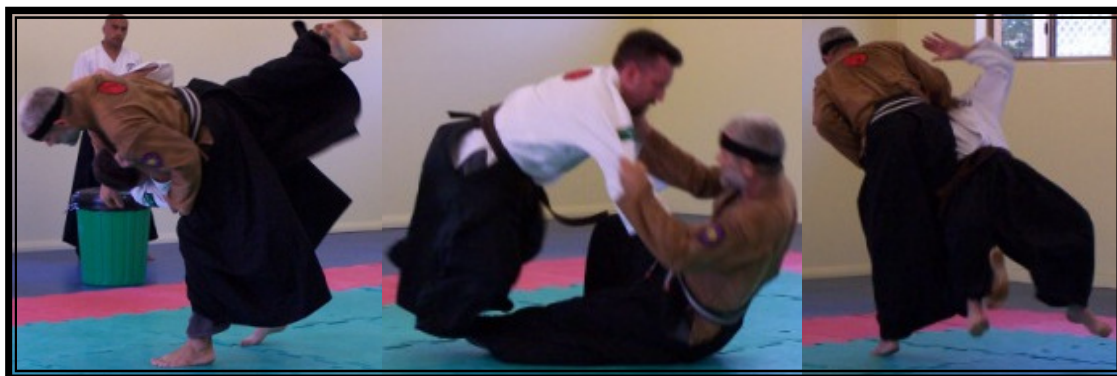


Sensei Peter has found a new place to move into, on Christmas eve. It is right opposite a park on the beach. We've recently purchased an entire new set of jigsaw mats so soon we will be finding a new location for a Dojo. When we do, details will be sent and, of course, everyone is welcome up here anytime to train.



With things moving ahead in a very positive way, as well as a strong representation in this years AOFA Championships, the Queensland dojo looks to be taking 2009 head on. Have a great Christmas and a Happy New Year to everyone - we hope to see you all soon.

Sempai Craig Sharman
On behalf of Queensland Fudoshin Ryu.



The Queensland Dojo is headed up by Sensei Peter McCormack - one of the longest serving students of Soke Ball in Australia.

Sensei Peter started wrestling when he was five years old. Two years later he started Judo. He has trained in judo for approximately 10 years over in New Zealand.

Sensei Peter then went looking for a system that combines punching and kicking to add to his skills in Judo, it was then that he found the Fudoshin system.

He started Fudoshin in 1988 in Melbourne, he then moved to Adelaide and started

training again in Fudoshin and went through to his Black belt. Both he and Peter Anderson started the South Australia dojo together.

He then moved to Queensland in 2000 and started the Queensland dojo.

He currently holds his Shodan (first degree black belt) and is currently studying for his weapons master level.

For the future, Sensei Peter intends to train until the day he dies and to teach all his family hoping that they will follow in his footsteps.

Protocol's for the Dojo.

Reproduced from a previous issue

By Darren Ball Sensei

In Japan, I was not only exposed the Martial Arts, but also the ways of the Japanese culture. Being a traditional Martial Art in a modern-era is not an easy task, but I know that there is a reason why Fudoshin is respected so much in the community (and even so in the inter-state Dojo) as well as Martial Art industries. The 'traditionalism' that we integrate into our training is a form of discipline that is seen lacking in society. In reflection of my Japan experience, I would like to introduce the following new protocols. These are not 'new' things I picked up over there, but more of existing Fudoshin protocols that were in place when I was young that I would like to see re-integrated into our training:

- When you arrive at class, be sure to immediately take off your shoes at the entrance to the hall. Bow sincerely (without rushing your mind or body) and remember that you are entering a special place that will train you in the ways of the Warrior. The bow at the entrance of the Dojo is to signify your commitment as well as your thanks for having somewhere to train.
- Your first action is to register your attendance and attend to any financial or administration issues. This process helps keep the Dojo available to you.
- Quietly make your way to the changing rooms (Males on the left of the stage, Females on the right) and get changed without engaging in gossip or idle chatter. Doing so relays to the instructor that you are not enthusiastic about beginning your practice and shows disrespect to them and the Dojo.
- Once you are changed, enter into the Dojo and greet your seniors (Sempai) and instructor(s) (Sensei). If Soke is there, please be sure to wish him 'Konban-wa Soke' (Con-Bum-Wa - this is Japanese for Good Evening). This shows your politeness, one of the tenants of the Samurai code.
- You should then find a spot in the Dojo away from the entrance or potential interruptions and sit comfortably (seiza/anza/hanza). Take a deep breath and close your eyes. You should use this small amount of time (as little as 30 seconds is all that is needed) to focus your mind. Remind yourself of why you are here and realise that you are part of the Fudoshin lineage - learning ways, traditions, philosophies and techniques dating back to the Samurai. Put yourself in the right mind-set to train hard and apply yourself with the right spirit in everything you are about to do. This 'mental preparation' will help you with your training.
- Once you have completed your meditation (mokuso), and if there is more time before the class starts, then loosen yourself up or engage in quiet practice either by yourself or with your fellow members. Do not be loud or disruptive.

If anyone needs clarification on these protocols, or meanings behind them, please see a Sempai or Sensei and they will be happy to explain it to you.

Fudoshin is not just about training the body in multiple areas of combat, but also training the mind. We must temper our Bujutsu training with Budo training also, and part of that training process is constantly training and refining our Bushido. Etiquette, respect and protocols are just as important to train in as is Mauve belts syllabus and Triple Contesting.

Thank you—Sensei Darren

(Editors note: This article was written particularly for the Fudoshin Dojo in Victoria and may not entirely be relevant to some Dojo. Please check with your Sensei for clarification)

Fudoshin Quiz

Each issue there will be a quiz designed to stretch the brain a little. The first person to submit the correct answers to aofascroll@gmail.com each issue will receive a special gift. Good luck!

1. When was Fudoshin formed?
2. What 'Code' do all members of the Association abide by?
3. Who was Soke Lawrence's primary Judo/Jujutsu teacher?
4. Who was Soke Lawrence's primary Aikido teacher?
5. How many registered Black Belts (incl. honorary) are there in the AOFA?
6. What is the Japanese name for 'sword'?
7. What was a Samurai who had no master called?
8. Can you count from 1 to 10 in Japanese?
9. When did your Sensei achieve their Black Belt?
10. What is the Japanese for 4th kyu (green belt)?

Time

There are three types of time
 The student's time,
 The Sensei's time,
 The Dojo time
 Time is precious and can not be wasted.

THE STUDENTS TIME

Students waste their time all the time. Every time we choose not to attend training because we feel tired or just cannot be bothered to get of the couch is wasting your time as a student.

THE SENSEI'S TIME

Attending training and not listening to Sensei or not paying attention to a technique that sensei is demonstrating is just wasting the Sensei's time.
 How many times have we watched a technique but we do not see.
 How many times have we heard something that Sensei has said but we did not listen.
 Now that's a waste of Sensei's time.

THE DOJO TIME

Every time we attend training and we are early and we choose to catch up with other students. Where we look like we are warming up but we in fact are just talking.
 That's wasting precious Dojo time.
 Remember, every time you see a mat not being used now that is a waste of Dojo Time.

As we progress through our grades and one day become an 80 year old 10th Dan and we look back on our training, how much time did we waste and how many regrets will we have as we didn't use our time wisely .
 Every minute is precious

Frank Sottile
 Yamagawa Dojo



Yamagawa Dojo

Each issue of the scroll will have a section at the end outlining various details specific for our Dojo. Each Dojo will add their updates as they see fit.

It really has been a great year. As I said at the end of year breakup BBQ, the club has grown fantastically this year. Most thanks go to the members of my Dojo Team (Sempai Matthew, Sempai Cyril, Shamus, Frank and Nyree) who have been instrumental in the running successes of the club. This year has seen some strong progression in the ranks also with almost everyone progressing through at least one grade.

Franks and Shamus started their Black Belt journeys this year also and have made great progress with almost completing half of the expected tasks. I would encourage everyone to make yourself available whenever possible to be their partner or ask them about your own training. The journey to Black belt is an inspirational one, so hearing their story may even inspire you!

In the next issue will be a full report on the Waterfront Festival and our involvement there as well as the Soke Lawrence memorial training.

Parents

I would like to say thank you to the parents who regularly contribute and help out with small things at the Dojo. It's not easy running a club on a volunteer basis, and there are always small tasks needed to be done, both during and outside training times.

Some of the things we are looking at this year is advertising in local school newsletters. We have a few other ideas for fundraising as well as social and demonstration events. If you can think of something, especially something you may be able to help out in, please put it in writing and give it to Nyree at the desk, e-mail it to the dojo (fudoshinmartialarts@gmail.com) or SMS to Nyree or myself (Sensei Darren). The more we can all do, the better.

There is never a shortage of ideas, only a shortage of people who can commit to implementing them. I believe that 2009 can be a great year for the club, both in standard, membership and social growth.

Young Children

I have noticed over the last few months a few instances of young children running around in the Dojo during class times. Whereas I'd like to think that this is purely enthusiasm and an eagerness to join in, it is not safe or desirable to have certain distractions during class. The same applies for students of the Young Warriors class who sometimes run around during the following class (Fitness or Senior Class).

Everyone must remember that the primary purpose for a Dojo is to train, a place where students come to learn the Ways of the Warrior. The Black Belts and I take this meaning very seriously, and although we love to see the children being so involved, unless they are invited onto the mat or training area, please keep them away from the training areas and students. I appreciate your co-operation in this.

Protocol

It is always good to see students observing the traditional protocol of bowing into the Dojo, greeting the instructors, getting changed and finding a place to meditate for a small while to mentally prepare yourself. Unfortunately, some are not doing this. This traditional 'ritual' so-to-speak, is not optional. It is part of your training. If you need further clarification, you can see the article in this issue or speak to one of the senior members.

Nyree and her role

Just a small note to remind people about Nyree's role in the Dojo. She is primarily a student, who wishes to train as often and hard as everyone else. We are lucky that she also does such a fantastic job behind the desk running all of the administration required to keep the Dojo running smoothly. Your first duty, after entering the Dojo is to fix up any and all administrative and/or financial matters. If you see Nyree behind the desk and she is in Gi (training uniform), then please settle matters quickly so she too can get to her training. Thank you for your support.

Yamagawa news continued...

Fitness Sheets and 3-hour class

In an effort to train students harder, and give them a more complete exposure to Fudoshin, I have implemented a 3-hour class on the first Monday of each month.

This class will start with every student completing the Fudoshin Fitness Sheet. Most students are already familiar with this. In previous years, the sheets were the responsibility of the student to keep in their personal folder or such like. This year (starting in Feb), the Dojo will keep them. This way, they will not get lost and students won't end up with 4 or 5 different sheets. The idea of these sheets is to chart your fitness, and it's progress throughout the year.

The rest of the class will be made up of special training and will be finishing at 9:30pm. Please make efforts to go to these classes, they are a very important part of your training.

Weapons training

In the Fudoshin syllabus, grading in a particular weapon is necessary for Green belt. A while ago I made the decision to specify that the first and second weapon students must learn is the Jo and Bo (students can pick which one they do first).

Last year, I decided that I would like all students to start weapons training, at least from Mauve Belt so as to better educate everyone in the Martial Arts. The first Grading Day for the year is in April, and by then I am hoping that all Mauve, Yellow and Orange Belts will be ready to grade for their first half of Jo/Bo depending on which weapon they have chosen. Thursday nights will have weapons training every week as a minimum. Please use spare moments you have (before and after class) to practice your routines and even seek the help from a senior grade (hakama).

Gradings

As was mentioned last year, I would like all members to attend the gradings. This has many benefits. I will re-iterate, however, that just because you are attending a grading, it does not mean that you will be graded and receive your next belt. Think of the gradings as a special class that focuses on nothing but your next grade. Those that are ready to grade will have been told by a senior grade at the end of the assessment week (2 weeks before the gradings). Even if you are not ready, coming to the grading and being involved in 4-hours of grading-related training brings great benefits to your own technique, shows your

support for the club and fellow members, and even allows you to show the Black Belts part of your spirit. Last year I lowered the cost of the gradings to \$15 per person, regardless of whether or not they are grading. There are only 3 gradings scheduled this year, so hopefully they will be highlights of the year, in both successes and spirit.

Gradings, being on the weekend, are also a great time to bring your parents, friends, and families to see you train and/or grade.

Beach Training

As some of you know already, I have scheduled beach training for the last Thursday in every month. During the warmer months, of course this will mean everyone will be at the beach. The January session, I would like to invite everyone to stay afterwards for a social BBQ if we can find one and swim/play in the sea (some might even pop across the road to get Fish and Chips) - this is a casual, social event after hard training. BYO everything, but please make sure you wear a hat and sunscreen, even during training.

During the colder months, the Young Warriors class will be as normal at the Dojo and the senior class will be split in two. Those that wish to train at the beach (very cold temperatures in very poor lighting) will accompany the Black Belts to the beach, and those that wish to train in the Dojo (no one will judge you) will remain there with Frank or Shamus teaching the class - don't think you will be getting out of hard training however! I'm sure Frank and Shamus have a few intense training experiences from private lessons with Soke and Instructors Camps to share with you.

Sakura House

I've also scheduled, on the last Sunday of each month, a trip to Sakura House Japanese restaurant at Knox Ozone off Burwood Highway. It's a bit of a ride, but they host what is known as a Shaberokai. It is a gathering of people who learn how to speak Japanese. The cost is \$5 (proceeds go to a local charity) and paid directly to the restaurant. Mayumi-san, our hostess, is always happy to see people from Fudoshin there. Note it in your calendar- 5:30pm-6:30pm and ask around at the Dojo who else is going.

Saturday mornings

Starting in February, there will be an extra Young Warriors class at the Dojo on Saturday mornings, 10:00am-11:00am. The idea of these classes is to focus specifically on grading requirements to help

...and even more news!

children with their techniques.

The fees for this class will be as normal which means if you have paid a yearly or monthly fee it is included, or a casual class is \$8.

Winter Camp

In years gone by, the highlight for Yamagawa has been the Winter Camp held in Merricks. We have booked a tentative date already this year (21st-23rd August). Last year there was a very small one (attended only by 4 students) and none the year before. This year, the Winter Camp will be bigger (more people coming) and better (an even harder and more gruelling schedule) than previous ones.

Please try and make these dates available in your personal calendars. Pricing and details will be available by the end of January.

The Winter Camp has become an icon of Victorian Fudoshin, with things such as Sensei Richards Battlefield Games simulation and Soke's Sword class being the most talked-about. The price is looking to be approximately \$150 for the weekend which includes accommodation (dorm-style), all meals and 23 classes. More details to come.

Orange-belt mentoring

I have decided to employ a mentoring system for students of orange belt and above. Effectively, the

brown and black belt students, amongst themselves, will decide who they would like to mentor and become part-responsible for their further development in Fudoshin.

They would not be teachers, but more of the traditional 'Sempai' (which means older student, or senior student), effectively sharing with them their own experiences and aiding the Sensei in the younger students development.

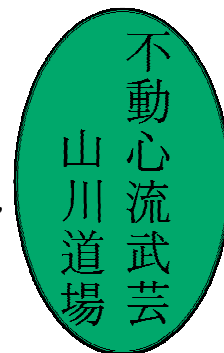
Over the next month, all Orange Belts will be assigned a senior member with whom to train with, learn from and ask questions. For more information about this, please see one of the Black Belts or myself.

Well, that about does it for the update. Hopefully next issue there will be more input and photos from Yamagawa. I look forward to seeing you all on the mat.

Love and respect, in Budo

Darren Ball

*On behalf of the Dojo team-
Sempai Matthew, Sempai Cyril,
Frank, Shamus and Nyree.*



Can you help?

There are always things to do for the club or in the Dojo. If you have a spare moment, or would like to put your hand up for a responsibility, please select from the list below and put it in writing.

- Maintenance of Dojo posters on the front entrance.
- Management of Dojo information on the noticeboard in the foyer
- Setting up/packing away chairs at training times
- Organising/helping to organise a social event
- Running a canteen at an event (grading, seminar)
- Finding donations for raffle prizes for the Trivia & Games night
- Folding or slicing advertising materials
- Printing/photocopying advertising materials
- Organising an event where we can do a demonstration
- Maintenance of Dojo equipment (including organising days to wash the mats) - students only.
- Photographer - for training sessions, demonstrations, social and special events.