



# The scroll

THE YAMA GAWA SEASONAL NEWSLETTER – 2<sup>nd</sup> Edition, Autumn 2011



## Soke's Message

The Sun flickers and dies- the Moon rises and lives: there is balance. There are times for all things in life and death; this time is mine. Within it I have created a wave and others must add energy to it so that it grows.

I have walked the way of my master and know now that the way is life itself. The way has been trod by many but understood by few. This is neither right nor wrong- it is just their way, but in the end there is only one way. I have had many teachers but only one master, and of the many lessons I have received the one that stands out is to seek the true in all things. This covers so much

in so many ways that it alone requires more than a lifetime permits.

My Journey is far from over and there are so many lessons still to be learnt; the promise which I gave to my master has never changed. My only regrets are that I never had enough time with him. Do not make the same mistake.

I hope this elucidates just how rare a good teacher is today, and that he or she should never be taken for granted.

- Soke Tony Ball

**“Within it I have created a wave and others must add energy to it so that it grows.”**



Beach Training – Alice making a wave with Seb.



# The Waterfront Festival 2011

The weekend of the 14<sup>th</sup> and 15<sup>th</sup> of January saw the Frankston Waterfront Festival and Fudoshin Victoria continued its annual participation. Despite some organizational hiccups, we had a good contingent of members participating in the event - on and around the mats.

Parents and selected students gave out all of over 100 brochures and business cards to the interested on-lookers and the participants. The demonstrations attracted a big crowd and the come'n'try had good success with people of all age groups - With juniors under 5 years old having a go and a man of 60 keen to learn something new.

The higher grades showcased some of the more advanced techniques - from Kata, defenses, throws to weapons including the sword. The Mon and Kyu grades presented their own kata, breakfalls and self defense - a group of orange belts was keen to continue with their training going on with green belt syllabus and some Jo practice.

Thank you to everyone who turned up, trained, overcame the blistering hot floor and the ever shining sun. It was great to see people so keen to



Image 1 - Tamara, Nick and Ivan demonstrating syllabus.

do some training, try something a little different and maybe a little bit intimidating - I know everyone did their best and we all made a good impression on those who came to watch or to learn.

The event was great for marketing, a success for the club, for me however - it was (also) an opportunity to train and have a satisfying afternoon with some of my good friends.

- Sempai Cyril Jezek



Image 3 (left) - Sempai Cyril defending against sempai Matt's cut.

Image 2 - Sempai Paul teaching breakfalls to those who dared tried - with Sensei Darren announcing.

## General class etiquette

As most students know, when someone yells out 'Yamae!', or 'Yamate!', it means to stop and listen. Although not students, it would be appreciated if the general chatter and or noise from not training people at the Dojo abated for that short time so as not to disrupt the class. The same courtesy is requested for when the ceremonial bow is being performed at the beginning and at the end of each class. Thank you.

- Sensei Darren Ball



# New and Notable at the Dojo

---

## New Mats!

As everyone would know by now, the Dojo has a new set of mats. It has taken considerable efforts on behalf of many people, and the club as a whole, to raise the money and organise the new mats. As everyone would have also noticed by now, we have more mats too. The 72 new mats allows us to create a 'tatami' 9 metres by 8 metres in size (giving a rather substantial training area), but also allows for 2 areas of 6 x 6 square metres. This gives us a big advantage in separating training areas for large sessions, gradings and tournaments.

I am very happy to have new mats after 13 years of using the older set. I can remember when the older set (red and yellow) were first delivered and we first used them. They were just as stiff and 'hard' as we will find these new ones. The new mats, however, are made from a more durable material as well as a stronger design overall (you will notice the smaller joins).

We must all take care to look after the mats. Ensure that toe and finger nails are clipped as well as take care in putting them out and packing them up.

Finally, a big congratulations to all people who helped in raising the money for the mats.

---

## New Layout

People would be familiar with the new location for administration in the Dojo. The 'front desk' is now located in the corner of the Dojo's main entrance to the left. This is to ensure that all people entering the Dojo sign themselves, or their children, in when attending classes. The kitchen area is to be used by Black Belts only. For those requiring to fill up their drink bottles, the kitchenette (accessible through the foyer) will be made available.

---

## Administration

There has been a moderate re-organisation of roles and responsibilities at the Dojo. Nyree has resumed her role as the chief administrator and will be functioning in that role at each class with the exception of the Tuesday evening class (whereby Sensei Darren will conduct the admin). It is very important that any and all administrative responsibilities are attended to before students even get changed for training. Because of this, it is very important the one turns up to the lesson 15 minutes prior to ensure that all business affairs are settled and there is ample time to get changed and loosen up or meditation in order to get ready for the session.

There will also be an adjustment to the fees in order to better facilitate regular and quality training as well as opportunities that are often afforded the students throughout the year. As of the 1st May this year (2011), all monthly fees will be set at \$65.00 and will be required to be by Direct Debit. All casual fees will be set at \$10.00 per session. This enables more administration responsibilities to be automated as well as cut down on the regular fees that tend to 'slip through' every month. It has been estimated that the Dojo lost over \$1900 in the last year due to missing fees, or fees not fully paid and so on.

The change also simplifies the process of paying the fees. By moving to a direct debit system (as standard for all those paying a monthly fee) it allows members to chose when payments come out of their bank account. In addition to this, they have the freedom to choose how to pay also. One may choose to divide the payment into a weekly, fortnightly or monthly payment. Members have the choice of payment coming



out on a set date every month, or every particular day each week. For further explanation of these options, please speak to Nyree after her nightly attendance duties.

The fees have also been standardised across the board by making a single fee for both Junior and Senior students. This is another way to simplify the process. Of course, the excellent 20% discount for multiple immediate family members still applies, and will be calculated in the direct debit or casual fees.

---

## Duty of Care

The Dojo is moving to a computerised system over the next few months, making it easier to manage information as well as keep private information more secure. There will also be a Duty of Care log, whereby any parent/guardian who is leaving their child at the Dojo whilst they leave for any amount of time must sign when they leave, and sign again when they return. This is just as much a legal requirement as it is an ethical responsibility. Please ensure that you sign in and out if you are leaving your child, for any amount of time at the Admin Desk.

Also, a reminder to parents that they must personally sign their child/children in at the beginning of the class. A minor can not sign themselves in. If students are at the Dojo without a parent/guardian to sign them in, then those students will not be permitted to join in the class and be asked to sit to the side until the parent/guardian comes in.

---

## Changing Rooms - a good idea

The Dojo has two designated areas for changing into and out of the keikogi (training uniform). To the left of the stage is the male and to the right, the female.

Many Black Belts have noticed that personal items, bags, socks and shoes tend to make their way around various parts of the Dojo throughout the lesson. Please, keep all personal belongings together and use the changing rooms. That is what they are for.

- Sensei Darren Ball

---

# First Gradings of 2011

Throughout the Mock Grading week, everyone will be required to go through the grading syllabus and be reviewed by a Black Belt. This process allows both myself and the Sempai to assess the current levels of the students, identify issues and areas that need improvement, give this feedback to the students, and plan the subsequent lessons accordingly.

Throughout this week, the Black Belts will be making notes and putting them onto a Mock Grading sheet (1 per student) which will be handed to them the following week. The Mock Grading sheet will have a recommendation from the Black Belts as to whether or not that particular student will be ready to grade at the gradings (held 2 weeks after the Mock Grading week on the 9th April).

Those students who require more training and are not up to the required standard will not get the recommendation.

- Sensei Darren Ball



# Online Presence

---

Both Sensei Darren and Sempai Cyril maintain our Dojo's online presence. This includes the FON, a Facebook page and, of course, the website.

## Fudoshin Social Networks

The FON (Fudoshin Online Network) is a virtual activity hub. It is kind of like a Facebook, but set up only for Fudoshin students. There are members from all Dojo in Australia, as well as members from the Fudoshin clubs in England. The network is open to all members and friends of Fudoshin, but is invitation only. If you would like to join (and post, share, chat and comment to other members of Fudoshin), then please e-mail Sempai Cyril ([cyril@fudoshinmartialarts.net](mailto:cyril@fudoshinmartialarts.net)) requesting an invitation to be e-mailed to you. It would be great to see more and more students on the FON.

The Yamagawa Dojo has a Facebook page. Facebook has become the most popular social networking site in the world, and many people are already members. The Dojo's page (located at [www.facebook.com/yamagawadojo](http://www.facebook.com/yamagawadojo)) has been set up to share photos and video, as well as discuss certain topics. People can share experiences and link their training in with their personal profiles and have posts appear on their wall. Just find the page and 'Like' it and you will become incorporated into the page.

## The Website

This year, the website will be heavily updated by Sempai Cyril. The website is usually the first portal for people who are not aware of our Dojo. That doesn't mean that it is closed off to members of the club already. If anything, it is the easiest way to tell people about our club and style. Point them to [www.fudoshinmartialarts.net](http://www.fudoshinmartialarts.net). I am sure that Sempai will be updating with blog entries, photo's as well as copies of the newsletter which will be available for download.

Like most things, we always welcome feedback, especially if it can shape and enhance our club. If you have any suggestions for marketing, promoting or basically improving our online presence, please e-mail them to Sempai Cyril.

- Sensei Darren Ball

# High Grade Progression

---

Last year saw many of the high grades at the club progress through certain grades. Sensei Darren works closely with each Black Belt as well as training and planning their progression. After a student reaches Black Belt level, their training becomes 7-fold.

1. They must maintain their knowledge and skill for all of their previous grades
2. They must steadily learn and pursue their next Bujutsu grades (1st dan, 2nd Dan and so-on)
3. They must pursue their weaponry training, up-skilling their existing knowledge and ultimately train towards Weapons Master
4. They must pursue (starting right back at mauve belt!) the art of Judo
5. The art of Jujutsu
6. The art of Karate
7. They must regularly train and meet with Sensei Darren to ensure that their teaching methods, philosophy, personal standard and Bushido are on the correct path.

All of that, PLUS most Black Belt's have other Dojo commitments in the forms of helping to support and organise aspects of our club.



This year, Sensei Darren will be facilitating:

- Sensei Daniel's progression towards Weapons Master as well as grading up to Blue Belt in Judo, Jujutsu and Karate
- Sensei Richard's progression towards Weapons Master as well as some framework towards starting on 2nd Dan
- Sempai Stuarts grading towards 1st Dan and Sword training
- Sempai Matthew's Judo, Jujutsu and Karate gradings as well as his Intermediate Weaponry training
- Sempai Cyril's Judo, Jujutsu and Karate gradings as well as his Intermediate Weaponry training
- Sempai Frank's 1st Dan training/grading as well as training in Judo, Jujutsu and Karate
- Sempai Shamus's 1st Dan training/grading as well as training in Judo, Jujutsu and Karate
- Sempai Paul's 1st Dan training/grading as well as training in Judo, Jujutsu and Karate



Image 4 – (From top left) Sempai Matt, Josh, Sensei Darren, Soke, Sempai Cyril, Frank, Stuart, Sensei Daniel, Richard, Sempai Shamus and Sensei Peter (Queensland).

As there are two people attempting Weapons Master gradings this year (the first ones in over 12 years!), there will be a big Weapons Seminar that will no doubt run for most of the day. This will be held later in the year and will be facilitated by Sensei Daniel and Sensei Richard, and supervised by Soke and Sensei Darren. This would be a great opportunity for all students to come and learn for the whole day. The newsletter and the websites will have more information as it becomes available.

So, it will be another big year for Yamagawa, with all of the Black Belts slowly starting to climb more ladders, starting with the humble first rung!

- Sensei Darren Ball

## The Yamagawa Fitness Challenge

This gruelling regime of exercises and fitness drills was something conceived by Sensei Darren and Daniel when they were Uchi Deshi in 1998. It involves 2-hours of solid activity and is not for the faint hearted. This year, Sensei Darren has decided to open the 'challenge' to any Fudoshin member who wants to try it out.

The challenge is to perform the set exercises in total, for the whole 2 hours, at least 6 times in a 12-month period.

The challenge will be facilitated at the Frankston Foreshore (Dojo) on the grassy patch opposite Sofia's Restaurant on the first Saturday of each month from 6am to 8am. Yes, 6am!



Image 5 – Paul and Shamus struggling through the challenge at the winter camp.

Those who come and attempt it will be given a laminated worksheet which will be signed off by a



Black Belt. For those that complete the challenge 6 times, they will be awarded a certificate for their achievement. So far, no certificates have been issued, something I would like to change in 2011.

The challenge is open to any member, regardless of rank or age. Obviously those under 16 must get consent from a parent or guardian.

- Sensei Darren Ball

---

## 'A Warrior's Frustration'

*Do not focus on tournaments, focus on contesting.*

*Do not focus on points, focus on strategy.*

*Do not beat your opponent by decision, destroy their spirit.*

*...Do not chase a championship, pursue the perfection of technique.*

*Do not become a champion of a circuit, be the champion of your own heart.*

*We do not train for fun, we train for strength.*

*Strength comes through struggle.*

*We do not focus on grading, we focus on being better each lesson.*

*We do not focus on Black Belt, true warriors wear rank on the inside.*

*We do not dishonour our partner with a weak attack/defence, our attitude makes it real.*

*We are not casual, we maintain impeccable manners and etiquette.*

*We do not measure success by our bank account, but by who is left on the mat.*

*We are not customers, we are members.*

*The Dojo is not a business, it is a club.*

*Our teachers are not coaches, they are our educators.*

*We do not have a CEO or a Director, we have a Master.*

*We stand together as one, not as many.*

*We strive to perfect our character, not our ego.*

*We practice our philosophy, not just preach it.*

*We endeavour to walk the warriors path each day, not just each class.*

*We live by a Code of Honour, no action or in-action determined by cowardice.*

*Our words are unbreakable.*

*By Sensei Darren Ball*



# The Season Ahead

## Important Autumn Dates:

- Monday 21st to Saturday 27th March** - Mock grading week.
- Saturday 2<sup>nd</sup> of April** - N.A.S. ( Round 1)
- Sunday 3<sup>rd</sup> of April** - Yamagawa fitness challenge
- Saturday 9<sup>th</sup> of April** - Gradings.
- Saturday 7<sup>th</sup> of May** - Yamagawa fitness challenge.
- Tuesday 10<sup>th</sup> of May** - BBQ Fundraiser (see Paul)

## Class Times:

### MONDAY

- 17:00 - 17:45 – White and Moves Junior
- 17:45 - 18:30 – Yellow and above Junior
- 18:30 - 20:15 – Adult Class

### TUESDAY

- 20:00 – 21:30 – Adult Class

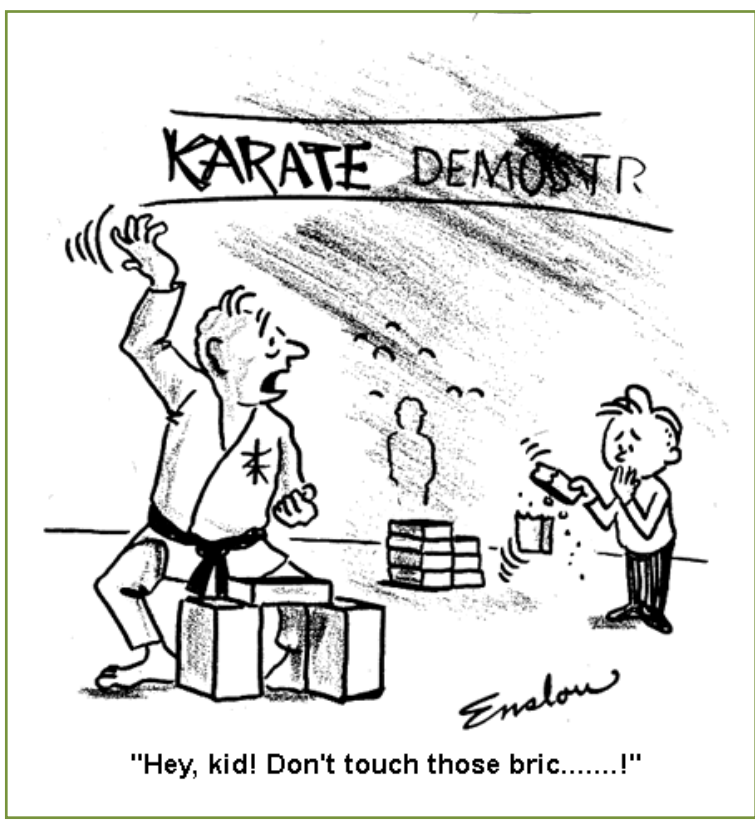
### THURSDAY

- 17:30 - 18:30 – Junior Class (All grades)
- 18:30 - 20:15 – Adult Class

### SATURDAY

- 10:00 – 11:00 – Junior Class.

\*There are no Classes on public holidays or Saturdays of a long weekend.



*This is a club newsletter and it should represent the voice of the entire club. Anyone is more than welcome to have suggestions on the content within this newsletter.*

*This is the first of many seasonal club 'scrolls'. Please forward any feedback to me.*

Sempai Cyril Jezek



## The Yama Gawa Dojo Team:

- |                                 |                |                                |
|---------------------------------|----------------|--------------------------------|
| ➤ <b>Sensei</b>                 | Darren Ball    | darren@fudoshinmartialarts.net |
| ➤ <b>Finance/Admin</b>          | Nyree          | admin@fudoshinmartialarts.net  |
| ➤ <b>Equipment</b>              | Sempai Frank   | frank@fudoshinmartialarts.net  |
| ➤ <b>Gradings</b>               | Sempai Matthew | matt@fudoshinmartialarts.net   |
| ➤ <b>AOFA liaison</b>           | Sempai Shamus  | shamus@fudoshinmartialarts.net |
| ➤ <b>Marketing /Advertising</b> | Sempai Cyril   | cyril@fudoshinmartialarts.net  |
| ➤ <b>Social/ Fundraising</b>    | Sempai Paul    | paul@fudoshinmartialarts.net   |

Any enquiries anyone may have should be addressed to the relevant department.

Thank you.