



*Nana Korobi Yaoki. Fall down 7 times but rise 8.*



## Sensei Darren receives his Masters Award

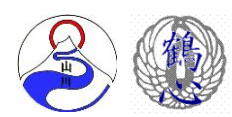
In the history of the Fudoshin Association there have only been three of these awards given prior to this one. I received my Masters Award back in 1996 when So Soke came over. This high award goes beyond the grade. It has given me great pleasure to award it to Sensei Darren. He has earned it in so many ways and I am sure that the confidence that I have in Sensei is well placed. To explain more, a Masters Award shows that the recipient has demonstrated an understanding of Fudoshin that goes beyond techniques and more towards what Fudoshin teaches us about life itself. Fudoshin becomes a way of life; you can practice



Image 1 - Sensei Darren with Soke Tony Ball and Marie Ball (Parents) after receiving the masters award.

martial arts or you can live it, as the old saying goes. In Fudoshin we choose the latter; skill in the arts is the beginning in understanding the inner art and how all the arts work together and complement each other. This greater understanding of the art is one that stands alone and can never be compared to other grades. In my opinion it is the greatest award that can be given. I hope this helps you and others understand a little about how important this was for Sensei Darren to know where he is on his journey, and for myself to know there is a great future for Fudoshin.





# Winter Camp 2011

The winter camp was a great success boasting greater numbers than previous years with students from various styles, age and skill levels. As always the winter camp provided everyone with their personal challenges to overcome and apart from great technical instruction and martial training new bonds were formed and strengthened. The mind, body and spirit were tested and pushed through conceptual training, physically demanding training and the focus of surpassing our own personal boundaries and comfort zones.

The sessions were conducted in diverse and challenging environments including training outdoors on various terrains, at the beach and in water. Going all day from the break of dawn and to dinner and the signature hour breathing and movement session at 2am in the morning for those who have the will.

Many things were covered including some fundamentals of judo, jujitsu and karate, forms,

contesting, charging drills and board breaking as well as an extensive weapons session that included techniques from weapons such as the Jo, Bo and Katana.

The camp also boasted a very special ceremony. Soke awarded sensei Darren with a Fudoshin Master's award (more on page 1).

I would like to thank everyone who attended for making it what it is – a training camp.

A special thanks to sensei Darren for organizing and running this camp, which is a highlight on the martial arts calendar every year – *Domo arigato gozaimas*.

And a thank you to Marie Ball, who sustained us all during the gruelling training with wonderfully tasty food.

Sempai Cyril Jezek





# At Yamagawa

## Social/Fundraising Committee

There has been many changes this year amongst the way that the Dojo is managed. This is mostly due to the fact that we have no 'staff' per se, volunteers in a Martial Arts setting are never a certain or sure thing because of various life commitments such as family and careers. I feel lucky, however, that we seem to always have good training sessions and see consistent progress in the development of the students.

Sempai Paul, who heads up the social and fundraising efforts, has himself been subject to many changes. With buying a new house, working a full-time job AND studying between 15-20 hours a week on his new degree, I'm surprised he finds time to commit to teaching the kids classes let alone his own training. I sincerely thank him (I'm sure on behalf of the parents too) for his efforts.

In light of that, we have two new people who have happily volunteered to be the co-ordinators for Social and Fundraising efforts. Linh Truong and Brett Fithall. Some of the parents might not know these students as they train in the adults classes, but they have successfully organised some minor social gatherings over the last few months. They have said that they will be happy to co-ordinate efforts in the future. I am also looking for two parents to sit on a 'committee' as such to discuss and execute ideas. This committee is still headed up by Sempai Paul and will probably meet once a month to discuss the event calendar for the Dojo. Anyone who is interested in these roles must be able to do more than just bring ideas to the table, but be willing to execute those ideas and help to co-ordinate efforts amongst all the Dojo members. Maybe it's taking a shift at the Relay For Life every year, standing behind a stall at a local fete

or shopping centre, or calling up a few restaurants to find a booking for a social night out. Bigger events such as the Trivia Night (which used to be a yearly event and major fundraiser. None this year unfortunately but a big one ready for next year) and the Yamagawa Fitness Challenge (a fitness-based fundraiser set to start up next year as opposed to this year) will require more.

These days, it's very easy to get caught up in the hustle and bustle of our daily commitments. Between work, family, children, social lives and balancing personal interests - it is always hard to find more time. The thing is, however, that many hands make light work as the saying goes. Soke said to me once, back at the Douglas Grove Dojo (13 or 14 years ago?) that if every student (or parent) just gave 1 hour of their time a month (roughly 15 minutes a week) to the club, there would be nothing left to do except train. At the time we had about 50 members, so you could imagine what the Dojo could do with 50 extra hours of time up our sleeves a month.

All members are encouraged to support the club. Your mat fees go towards running the club and keeping the club going, but in supporting the club you help to make it stronger. Fees are one thing, but what we try and develop on the mat - strength of character, honour, loyalty, self-control and discipline are things that we want to develop in the club also. It is one thing to say/suggest something, another thing to help out in that thing. Let's all do both and make our club truly that.

If you are interested in assisting with the social or fundraising efforts of the club, please e-mail Sempai Paul at [paul@fudoshinmartialarts.net](mailto:paul@fudoshinmartialarts.net)

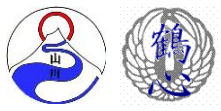


*NEW business cards printed.*

*If you want to help out by taking several to your local café, school or workplace to promote the club let Cyril or any other instructor know.*

*Holders can be organized.*

*Thank you.*



## The harder you work, the luckier you get...

I think everyone has seen someone achieve something or gain something, then thought; 'that person is lucky'. Very rarely do we stop and appreciate how much work that individual must have put into that luck.

Over the next month, I would like all students in the dojo to think of a goal that they wish to achieve and set out a plan to achieve it. This does not mean go and see Sensei or one of the Sempai and ask them for a plan.

This means that each student should take control of their own training and think about what they could do themselves to attain this goal. It could be as simple as getting up in the morning and doing

some press-ups or situps, to increase their strength. Or it might involve asking Sensei or the Sempai to show them the correct technique for a punch or kick, so they can practice 5 times before they eat breakfast.

Whenever you see someone do something down that dojo, that you would like to emulate you have two choices. You can either watch and wonder, or you can train that little bit harder and do it yourself.

I guess the big question is, what will be your choice?

Sempai Matthew Smithells

## Fudoshin – not a sport

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This has been an issue for a very long time - especially for the Junior students/parents.

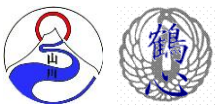
It is quite normal for sports such as football, cricket, basketball, netball and others (especially team sports) for a competitive nature to be embraced. With all things considered, and sportsmanship and health benefits of sport, the aim of most sports is to be better than someone else. Better than the person next to you, better than the team opposing you and so on. Where sport is not only about winning, winning is a central part of all sport. The drive to better another, the competitive drive, is fundamental in pushing our limits and essential in finding our own limitations and improving. But sport is not the only way to do this.

In Fudoshin, we are definitely not a sport. Although we 'compete' in a sense with each other, especially in contesting, the aim is to get better at our techniques. In order to protect ourselves from the 'hollow victories' of an easy win, we are always looking at challenging ourselves. It would not be hard for me to do 20 triple contests against white belts and juniors and win them all, but I would have achieved nothing but a superficial, ego-centric victory. I would not have bettered

myself as a Sensei, student or man. It would be a waste of time.

On the mat, the greatest challenge for the instructor is to ensure that at every lesson, each student is pushed or developed beyond what they were at their last lesson. You can imagine that this approach would be mentally exhaustive for the instructor - but none the less, it is attempted. Our grading system is centred around developing a strong spirit. I told the Juniors in a recent class that you are always assessed on 4 main principles when it comes to grading. Attitude, Behaviour, Technique (Skill) and Spirit. If they are all lacking, the student will fail. If all but one are excellent, the student will fail. If all are being attempted to be developed, if the student is trying to better their attitude, behaviour, skill and spirit - chances are they will pass. It is not just about being able to perform the technique well, but the attitude behind the technique. Getting a grade is always a fantastic thing. It represents that you have shown these traits at the required standard and your reward is your next grade. Successful students should feel proud that the Sensei has seen in them the ability to progress to newer and harder challenges. That pride should be a humble one, however. This is





the perspective of the Black Belts. It's the same reason why we do not give a general award out to every student at the end of year celebrations. If you have earned something; if you have put your all in to something, over a period of time and listened to the instructor and improved your techniques and become a better all round person throughout the year or month or whatever, then yes, you definitely deserve to feel good about your achievements. Sometimes that may be a trophy, sometimes a certificate and sometimes it's a personal word of congratulations from a Black Belt, saying how proud they are of you. These things are the prize. These things are the true awards.

When I was younger, I played football (soccer), and I was a member of a team for about 5 years. The last 2 of those years, however, I was mostly on the bench. I rarely missed a training session, I made it to all of the games and I even stayed back many times to work on skills after practice. I applied the same attitude to my football training as I did my Martial Arts training, yet the coach kept me on the bench for the most part of two seasons. I always got my token award for a 'good year' at the end of the year, but it was hollow. There was no personal pride in it. I received it because everyone received it. The reason I was on the bench is because there were many other team members who were better than me. The coach wanted the best players for the team. As a result, I never got to play, thus never got to really

test my skills in a game and therefore never got to progress beyond the skills and drills we all practiced at our practice sessions. This, I found out, was a common thing in team sports. I remember Soke having a talk with me when I was about 11 years old. He said to me that I would soon have to choose between my football and my Martial Arts.

At the time I thought this was because they couldn't afford (time and/or money) to have me doing both. I was one of four children after all! I ended up choosing Fudoshin, of course, and not because of what you might think. I remember that it was because at Fudoshin I got to do everything. It didn't matter that I was going to lose against this bigger and better person - the Sensei made me do it anyway. It didn't matter that I was going to fail doing 50 pushups in a row for my Blue Belt grading, Sensei Chris made me do it anyway. It didn't matter that I cried, got hurt, bumped, bruised. It didn't matter that it was more challenging in the Dojo than it ever was at home or at school. I got to do it. I chose Fudoshin because it gave me the opportunity to fail, which is the opportunity to grow. To get better. To be a real champion. Not of a tournament, or a league, or a match - but of myself. I could better myself.

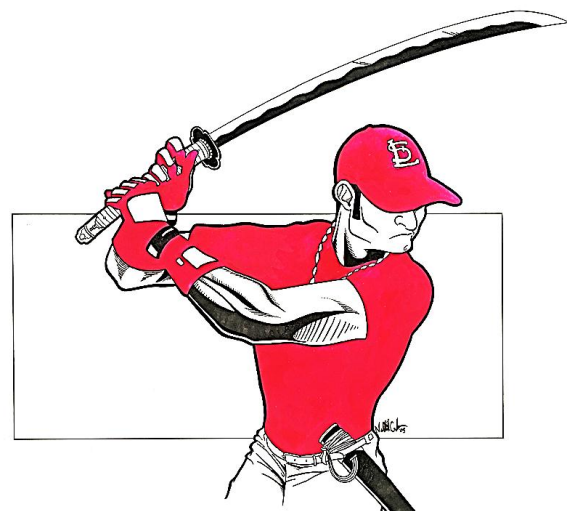
Much better than doing all the training, but sitting on the bench every match. Can you imagine training, but sitting off to the side every grading?

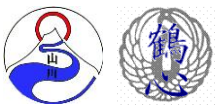
Sensei Darren Ball

## A Memorable Lesson

### Kenjitsu vs baseball batjitsu

12 years ago I received a valuable lesson I would like to share with you. I was in a garage training on Canvey Island when my instructor asked me to hold my arms up while he swung a sword at the side of my chest. It was a moderate but not hard impact. The instructor asked if it was bleeding. I knew it wasn't but checked anyway. Nope. He then struck me harder on the other side and asked if I was bleeding. I checked again. It was harder but the blade did not penetrate my gi.





Next he struck me harder still, square on my head where my hair meets my forehead. I was sure that the force would have cut me but to my surprise then was no cut and no blood or even a scratch. (I kept checking for about half an hour after too). Lastly he held an apple in his hand and with the same blade gently cut it in 2. The blade was sharp!

The swordsman was a person who had suffered 3 strokes and partial paralysis down one side of his body.

The difference between my head and the apple was that one was hit or struck while the other was cut. The blade needs a cutting motion. This is where the blade is either pulled or pushed as it moves. To merely swing and hit is chopping (baseball bat like) and require significant force to be effective. Cutting needs one part of the sawing motion as it swings. This is the movement 'the blade' is designed for.

Sensei Richard

# Fudoshin Weapons Seminar



**Sunday 13th November 2011**  
Jo - Bo - Knife - Bokken

Presented by Sensei Daniel and Richard

Location - Mt Eliza Secondary College  
Canadian Bay Rd, Mt Eliza

Cost - \$15 per weapon class or \$50 for the day  
\$10 deposit required

[www.fudoshinmartialarts.net](http://www.fudoshinmartialarts.net)

**Registration close  
October 23rd!**

## T-shirt Competition Results!



The winner of the shirt design competition is '**Jordan Westrup**'.

The designs will be finalized and available at the dojo in the coming weeks.

Thank you and well done.