



# The Scroll

THE YAMA GAWA SEASONAL NEWSLETTER – 3<sup>rd</sup> Edition, Winter 2011

*"Being first is never as good as being best, and being best is never anything to do with anyone else."*

## Winter Messages

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There once was a student who trained hard and learned well. Over time he began to believe that what he had achieved was his own doing and started to take his teacher for granted. The Teacher said nothing despite knowing what was happening. He had decided to wait and let the student realize his delusion.

The teacher imparts in subtle ways, lessons that take years to learn, lessons too hard for the student to comprehend at first. This was the way of the past.

For those who are fortunate enough to find a teacher like this must treasure what they have and endeavour to learn all they can. Find ways to help the teacher in passing on the teachings. This bond between student and teacher is one that is too complex to explain and can only be truly understood firsthand, but know this; a truly good teacher gives all he has until he can't give anymore. One should not wait this long to finally see how lucky they were.

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Soke Tony ball - Head Master Fudoshin Ryu Bujutsu

### Patience and Understanding

At a recent international conference where many representatives from learning institutions attended, it was found that the greatest virtues that both Teachers (Instructors) and Students needed were patience and understanding. Patience helps us to grow and develop as a person. It teaches us impulse control and allows us to develop an appreciation for the moment without developing fear or anxiety of the future. Patience, as the saying goes, breeds its own reward.

Understanding helps us in our relationships. With our friends, loved ones, family members, school friends, work mates and any and everyone else. Developing a deep sense of understanding helps also to develop compassion, which is essential in developing the Warriors Spirit (Bushido).

Sensei Darren Ball





# The Pirate Festival, arrr

Students from our Dojo attended and supported the Maru Annual Pirate Festival down in Grantville again this year. It was such a fun experience with demonstrations of Mauve and Yellow belt syllabus, Kata, sword work as well as games and exercises.

Thank you to everyone who attended and participated. Some of our students even got prizes for being the best dressed! Head to the online networks for more photos and reviews.



**Pictures:** As seen in the images above the pirate day had lots of fun games, interesting lessons dress up and off course Mutiny!

(Who are these people anyways?)





# Winter Camps 2011

## The Winter Camp

The Winter Camp has been a Fudoshin Victoria tradition for 9 years now. It is generally expected that every Senior Class student should attend, at least for the day training, and the entire camp if possible. It is the one weekend a year where everyone trains constantly and is exposed to both syllabus techniques and spiritual training that is often hard to come by in standard Dojo class times. Truly an unforgettable experience and one that has a profound effect on all those who attend.

Winter Camp details, registration forms and supplementary information are all available at the front desk. Please ensure that, if possible, you attend this year's camp. It is being held at Gembrook on the 12th, 13th and 14th August.

For the members of the Junior class, a sleepover option is not available, but ALL Junior members are encouraged to come to the camp as a 'day tripper' and attend all the events, classes and activities on the Saturday only. Please see the leaflet at the front desk for more information. Parents must be responsible for transport to and from the camp and are welcome to leave their child/children at the camp for the day, or stay and enjoy the tranquil environment and watch the

training themselves. The surrounding suburbs have much to offer also.

It should be noted that, although the training is intense, junior members will be given appropriate consideration.

## Junior Day Camp

Sensei Darren and Sempai Paul have been discussing the possibility of running a Day Camp during the 3rd-Term School holidays (23rd September - 10th October). In 2009, a very successful Day Camp was ran at the Langwarrin Hall and participants trained very well, hard and developed a greater understanding of their techniques. It was also a lot of fun with games, lunch and a few choice television shows thrown in. It would be great to organise the same thing for this year.

One of the good things about the camp was that students could even bring their friends from school as many of the activities were things that anyone could try and do.

For those who would be interested in a 'Day Camp' for the Junior Class students, please e-mail the Dojo and let us know ([dojo@fudoshinmartialarts.net](mailto:dojo@fudoshinmartialarts.net)). It will run from 8:30am until 4:00pm. More details will be given once we know if there is enough interest.



...from Winter Camp 2010

## Future planned events

- All-day Weapons Seminar - by Sensei Daniel and Sensei Richard.
- Trivia Night social and fundraiser
- End of year dinner
- Movie night
- Demonstration night
- Tour of the Japanese Gardens at the Zoo
- ...more details to come.

Follow us on...



NING

@ the dojo.



# Upcoming events

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## Movie Night

We are looking at watching a movie after the junior class on Monday 4th July. It will be Kung-Fu Panda. The dojo will also be providing pizza and drinks for the evening. Please let Sensei

Darren, Sempai Paul or Nyree know to put your child/children down on a list (along with vegetarian option) at the front desk by NO LATER than Thursday 30th June.

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## Movie Excursion

Although we can't promise anything, we are looking in to organising an excursion to go and see Kung Fu Panda 2 sometime during the school holidays or a Saturday after them. The rough plan is to train at the Dojo on the Saturday,

then go to a cinema to watch the movie and then have a late lunch somewhere. If you are interested in attending or helping to organise, please e-mail Sensei Darren at [dojo@fudoshinmartialarts.net](mailto:dojo@fudoshinmartialarts.net)

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## Fitness Challenge

For a short period of time, Sensei Darren opened the Saturday special training sessions he takes with the Black Belts to all students once a month for a Fitness Challenge.

This did not prove popular and was poorly attended. Instead, he has decided to do a once-a-month Fitness Challenge for 1 hour outside the Dojo on Saturday mornings preceding the Junior class.

The class will be for ALL registered members of the club and go from 8:45am - 9:45am. The focus will be on mind/body fitness and will consist of varying challenges. There will be no cost involved and the training will immensely support the Martial Arts training done inside the Dojo.

Dates are in the calendar section at the back of the newsletter.

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## Weapons Seminar

Sometime later in the year, there will be a weapons seminar taught by Sensei Daniel and Sensei Richard. It is proposed that this seminar will be open to anyone who wants to learn (Fudoshin and other styles, both senior and junior members) and will last for the whole day.

The day will be broken up into sections, each section focusing on a particular weapon. At this

stage, the weapons will be Jo, Bo, Tanto and Katana.

It is planned to also have the Games Night fundraiser that evening also. So a full day of training and then a night of socialising. Please e-mail the Dojo if you are able to contribute in any way.

## Fudoshin **BBQ** Fundraiser



**When:** Sat Aug 20, 9:30am – 4:30pm  
**Where:** Mitre 10 BBQ Chelsea



# Dojo Etiquette

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Just a few reminders:

- I. ALL students/parents must sign in at the front desk before engaging in any other Dojo business. Black Belts must be signed in also.
- II. All members are expected to be at the Dojo early for the class. Even more so if they are Black Belts. If you are there early, ask a Black Belt if there is anything you can do to help. If help is not required, then one should do some meditation (even if only for 2 minutes) and then engage in some personal practice. For the Junior Class students, you can always look to your Young Warriors booklet for some advice on what to practice.
- III. Remember to practice your courtesy. Be polite at all times.
  - i. **Sumimasen** - Excuse me
  - ii. **Kombanwa** - Good evening
  - iii. **Arigato** - Thank you
  - iv. **Oyasuminasai** - Good night
- IV. The kitchen area is for Black Belts and authorised persons only. ALL students must use the kitchenette off to the side (accessible through the foyer) if they wish to use a wet area with access to a sink and tap.
- V. It shows respect to be quiet when there are announcements and the official bow in and out. This includes anyone in the foyer area.

## Dojo Kun

Many Dojo around the world, and different styles of Martial Arts, have what is known as a Dojo Kun. These are general rules and obligations that each student needs to be aware of at all times - not just during practice. Although we don't have something posted up on the wall, our Dojo Kun is the Code of Honour. There is a copy of it inside every members' license (the blue book). For the Junior Class students, they have a slightly modified (but just as accurate) version in their Young Warrior booklets.

Please be sure to read and understand it. It will help you to understand why our Dojo and style exists and the overall purpose of our training. Younger students are encouraged to ask senior students about it and also discuss it with their parents. Parents are encouraged to use the Code of Honour to supplement and support their own values they are teaching their children at home.

Sensei Darren Ball

## The Ceremonial Bow

Can all students please ensure they are fully aware of the protocol when the class is bowing in, and bowing out as a class. Students should not be running up and down the dojo, or talking whilst the bow is in progress, as a sign of courtesy and respect for the teacher. Students should ask their Instructors further if they are unsure.

Remember...

**"Bowing expresses the essence of your art".**

Thank you

Sensei Daniel Solis



# News

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## Accepting New Junior Memberships

School term 2 (27th April to the 1st July) will be the last period of time that the Dojo will be accepting new members. After the 1st of July, those of Primary School-age will not be able to join the club. The reason for this being to ultimately maintain quality instruction given the many commitments that Sensei Darren and the other Black Belts currently have. If anyone knows someone who would benefit or would like to join the club, please introduce them during this term.

Depending on how successful this approach is, it may be instituted for Term 1 of next year, effectively giving the club 3/4 of the year to develop the skills of the Junior members before taking in new students at the beginning of each year, just like a school.

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## Young Warriors Booklets

These booklets contain much information on the philosophy of training we subscribe to at the Yamagawa Dojo as well as giving focus progressively to training methods. Each page is designed to be a lesson that encourages the student to be responsible for certain things, such as using their time as well as learning about Bushido - the 'Way' of the Warrior.

Parents and carers are also encouraged to read through it and support the Junior members. The booklet is self-explanatory, but questions are always welcome. If a Black Belt or Sensei Darren is unavailable, please e-mail the dojo.

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## Duty of Care reminder

It is great that parents are signing the Duty of Care roster when they are physically leaving the Dojo for any length of time, but I would remind everyone that it is a legal requirement to also sign BACK IN. There have been a few instances where junior members have gone home with

parents, but the parents have not signed back in, effectively transferring the Duty of Care.

As a reminder, you ONLY have to sign in/out when the parent/guardian is leaving the building for any length of time.

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## Web Presence

The Dojo, as some are aware, has a few internet presences. It is encouraged for as many students to become part of these networks and contribute their personal experiences. It adds to the online Fudoshin community as well as social bonds amongst fellow students. Please look at joining the FON and Facebook Group as well as check in regularly at the Fudoshin website and perhaps even write something in the guest book. The website will, over the next few months, receive a major overhaul thanks to Sensei Darren and Sempai Cyril, so keep an eye out for it all.

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## The mats

Just as a general rule of thumb, it is always helpful if students could assist in helping to get the mats out and set up for their lesson, but we must also consider safety. If you are double digits (10 years old and older) then please ask the person in charge if you can help set up the mats, chairs or anything like that. Those students who are younger than 10, please ensure that you stay away from the area where the mats are being set up. There have been a few instances when children have almost been injured.



## Cleaning the mats

As part of our responsibilities to the club, we are all charged with helping to maintain the equipment as well as social and spiritual atmosphere. In the past, we have cleaned the mats without regularity which usually then falls to one of the Dojo Team to clean them approximately every 4-6 weeks. The mats are the most valuable equipment assets we have, so we will be instigating a Dojo cleaning regimen that everyone is expected to contribute to.

Cleaning and maintenance of Dojo equipment will be on the 1st Monday and 3rd Thursday of each month. These dates are listed below but will also be announced at the preceding classes as part of the notices read out at the end of classes. On these days, if people could bring a rag to assist with cleaning the mats and other equipment, it would be appreciated. The Dojo will provide the cleaning materials.

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Above and Below

## *The Cut and The Blade*

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**The cut as an approach.**

**Not a cut but the cut.**

**One cut.**

**As in one life, one breath, one cut**

**Everything can be thought of as a cut,**

**A single,**

**Sharp,**

**Focused instant.**

**Unhesitating, decisive.**

**Guiding and flowing with the motion.**

**Unerring in its life and death path.**

**Precise and unstoppable**

*There may seem two parts. The motion of cutting (above) and the instrument itself (below).*

The blade is that special blade longed for, planned, designed, worked on and acquired. It is a treasure that has been cared for over many years, trained with for many hours. Every nook and cranny, design, 'feature' and furniture intimately known and felt. It is the natural extension of my being.

The craftsmanship of the blade would receive widely varying reviews. To some it is a masterful work of art, to others a functional tool, to some an ugly, rusted, rat sticker.

The ingredients of the blade are many and complex. The forging process long.

Polishing, maintenance, sharpening.

The end materials of the blade can be seen as a lump of fast approaching metal, or polished wood. It may appear as flesh.

The blade length is exactly the right length. A yari, katana, wakazashi, tanto, sharpened nail, fist or nothing more than a word or thought.

There may seem two parts.

Some will know.

Written by Sensei Richard





Cut here...

## *Design Competition...*

This winter ALL members of Yama Gawa dojo are given a chance to design a dojo t-shirt. The best design concept by a student, judged by the dojo team, will win a special edition of the t-shirt base on the final design.

The dojo team is looking for ideas that best represent the Yama Gawa Dojo, Fudoshin Bujutsu martial arts system, its most important elements and underlying philosophy. The design concept can be drawn or written and must show the student's ideas clearly including the reasoning behind the design. Students are encouraged to ask questions, research on the website and internet or use knowledge from your training when making the design concept.

Use the space below or a separate piece of paper to show your idea and hand it in at the dojo to one of the black-belts (yudansha):

The competition ends at the beginning of spring (1<sup>st</sup> of September 2011) and the winner will be announced in the next scroll. The final draft of the design will be completed by the dojo team and may incorporate many of the various ideas submitted in the competition but only one entry will be chosen as the winning entry. For further details contact Cyril on: [cyril@fudoshinmartialarts.net](mailto:cyril@fudoshinmartialarts.net) or at the dojo.





# The Season Ahead

## Important Winter Dates:

**Mock Grading Week** (everyone assessed) - Mon

27th June - Sat 2nd July

**Gradings** - Saturday 16th July

**Winter Camp** - 12th - 14th August

### Fitness Challenge dates:

- 25th June
- 30th July
- 27th August
- 24th September (1st autumn session)

### Dojo Cleaning Dates (bring a rag)

- Monday 4th July
- Thursday 21st July
- Monday 1st August
- Thursday 18th August
- Monday 5th September
- Thursday 22nd September



'Fudoshin'

## Class Times:

### MONDAY

- 16:45 - 17:30 – White and Moves Junior
- 17:30 - 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.*

*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.