

"Be master of yourself"

The Academy

Newsletter **2003**

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Volume 16



"This is MY academy now, boy, and don't you forget it"

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Peter Morton Academy of Judo Jujitsu Karate
Non-profit organisation
Established 1962

Principal's report

Shihan David Rowley

AMAHOF

I would like to congratulate Ed and Pete on their successful running of the Australasian Martial Arts Hall of Fame (AMAHOF) weekend in Canberra last June. I have heard nothing but rave reviews about the professional way it was conducted and all the work that was involved in getting it all together.

Congratulations to the team that demonstrated well on the Sunday in front of a large crowd and various martial artists from New Zealand and Australia.

Adelaide seminar

Craig and his team put on an excellent seminar. It was well balanced with the right mix of different training sessions. As with all seminars, we came back with new knowledge to put into practice.

It was a special occasion for the SA branches — 25 years old and getting stronger. On behalf of the academy we wish you a happy birthday/ anniversary and wish you all the best for another 25 years.

Junior seminars

One thing I have noticed is that all these seminars are well attended by the kids and instructors, which make them successful. A lot of organising and hard work goes into these days, including input from the chief instructor, senseis, and parents who organise the morning teas, lunches and afternoon teas.

I know from the feedback I get from my students that they have a great day out and learn a lot. Ed and I had the chance to participate in the Nambour junior seminar, which we thoroughly enjoyed.

Black belt grading

We had one student from Adelaide grade to shodan this year. Gareth had a tough time of it with three panel members scrutinising every move.

We congratulate Gareth on such a good grading. It was good to see that he had such a strong support group with him. Congratulations to his instructors.

Branches

The Maroochydore branch's departure earlier this year came about as a result of Allen and Sue Waddell running their branch as a business, with major changes to the syllabus which the academy could not accept.

One of the things that stood out in my mind was that Allen was very upfront with his

intentions and sent down information as to what he was planning to do so that we could make an informed decision — we appreciate this. We were sad to see them go but wish them every success in their venture.

General

Congratulations to all those who were promoted this year and to the two Nambour boys on their regrade.

Congratulations to the two winners of the Leonie Corey trophy. It was a very hard decision to pick between these nominations and the trophy was awarded to both students. You are both a credit to yourselves, your instructors and the academy. Keep up the good work.

The web site is progressing nicely under Alan's and Gail's control with more information being added to it each time you go into it. Alan has asked for any items that would be of interest to the academy to be sent to him to be put up on the web site.

Alan's support over the years in the running of the Radcliffe branch has been of great value.

Renshi Peggy O'Malley's return to teaching at the Radcliffe branch has been a great boost for our students and one of the comments made to me by a student was "*when is that lady coming back?*" When asked "*why*", the reply came, "*she is a great teacher*".

Earlier this year it was decided to hold a regular dinner and get some of the past members together and reminisce about the old times. To date we have only held the one, which was a great night. I am not sure who had the best stories.

In 2004 we will be holding more of these dinners and we are inviting all past and present members to these nights. We will let you know the dates well in advance.

In term one of the new year, we will be conducting a ten-week certificate course in Striking Nerve Centres. It will be held at the Radcliffe dojo on Tuesday nights.

Just a reminder that if there is something that is bugging you then bring it out and talk about it with your chief instructor. If you believe the issue is not resolved then drop a line to Ed or myself. All issues can be sorted out if we work together.

I wish you all the best for the coming year and let's get in and make it all happen in 2004.

Frog's message

Soke Peter Morton BEM



This is the first year that I haven't been the Principal of the Peter Morton Academy.

The academy is going better than it has gone for many years, mainly because the new blood has many new ideas etc.

There are so many people that I wish to thank and congratulate.

Dave Rowley, Eddie Scharrer and Peter Wilson have not let any grass grow under their feet.

To the Chief Instructors of branches — you all seem to have a new lease on life and you don't know how pleased it makes me feel. It is so great to see instructors and members being so friendly with each other.

It is just like our organisation was many years ago where we were all good mates and would not have anything said against each other. Please keep these acts going.



Frog (right) with some of the earlier members of the academy at the "Legends" dinner in August 2003

I thank Alan Maconachie and Gail for all their varied jobs in our academy.

Thanks to Tanya Ellis, my Assistant Promotions Officer, who has been a tower of strength for so long.

Jenny Lyndon, who had a great loss of her husband this year, is always willing to assist the academy in any way.

Congratulations to Craig Swingler and his South Australian team for conducting a great seminar.

Eddie Scharrer and Peter Wilson conducted an excellent seminar for AMAHOF and were highly congratulated by all AMAHOF members.

The Batemans Bay branch is working hard to conduct our 2004 seminar. This is another branch that shows how well they all work together.

My only duties now are as Founder, and Tanya and I are responsible for all promotions, life memberships and certificates.

Before any promotions are granted they have to be approved by the

1. Board of Directors
2. CIs of respective branches
3. Successful person him/herself

Any certificate without my signature is NOT VALID.

Remember, any member wishing to speak to me — please don't hesitate to make contact.

Peter Morton
Founder

As I saw it

Sensei Alan Maconachie

This year has run fairly smoothly for the academy. There have been no major upsets. The only hiccup was the unfortunate resignation of the Bli Bli and Maroochydore branches from the academy. Their departure was on amicable terms. The Chief Instructor felt that he needed to grow the branch in another direction and this direction was not quite within the guidelines of the academy.

This year marked twenty years since the untimely death of the founder of the Jishukan Ryu Jujitsu, Soke Shuho Sugita. It is also twenty years since the academy officially parted from the Australian Jishukan Ryu. While at the time it was an extremely hard and upsetting time for our founder, I think that in the long run, the separation was the best thing for the academy. Since the separation the academy has grown to become one of the best known and longest surviving of the martial arts in Australia. How many other forms can boast a forty-one year continuous membership in this country? (Get a copy of **Many Mountain Summits** for more information.)

Meanwhile, behind the class scenes, all the routine stuff that is done by volunteers keeps the academy running like a well-greased wheel — nobody thinks about it except those that do it. It is not until you get involved that you realise how enormous the task is and how much personal time it takes up. It is amazing that things get done at all when you consider that it has to be worked around a person's work and

home life, *and this is when things run smoothly!*

When there is a major event you begin to wonder why you took on the task of helping to run the academy. Then, after it is sorted out, there is the satisfaction of being able to solve a problem and of a job well done. There is also the knowledge that as part of a group that does these things, members have benefited from a better-functioning academy.

Well there goes 2003. I enjoy the summer break away from the weekly hair pulling teaching of the juniors and the mat slamming of the seniors. But at the same time I itch to get back into training. Mind you, my almost half-century body thanks me during this time of year for the rest.

When I stop enjoying teaching, I will quit. When I stop enjoying training, I will quit. When I stop learning, I will quit. When I stop enjoying an involvement in the academy, I will quit. When I think that I know it all, I will quit. When I am dead, I might quit. So far none of the above has yet happened — I guess I will not be quitting.

Roll on 2004 and give it all you possibly can!



Secretary's report

Renshi Peter Wilson

Another great year is about to start with plenty of meetings and seminars coming up.

Shihan Scharrer and myself had the job of organising the annual Australasian Martial Arts Hall of Fame awards here in Canberra last June. It was very disappointing not to have more academy members present, however it was a very entertaining weekend for those who attended.

Membership cards

As most people are aware, we have an academy membership card. These can be obtained from any chief instructor if students want one. I still have plenty in stock if any CIs need them.

Club badges

I have the new academy badge available for \$8.50 each. The badges will not be sent out unless they are paid for in advance.

Merit badges

If any branches want to use these, get in touch with me and I will pass on the information on how to order them, as they must come directly from England or the USA.

Black belts

If any black belts would like a new belt, get in touch with me and I can organise them. The cost ranges from \$30–\$40 for up to 3rd Dan and \$60–\$70 for 4th Dan and over.

Chief instructors

Keep in mind the membership and insurance fees for this year.

Craig's bit

Renshi Craig Swingler

Well here we are being one of the latest articles submitted in 2004 to tell about last year. Last year was very hectic for SA and in particular for my family and me.

We had little completed for the national seminar only a few months before — so much so that a lot of you started to question whether it was on. Even I was amazed how we pulled it off with an unbelievably tight program. All I can say is that it was only possible due to a number of calls and a lot of arm-twisting and taking total control to direct the helm.

It certainly was not my intention, with making up a program twelve months beforehand and delegating the job but, with being too busy myself, I didn't check progress enough. But once I called everyone together, it was fantastic to see how everyone responded. Over two weeks beforehand, with barbeque and wine-tasting nights, we had decided upon all the wines (a very hard job — refer photo) and t-shirt design and printing. Numbers were confirmed only one week before the seminar, presenters had to be changed days before due to injuries, and place mats only arrived thirty minutes before tea was served on the Saturday night.



Poor happy wine tasters (notice some bottles even have some left, tissues are for the dribbling). From left: Gill, Steve, Chris, Marilyn, Paul, Shane and (hiding) Yvette and Craig

Special thanks go to Peter Morton and Barry Bradshaw for making this seminar very special — by having two 10th Dan black belts at our seminar — and to all those that attended our special event.

In my life I have only ever meet a handful of 10th Dan black belts. So rare is it that in New Zealand they had four at the AMAHOF awards and it was the biggest thing ever in that country. It was a privilege to expose people to this special event.

Unfortunately we are still waiting to get the 25th anniversary CD delivered.

Also, the pressure never stopped, with one of our students (Gareth Kramer) being in the last

stages of preparing for his black belt grading the month after the seminar. Seven of us flew over to Canberra to see Gareth, the sole person, grading for black in late-November.

After last year I have made the decision to back down a fair bit from my normal contributions. This is due to family and work pressures and it's about time new blood put in the hours to steer SA forward into the next millennium. While I will continue to be the SA chief instructor, I have now appointed, on a twelve-month basis, Tom Atterton as my deputy to chair the black belt meetings and I have released control to all the black belts to run the SA branches as they see fit. For us in SA, every time a black belt class ends we restructure, with the increase in instructors and new jobs.

Some of the new/old jobs created are:

Sandan and above

Craig Swingler

Nidan training

Tom Atterton

Shodan training 2005/6

Tanya Ellis/Martin Gabb/Steve Whelan

Promotions

Frog/Tanya Ellis

Black belt prerequisite

David Clayton/Aaron Turner

Six-monthly black belt sessions

Craig/visiting specialists

Treasurer (continuation)

Michael Atterton

CI Tuesday — Golden Grove

Tom Atterton/Aaron Turner

CI Wednesday — Golden Grove

Craig Swingler/Steve Whelan

CI Friday — Walkerville

Tanya Ellis/David Clayton

Other things that happened over the year included the closing down of the pre-juniors that now are getting closer to seniors, and relocating to Wednesday night due to the departure of Jamie Sumsion. After fourteen years, Jamie left us to join his family in England. Jamie was an excellent instructor and has just expanded our horizons further. It's a little far to go but I have no doubt he will be starting another branch of our school, as is Paul Jurkowski who is finally starting back up, after all his training sessions during his Christmas visit home. His return will enable us to also have a branch in Japan.

Thanks to the efforts of Eddie Scharrer and Pete Wilson, our academy had the privilege to host the 2003 AMAHOF awards in Canberra. Their efforts have confirmed our academy internationally as one of the best organisations

for down-to-earth attitudes, all-round courteous manners and organisational skills. Yes, you read it right for all those pessimists. The exposure we had opens your eyes up to all the political games in sport. Our academy is worth being proud of and has more to offer than any commercial club.

We have been privileged to have had Dave and Eddie commission a book to be written about Frog's life, thanks to the kind arm-twisting offer by Alan Maconachie to do the research and pull it all together. It is anticipated to be ready for release in 2005.

So much happened over the year that, rather than ramble on, I will leave it for release on the CD when it finally comes out.



2004 annual black belt meeting, Adelaide
(only life members get front row, Colin)

All the best for the year and thanks to all those that helped throughout the year to make SA a fun club to be part of.

Promotions and Awards 2003

Academy promotions

Name	Branch	Promoted to	Date presented
Colin Essery	Queanbeyan, NSW	Life Member	4 October
Tom Atterton	Golden Grove, SA	4th Dan	4 October
Don Burow	Sydney, NSW	4th Dan	4 October
Jamie Sumsion	Golden Grove, SA	4th Dan	4 October
Mark Tomasich	Nambour, QLD	5th Dan	5 November
David Burgemeister	Turner, ACT	4th Dan	29 November
David Dalla Costa	Turner, ACT	2nd Dan	29 November
Michelle Duke	Batemans Bay, NSW	2nd Dan	29 November
Luke Baranowski	Batemans Bay, NSW	2nd Dan	6 December
Adam Duke	Batemans Bay, NSW	2nd Dan	6 December
Trent Paull-Ison	Batemans Bay, NSW	2nd Dan	6 December
Mark Tobin	Batemans Bay, NSW	2nd Dan	6 December

Trophy winners

Peter Morton Perpetual Trophy: Batemans Bay, NSW
 National Self-Defence Trophy: Kaleen, ACT (Tom Wells)
 Leonie Corey Trophy: shared by Chris Ramsden, Isabella Plains, ACT,
 and Brendon Harvey, Batemans Bay, NSW

Academy Board of Directors

Principal
Shihan David Rowley

North Coast
Renshi Brian Clark

Queensland
Renshi Mark Tomasich

Deputy Principal
Shihan Edward Scharrer

South Coast
Renshi Tracy Innes

Australian Capital Territory
Renshi Peter Wilson

South Australia
Renshi Craig Swingler

Seminars

Junior seminars

Kaleen — 22 March

"Where's Eddie, where's Dave, they're coming, aren't they?" "Yes, they said that they would be here", "It's nine o'clock, we'll have to start soon". "Rowls has probably got lost again," joked Frog.

No sooner had these phrases left mouths when the two lost souls wandered into the dojo, the Principal and Deputy Principal of the academy.

Before the duo could take an extra breath "around the mat" was called and with it came the ritual bobbing up and down of bodies as the opening ceremony lumbered into action.

The hoard of forty-three junior masochists was then mixed up and colour-banded for group identification, just in case one of them tried to escape or so that at the end of the day one group could be chosen as the best performer.

Next, bodies were rudely awakened with some vigorous warm up and stretching exercises. These were inflicted by a well-known Queanbeyan CI. He likes to experiment with someone else's body just to see what is possible in movement and balance.

Left leg, 1, 2, 3, right leg, 1, 2, 3, lift those knees higher, keep your legs bent, kick with the bottom of your foot. 1, 2, 3, 4, 5, keep your thumb back, arm straight, hit with the knuckles. After the warm up and stretching, the basics of punching, kicking and breakfalls were a piece of cake.

The Basic Steps competition got under way. "Enemy left, slide, slide..." the caller was from Batemans Bay, not very tall and came with a loud voice. For one so young, Alannah did a very good job of directing the team through the basic steps. The judges were impressed.

As usual, branch teams were at their best. Movements left, movements right, movements all as one. "And the winner is...Isabella Plains". Kaleen branch would have to give up the trophy that they had held since last year.

"Go on, get him" was the chant as another victim contested the Two Man Attack trophy. One after one they came on to the mat, a glint in their eye, this was a chance to get some real action and bring down a black belt or two. But, as with all contests, there can be only one victor and this time it was the Kaleen branch that took the trophy.

Amazed students were shown how to fold up and tie a judogi with a belt, how to actually tie

their belt correctly around themselves and, after morning tea, some etiquette.

The noise level had elevated as excited teams competed against each other. The games had begun. Balls were rolling through tunnels of legs, bodies were running from one end of the tunnels to the other and everybody was out to beat the team that had two black belts on it — which they did.

Other games followed and then, to change the pace and calm everyone down, several techniques were put through their paces and practised.



During a demonstration of the correct way to do a hip throw the instructor asked "Why does the thrower hold the arm after a throw?" To which a green belt replied "So you can hit him again!" "Yees, can anyone else give me another reason?" was the instructor's reply. A slight pause, then another voice was heard to say, "When can we do it? When can we do it?" He was keen to slam someone into the mat for the first time. He would have to wait for a while though, as it was time to eat.

After lunch the hip throw and other techniques were tried out. The most enjoyment for students came from rolling around on the mat trying to outdo each other in a hold down. The mat came alive to the wriggling of bodies and the sounds of fun.

During a lull the Principal of the academy got everyone's attention and announced that he had been asked, "How come the black belts can sit on the steps when we are not allowed to sit down or lean on anything". This was a valid question, the black belts had been sprung and they quickly regained their feet.

Another change of pace as a vigorous game of "stop the instructors from getting to the other end of the mat" erupted. A bit one-sided, as there were three instructors against about twenty students and all of this performed on all-fours. The initial charge was something to be seen. There were a few flat instructors and some all-of-body impressions left in the mat, especially when one instructor had about forty students pile on top of him.

After a few bouts of trying to break balance, the learning and activities drew to a close. Presentations were made — the Red Team coming out as top team of the day — the last bow was performed, the mat was separated and goodbyes were exchanged until next time.

Batemans Bay — 30 August

Batemans Bay, perfect one day and blowing a gale force wind the next. That is how it was on the day of the junior seminar at the new Batemans Bay Primary School — gale force conditions. The old school, at the opposite side of the river, has now disappeared from the face of the earth and in its place a new multi-shopping complex has begun to rise out of the old school's dust.

Everyone found a way to the new venue except for poor old Pete Wilson. He ended up on the wrong side of town, looking at signposts, at the wrong time and unfortunately he parked his new, few-months-old Mercedes van into a car turning right in front of him. He was travelling very slowly and his only damage was a sprained left wrist. The same can not be said about his van, it's going to be a long time in the repair shop.

The seminar opened with an introduction and welcome to out-of-town guests, which was then followed by some etiquette on the opening and closing ceremonies and the academy motto. The juniors were then organised into coloured teams for the day.

Next came warm up exercises, games and stretches, with some tsuki and keru tossed in. Added to this was a demonstration of the correct execution of selected tsuki and keru techniques.

A judo demonstration was next on the agenda. This was a throw-for-throw demo by a couple of the Bay's young and very bendable recent black belts.

After all of this exhaustive activity a seven-year-old asked if it was morning tea yet. He was in luck as he had but a few minutes to wait.

On the subject of food, a well-known Batemans Bay black belt organiser, we can't mention Rod Patrick's name here, had his tongue hanging out all morning in anticipation of cake for morning tea.

Imagine the look on his face and his reaction when, after fighting gale force winds to get to the canteen, he was told that there was no cake and that he would have to wait until afternoon tea for his reward. He had to settle for some fruit. Ha! Ha! Of course we had to keep reminding him about cake for the rest of the

day. His stomach would rumble every time it heard "cake".

With morning tea all but a memory, it was time to get back to some serious work like judogi folding and why one would bother to fold it up at all. This became very apparent as soon as all had done this task. It was time to put this skill to use.

What followed next can only be described as total anarchy. All of the folded judogis were piled up in the middle of the mat. Each team lined up on the edge of the mat and then one member from each team raced to the pile and grabbed a judogi. Once the pile was depleted then a team could steal from other teams. Black belts were worth the most points and those not-properly-tied bundles worth a minus score. Judogis and fifty-eight kids were going in all directions until the time limit was up. Scores were then tallied to find a winner.

After the commotion had died down it was time for some serious breakfalls and pointers on the correct way of hitting the mat. Shihan Eddie demonstrated a shoulder roll on the bare floor, with a few "oohs" and "aahs" coming from the young participants.

Next up was lunch and there was still no cake for our rumble tum black belt cake lover. He really did have to wait a couple more hours, as the cake had not arrived and the ladies in charge insisted on the other food being consumed before cake could be taken. Good move by them.

The canteen was locked up and all returned to the dojo for the Frog half-hour. Frog had the usual tales.

During his talk on opponents, Frog remarked about your opponent that "*...he is only as good as I'm gonna let him be*". That shows the confidence that Frog has in his abilities and training.

Some of the questions asked were "*what belt did you get up to*" and "*were you ever in a fight*". To the latter Frog replied with a tale from his younger days when he was challenged to a fight. Frog said OK, meet me the next day in a certain paddock at 5pm and we will settle this.

5pm came, the crowd had gathered, Frog was there and then the person turned up. All present waited with baited breath. The person came forward with extended right arm and the two shook hands. He knew when to call it quits and that he had meet his match. As Frog says, bullies will not fight on their own. Frog also added that if someone challenges you then don't fight there and then, instead invite that person into the dojo for a bout on the mat.

After Frog's bit, a ten-year-old was talking to Shihan Eddie about titles when he commented to Eddie that "you're called Shyanne, aren't ya?" This broke Eddie up. I guess we have a new Dan title now.

The honourable Principal and Deputy Principal had demonstrated Hand Grabbing, Walking Side by Side and were about to demonstrate Kidney Karate when, to a quiet dojo, the musical sounds of *The Entertainer* floated through the silence. Yes, a mobile phone was making its presence known. It was quickly silenced and taken outside.

The Basic Steps competition was done in teams and the caller was picked at random from the attending instructors, so it was a real test as teams were not used to the caller.

After all teams had done their best, a call went out for all instructors to form a group on the mat. Even our honourable Principal and Deputy were summoned. What was going on? What were they required to do? They all looked at each other. They were told to form lines. Then the call went out.

"*Enemy left...*" Yes the instructors were going to give a totally unrehearsed demonstration of the basic steps. This was an experience for some as they are usually the one that calls the moves. It must have been fairly good, as they did not have to do it a second time. They showed that they could do as well as teach.

What could top that little demonstration? Not much, so the agenda moved to more etiquette on bowing and respect for your opponent before and after a bout which then led into the Two Man Attack competition.



A boy and a girl were selected from each team to contest the title and the judge was Soke. He would pick the best boy and the best girl and no correspondence would be entered into. As usual the title was hotly contested.

Now, after their little demonstration of the basic steps, afternoon tea looked pretty inviting and so it was made so. Because the black belt with the longing for cake was in charge he let all the instructors go out first for the break. The rest of the mob followed. Big mistake as this meant that he was the last one out of the dojo.

By the time he got to the kitchen everyone had taken cake and as he walked in the door and said "OK, where is the cake" he was met with the words that it had all gone. There was a split second look of disbelief on his face then he spied two huge slabs of cake on a counter. He was in cake heaven and his day was made. Mind you he had to fight past a few of his colleagues to get his bounty.

With afternoon tea in their tummies the mob returned to the dojo for the last time that day. Presentation of awards took place, the closing ceremony performed and thanks were handed out to all involved. The experience had ended.

Seminar results

Basic Steps competition

- 1st - Purple team
- 2nd - White team

Etiquette

- Blue team

Two-Man Attack competition

- Girl - Yellow team
- Boy - Blue team

Personal effort

- Girl - Sharon Rowley
- Boy - Dean Isson

Encouragement awards

- Tom Bollard
- Bly Caldwell
- Ella Cameron
- Daniel Crooke
- Ashleigh Emmington
- Wayne Fane
- Tara Kane
- Michelle Rowley
- Caitlin Saunders
- Danielle Smith
- Andrew Wallace
- Jacob Walsh

Winning team for the day

- Blue team

Annual National Seminar

Woodhouse, SA — 3-5 October

Friday. For most people this particular Friday was just another end to the working week. For those that gathered at mid-afternoon in the carpark of the Woodhouse Camp Site, in Piccadilly, SA, it was the beginning of forty-eight hours of physical and mental workouts with a whole lot of fun for good measure. This was adults-only territory.

People were arriving by the carload and standing around like lost sheep. There was a slight problem — they had nowhere to go. The prime organiser had not arrived. No one had heard from him.

Time passed...still no leader, so some of the bodies wandered off and found the cave that was going to be their place of refuge for two nights. Fortunately names had appeared on each of the doors so future residents entered and claimed a corner as their own.

Sometime later, things had started to move and the compulsive smell of fresh beast being made into a meal by fire filled the senses. Soon the evening feed was well on the way to being nothing but a memory.

After the feeding, the Board of Directors met. Following this was the Annual General Meeting.

While meetings were in progress, a bit of body slamming took place as combined training amused those that were not otherwise engaged.

When all had finished, and with the humdrum out of the way, a small group gathered around an open fire in the hall. Accompanied by sausages and beer, they told tall tales and true until the wee hours of Saturday morning.

Saturday. Morning dragged itself from a curled-up position, bleary-eyed, slow-moving and demanding to be fed.

One, two, sweat, sweat, sweat. Saturday was keen to move on with the program. Boxercise was being dished out in ample portions and eager forms were lining up for more as the music pumped up the heart rate. What a (cruel?) way to start the day!

With hearts still racing, all lined the mat in order of rank to officially kick off the two days of self-learning. The formal opening ceremony focused minds on why each person was there.

A fitness and personal training workshop got underway and part of it focused on trying to get into the minds of academy members, finding out why such an organisation is so popular and why it has survived for so long.

The guest speaker, Nigel Jamieson, had everyone choose a photo, come back around the mat and then one by one explain the relevance of the photo as to why they took up life with the academy. This produced some amusing results.

An interesting fact emerged from this section of the workshop: not one person had ever found themselves in a situation where they had to use their martial arts skills to defend themselves. The guest speaker found this to be very surprising. We did not. He then made the comment that we all train to fight in the hope that we will never have to use our skills. The speaker found this to be unique in a martial arts organisation and he was extremely impressed at our approach to others as well as to ourselves. He finally, after many years' association with Renshi Swingler, started to understand and touch on the fundamentals of the academy.

A couple of 'get to know you' exercises followed. Team members tried to pass an orange to the next member with their knees. Then in the next exercise a team member tried to pass an orange held under the chin to another team member in the same manner and the winners of each exercise were rewarded with a lolly each. I think he must have remembered these games from a 1970s Tupperware party.

The session ended with a general discussion on the academy and how a person's skills and way of thinking can be, and quite often are, practised in everyday life.

After all this brain drain the mob was let loose to take in some refreshments and have a chat.

The next session involved weapons. We were handed such things as Nunchaku to play with. There is nothing like a hit in the head with one of these to make the user realise that they are not as easy to use as they appear to be when they are seen in a movie.



There were a couple of other weapons that we tried to inflict our mastery on. One was a Tonfa (baton with a handle) and the other was a Sai (hand-sized metal three-pronged fork that looked like a small hayfork without a handle).

They both hurt the toes when dropped. Fortunately the Sai was blunt.

The movements with both of these weapons are basically the same and involve rolling them around the hand, striking and parking them under the armpit. All exercises were done with a weapon in each hand at the same time. This was great for coordination and balance.

Have you ever heard of one-eye dominance? This is a thing that people have. They are usually not aware of its existence and it was explained and demonstrated by Sensei Colin Essery.

A person is either right-eye dominant or left-eye dominant. It has nothing to do with whether a person is right- or left-handed and their eye dominance can be opposite to their hand dominance.

A simple test to see which eye of a person is dominant is to hold up a finger and ask them to look at it. You will see their eyes move either left or right. Movement to the left means right-eye dominance and vice versa.

This has a big influence on the way people coordinate their body movements and it helps explain why some people have trouble doing techniques both left- and right-sided. People are better on their eye dominant side as their area of focus is concentrated on that side of their body. This can be overcome with lots of training and practise.

After the coordination session the group was given about twenty minutes to come up with a self-defence skit that used techniques and was amusing (to be performed later in the day). This finished the morning and lunch was served.

First session after lunch was the Kata competition for the Peter Morton Perpetual Trophy. Batemans Bay, NSW, won this, showing their usual crisp style.

St Edmunds branch put on an unusual demonstration of the Kata. It was performed with slow, deliberate and hard movements.

Not to be outdone, and to show that that they could do as well as teach, all dan belts got onto the mat and put on a totally unrehearsed demonstration of the Kata. I think the trophy should have been awarded to them, not so much for style but because they all knew and could do the moves in the right order.

Next up was the competition for the National Self-Defence Trophy. Kaleen, ACT, took out this one after some very strong competition.

The main host of the seminar could not stop laughing or shaking his head in disbelief after all teams had performed their self-defence skit.

He could not believe that people could come up with such different ideas in such a short time and that none of the acts were even near the same. It was a hard job to pick a winner and in the end a show of hands decided.

The winning act was called *The Power of the Mind*. This took place with a defender surrounded by attackers. As he was attacked the defender looked at the attacker and without batting an eyelid the attackers moved about as if they were having a technique applied to them. Bodies flew through the air, arms were goose-necked and screams of pain were emitted. This continued until all bodies were writhing on the ground in pain.

There was some controversy over this being the winning act as the judge said that no techniques were actually done. The voters disputed this by pointing out that the attackers all did breakfalls and that these were techniques. The power of the mind won.

When everyone had settled and stopped laughing from all the frivolity, afternoon tea was devoured and those that still found the need for more torture took to the commando course. It was rumoured that the swinging rope crossing of a wet area claimed many victories and not many a soul crossed in a dry state.

It was while the majority was on the commando course that some of the less adventurous stayed behind and had a chinwag about the day.

As the group conversed, a team was busy setting up the hall for the evening's dinner and presentations. Our Honourable Principal was adding his fair share to the conversation. A well-earned beer lubricated his throat. Then, in a lull in conversation, a voice from beside him directed "*you can help with the setting up of the tables as well*". Our Honourable Principal had been brought down to mortal status by Mrs Principal. He looked at the group and they looked at him. No comment was made and the conversation continued as smiles appeared on faces followed by a few jibes as to just who was boss.

Saturday Night - 25th anniversary, Adelaide

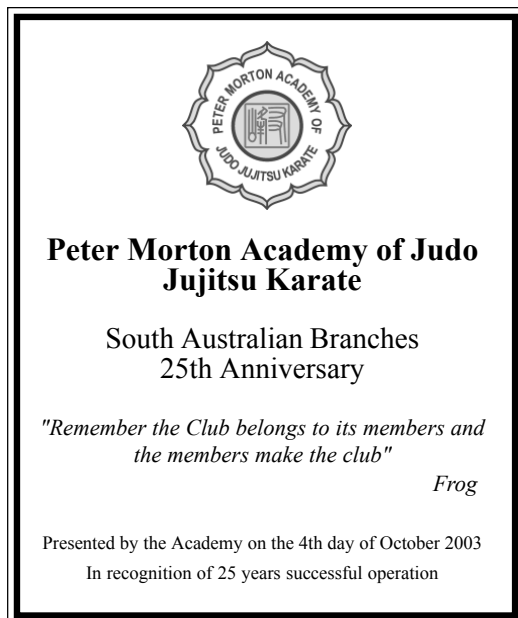
Early evening and the crowd started to filter in. Faces from the past appeared and long-enduring friendships shook hands, hugged and greeted each other. Music started and in the background the crack of melting ice cooled the liquid amber to a drinker's taste. Dancing flames of a wood fire accompanied all and weaved a feeling of relaxation. Laughter and chatter floated around the friendship.

Soon, lines for food radiated out from the serving tables and plates filled to appease the appetite. The folk were eating, drinking and sprouting merriment. Having a good time was a

requirement. Speeches were made and promotions presented.

This night was extra special as the Adelaide branches were celebrating twenty-five years as part of the body that is the academy.

To commemorate the occasion the academy presented a plaque to the South Australian branches. The inscription read:



One particular presentation of the night stood way above the rest. This was the awarding of life membership to Colin Essery. To receive this acclaim a person has to donate at least thirty years of continuous service to the academy and be of an exemplary character. Colin more than fits the mould for such an award.

Colin's reaction when the award was announced was "oh shit". He had been taken completely by surprise. This reaction was so Colin that all there just laughed.

Colin made a very emotional speech that tugged at the heartstrings and, looking around the room, many people shed tears as he spoke of

some of the physical hardships he had endured in the past. It was not a sympathy speech but one that demonstrated that a person should never quit or just give up. Those that heard it will always remember it and hopefully they were inspired by it.

After all the seriousness the night got into party mode and it did not quit until the wee hours of Sunday morning.



Sunday. Breakfast went a little longer than planned. This could have been due to most people arriving in slow motion to eat. Some had red faces and heads that played its own private tune of drumbeats.

Finally things started to function and students were shown some of the jujitsu style of Barry Bradshaw. As usual it was entertaining and got the brain focused and functioning.

Because of the late start, morning tea soon dropped by. This then gave way to a session with Frog. This man's knowledge, experience and stories never cease to amaze. Everything that he has in his head will never be fully known.

When Frog finally came to rest, Dave (#1) and Eddie (#2) took the students through some new techniques that were officially introduced into the syllabus at the seminar. While these are new to some, they really are techniques that are from the past and somehow they got lost in time. Demonstrations and pointers on current techniques followed these.

Annual National Seminar

1-3 October 2003

Batemans Bay, NSW



The Annual National Seminar in 2004 will be held in Batemans Bay, New South Wales.

More information will be available on the academy's web site and forwarded to branches as the event approaches.

Lunch was a laid-back affair and this led into the closing ceremony. The seminar had left the building.

This was a casual and flexible seminar that did not overtax the body but at the same time it offered something different to the normal training that the academy usually has. There is always something to learn and experience and this seminar definitely delivered.

Demonstrations

Royal Canberra Show, 28 Feb – 2 Mar

All branches from the Canberra / Queanbeyan region participated in the demonstrations over the three days of the show.

"No Parking", "No Parking", "No Parking" had sprung up out of the ground like a field of mushrooms. These words meant what they shouted, as some car owners would find out when they returned to their mode of transport. This would make their show visit extra expensive.

In the old days one could park in these suburban streets of Watson, adjacent to Exhibition Park In Canberra, cross Northbourne Avenue and be at the gate in four minutes flat. Now cars are getting pushed further away and the walk longer. It did turn out, however, that we were closer than those people that had parked in the official parking areas.

Anyway, we found a ticket-free park, piled out of the car, grabbed our bags, backpacks, drink cooler and what not, and headed off to the rendezvous point. The ten-minute walk with the ankle biters would do us good; it would give us time to enjoy the chilly, windy weather. Yeah! Sure! Guess who had left a jacket at home and was clad in a t-shirt with Japanese writing on it?



The meeting time was Saturday 12:30pm and the smells of food cooked in oil flooded the senses, setting off a reaction in the food processing area of the body.

Looking through the magic arch that led into wonderland, (I wonder what is in there and I wonder how much it is going to cost?) there it was, bumper-to-bumper people. Music mixed with music, sounds of machinery and people; transported back in time, ten years old again — well for a while anyway. Quite a bit of time had passed since the last visit to this world of hedonism and yet, for a few seconds, standing there it once again totally engulfed the consciousness, then reality whacked in and our group entered.

Rock climbing to the right, paint ball to the left, the ABC truck straight ahead and here we were stuck in the middle of the square with fun things to do all around. We were outside in a bitumen car park with only a small stall for shelter and storage. The mats were looking up at the sky and many a shoe had left an imprint on the plastic covers.

1:00pm. The white judogis gathered around the mat and knelt down before the onlookers. "*Welcome to a demonstration by the...*", it was off and running. Exercises, punching, kicking, rolls, breakfalls, techniques and two-man attack were explained and flowed without much hesitation.

A roar of approval expelled from the crowd, loud enough to cancel out any other intrusion. The two-man attack was in full swing when the female blue belt defender executed a kick. This gave the 7th Dan black belt a reminder that four children of his own were more than enough and that he did not need any more. He did not go down but later revealed that it was a bit harder than a tickle when it connected. Why are women so unkind?

2:15pm. The crowd was warming to another round of what could be expected on a normal training night when, just as the kicking exercise was about to commence, "*Bob the builder, can we fix it...*" rang out and echoed across the mats. All other sound was lost.

In the ABC van one could sing along with Bob, have it recorded and take the tape home. It was at this very moment that somebody in the van had switched the sound to the outside speakers at full volume. Everyone on the mat just froze in a natural stance until we became hearing-endowed again. Even the crowd seemed not to move — they just covered their ears.

5:00pm. A white glow emanated from near the centre of the mat. Was somebody transporting onto the mat? No. A 6th Dan black belt from St Edmunds had stripped to the waist to demonstrate some pressure points of the body. The glow was from his Canberra suntan.

The pressure point demo went off quite well, as anything that inflicts pain is always a hit with the audience. To add amusement, the demo was presented in a comical way with an underlying theme of "*putting junior to bed when he does not want to go*".

In between demos, the participants would talk to passers-by and hand out flyers. At times, things got a bit slow then all of a sudden the stall would be clear of males. This happened a few times. What was going on?

Ah! There they were, handing out flyers, deep in conversation for some time. But why were there so many around one or two people? The answer appeared, as the people moved on — the boys just happened to be conversing with some young lassies of teenage years dressed in very warm weather attire. Boys in uniform!



At some stage, while flyers were being handed out, two young Japanese women showed an interest in our academy. After a long discussion, our 6th Dan from St Edmunds was seconded to have his photo taken with them. He is now an *international star* as his photo is now in the land of the rising sun.

Eventually the body grew tired, the daylight gave in to late afternoon and the curious went in other directions. It was time to do the last bow of the day, pack up and head off back to our own worlds.

The academy made a lot of contact and got a lot of exposure over the three-day weekend. There are people out there that now know who we are

and what we are about. Even if the academy does not get many new students — is that such a bad thing as a bit more of us has been passed on?

Queanbeyan Bicentennial Hall, 15 Mar

Ah! Good old Queanbeyan, home of the Peter Morton Academy, where the stage was set, literally, for the home-town exhibition.

The venue was a local trade fair in the Queanbeyan Bicentennial Hall and the demo team had centre stage, looking down on exhibitors and sightseers.

The mat was all laid out, the time had come to put on the show and some of the team had not made an appearance. Then out of the crowd their images formed.

One senior blue belt girl looked up at the stage and exclaimed, "*We're not doing it up there are we? I can't do it up there!*" She was told that the demonstration was to be done on the stage.



She had, the week before, participated in a demo at the Canberra Show and was asked what was the difference. To this she replied that everyone would be able to see her. Yes, well that was the idea and people did see her at the show. She had stage fright real bad and holding her stomach she asked to be pointed in the direction of the toilets.

The usual stuff got under way — warm up, punching, kicking and then breakfalls. Hang on a minute, there was someone missing. Where was the senior blue belt girl? A quick scan revealed her whereabouts. There she was, stage right, hiding in the curtains!

The stage was not all that spacious and so the mat area had its limits. This meant that anything that required group movement was going to be fun. This became true when the Basic Steps was put into motion.

The movements were going to and fro, side to side, looking great. Hey, where was the 6th Dan from St Eddies? The curtains at stage left had swallowed him up. The space demon had claimed a victim. A few seconds later he emerged

in his correct position as the group changed direction. What a professional!

The usual *oohs* and *aaahs* filled the stage as senior black belts attacked each other with knives, punches, kicks and throws, eyes were wide as the junior members showed what they could do and the audience's attention was held.



What became of the stage-struck blue belt? Well, after her short repose in the curtains and after the breakfalls had finished she went on to finish her part in the demo with the rest of the team.

It might have been a small demonstration to a small audience but it was a success and fun to do.

A little person's perspective (age: 6 and a half)
First we did punching and kicking. Then we did the Basic Steps. Then we did shoulder rolls and breakfalls. Eddie and Dave did the leap frog thing. Then we did two-man attack, then the knife attack on Dave.

Then we bowed and went.

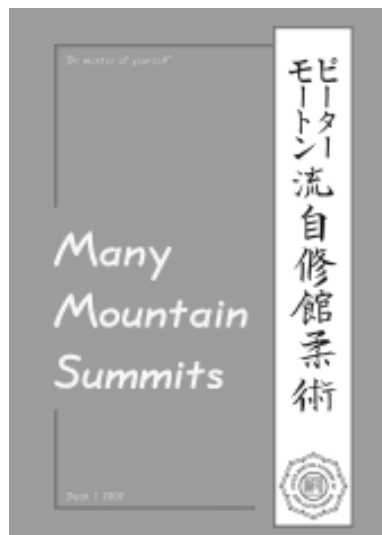
What I liked the best: Eddie doing his breakfalls because he went really high!



NO MORE COPIES WILL BE PRINTED

Many Mountain Summits

40th anniversary commemorative history of the
Peter Morton Academy of Judo Jujitsu Karate Incorporated



Cost: \$20

To order, see your Chief Instructor

For further information, contact

Alan Maconachie
Email: info@petermortonjujitsu.org.au
Phone: 02 6238 2695

Read about:

Soke Morton

How the academy came to be where it is today

Structure

Membership

Standards

Current academy syllabus

Club Stuff

Events calendar

South-east region

Junior Seminar

Sat 20 Mar Kaleen
Sat 7 Aug Batemans Bay

Combined Senior Grading

Wed 29 Mar Queanbeyan 7:30pm
TBA Jun Hughes 7:30pm
Thu 16 Sep Kaleen 8:00pm
Wed 8 Dec Isabella Plains 7:30pm

Black Belt Forum

Fri 27 Feb Kaleen All meetings
Fri 25 Jun Kaleen start 7:30pm
Fri 5 Nov Kaleen

Striking Nerve Centres

3 Feb (Tuesday)
10 week course, instruction by Frog
Radcliffe, NSW

AMAHOF

5 Jun, Perth WA

Annual National Seminar

1–3 Oct (Fri–Sun)
Batemans Bay, NSW
Venue TBA

Note: Timetable subject to change, check web site for up-to-date details.

Academy items for sale

Academy badges: \$8.50 — Contact Peter Wilson

Merit badges: \$POA — Contact Peter Wilson

Many Mountain Summits (40th anniversary book): \$20.00 — Contact Chief Instructors

Black belts: new or replacement black belts are available through the academy. The cost varies, depending on what goes on them, from \$30–\$40 for up to 3rd Dan and \$60–\$70 for 4th Dan and up. The belts for 4th Dan and up do take a considerable time to do, so allow at least 2–3 months for delivery — Contact Peter Wilson

Membership reminder

A reminder that all active members of the academy **MUST** be registered. This includes all juniors, seniors and instructors. Yes — this means all you dan belts too!

All members (except Life Members) **MUST** pay the annual membership fee and complete a membership form. This is required for insurance purposes and so that the academy has a proper record of its members.

Academy membership card

An academy membership card is available for any student that wants one. These can be obtained from any chief instructor on request.

It's a very good idea to get one of these cards as it contains a record of your grading dates for each kyu belt. It's also proof of grade and identification if you transfer to, or want to train at, another branch.

Syllabus update

The following techniques were officially introduced into the syllabus (senior only) at the 2003 Annual National Seminar:

5th kyu (yellow)

Single Wrist Hold No. 2
Front Choke No. 2

4th kyu (orange)

Side Bear Hug No. 2

Branch news

A new branch was to have opened in early January 2004 at Blacktown in Sydney, NSW. Due to unforeseen circumstances this did not eventuate.

Bli Bli and Maroochydore branches resigned from the academy in 2003.

Spreading the word

In the print media

In 2003, the academy became a bit more known in the Canberra/Queanbeyan area with the publication of three articles in the *Queanbeyan Age* and one promotional article in the *Canberra Times*. All articles can be seen on the web site.

A rear view of Renshi Pete

On Saturday 8 November the Kaleen, ACT, branch had their fifteen minutes of fame when members of that branch did their thing on the ACT television channel seven's Saturday morning children's show *Prime Possum*.

The theme of the show was martial arts and shots of the Kaleen branch were shown in between cartoons, while the show's host commented on martial arts in general.

Prime Possum had a go at tsuki and keri and it was obvious that his human part had done a little martial arts before, as he did these two things quite well considering his physical makeup.

It was an information segment and there was nothing to indicate which of the styles of the martial arts was being shown, so there was no publicity for the academy. But still it looked good and there was a great shot of Renshi Pete's back side, as opposed to his front side, executing a right side riser kick.

It was good to see the show's host in a judogi wearing a white belt and that she had not tried to elevate herself to a coloured belt status, like so many American shows do without justification.

The segment showed that martial arts are for kids and not just a knock-'em-down, bash-'em-up fight to the death as martial arts are so often depicted on TV and in video games.

Communications

www.petermortonjijitsu.org.au



The web site was redesigned in February 2003 in line with suggestions made at the Annual National Seminar in Canberra in 2002. It now loads quickly to make the finding of specific information as easy as possible and improves communication throughout the academy.

Since the redesign, there have been a number of enquiries from potential members and the number of visitors to the site has increased dramatically. The average number of visitors is now over 1500 each month, which is an average of about 50 a day. There are visitors from overseas as well as from Australia.

The web site has information about the academy, including:

- about us, history, photos (more photos will be added when we get the time)
- general information on classes — such as fees, what to wear, what to expect
- standards and club stuff — such as etiquette and judogi standards, prices for badges and belts
- branches — including locations, times and phone numbers (Chief Instructors need to check these details regularly to ensure they are correct and let us know if they aren't!)
- events, gradings, news
- seminars, articles

The log in section for black belts is still being developed and user passwords will be available early in 2004. The log in section will contain standard templates and forms so that these become standardised throughout the academy. This way branches don't need to reinvent the wheel. The log in section will include:

- meeting minutes
- black belt contact list
- templates — such as letterhead, forms, business cards
- standard information brochures
- graphics
- online forms
- CI log in subsection — with information only CIs can access, such as the SOGAP Manual and technique descriptions

OzHosting became our new ISP during the year after they took over Webtrader (our original ISP). There have been some minor problems with the migration of the web site and email functions from the Webtrader servers to the new OzHosting servers but these problems have now been resolved. Previously only Webtrader could add users and passwords to areas of the web site. Now we can add them directly.

It is extremely important that the web site be kept up-to-date, with new information added as often as possible. At the moment the information on the site seems very "Canberra-heavy" because not much information from "out of Canberra" branches has been received. All branches need to send information regularly on any subject, particularly for the Events and Gradings sections of the site.

It would also be appreciated if people would send articles or write-ups, local or national, after events throughout the year. This way it becomes more of a national web site and information is shared from many perspectives.

The academy web site is now the main form of communication. All people in charge of branches and information need to develop the habit of regularly using the web site and keeping the information on their branch up-to-date. It doesn't have to be the CI of the branch, as long as someone does it!

All information and inquiries by email to info@petermortonjijitsu.org.au.

Email policy

The official academy email policy was adopted in its present form at the 2003 Annual General Meeting. The policy and an email guide will be available from the log in section of the web site. The guide will include details on how to set up your computer and how to use your email account.

From 1 January 2004, all communications between members of the academy (where possible) will be done by email and only through petermortonjijitsu.org.au email accounts. Emails about academy business will not be sent to private email addresses after this date.

There are four types of petermortonjijitsu.org.au email accounts.

1. Branch email accounts

An email account has been set up for each branch of the academy. This is to be the contact email address used on the web site and on promotional material. It is the responsibility of CIs to nominate someone to monitor this account.

2. Dan/Purple belt email accounts

All Dan and purple belt members are eligible for a petermortonjijitsu.org.au email account.

3. Event/Function email accounts

These are time-limited email accounts to be used for the exchange of information for specific events or functions (for example, Annual National Seminar registration and information, special course registration and information).

4. Other email accounts

Other members of the academy may be eligible for a petermortonjijitsu.org.au email account if there is a good reason for needing it.

Requests for new email accounts can only come from the Chief Instructor of a branch. A Chief Instructor can do this by either filling in the online form in the log in section of the web site or by sending an email to info@petermortonjijitsu.org.au requesting an email account be set up. So, if you want an email account ask your Chief Instructor to request one for you.

The preference is for members to have automatic forwarding set on their petermortonjijitsu.org.au email account so that messages are automatically sent on to a personal email account.

It is the responsibility of each member to monitor their particular petermortonjijitsu.org.au email account and to keep the account details up-to-date by maintaining the appropriate options, such as automatic forwarding of email to a personal email account, removal of old messages, and so on.

Lists for specific categories of members

National and regional lists will be set up so that emails can be easily sent to specific categories of members. Proposed lists are:

National lists

bod@petermortonjijitsu.org.au — all current members of the academy Board of Directors

ci@petermortonjijitsu.org.au — all chief instructors

sensei@petermortonjijitsu.org.au — all black belts / purple belts

national@petermortonjijitsu.org.au — general information list. Anyone can be on this list.

Regional lists

(Note: South-east region includes ACT, Radcliffe, Queanbeyan and Batemans Bay. NSW consists of Sawtell.)

ci.ser@petermortonjijitsu.org.au — all chief instructors in the south-east region

ci.nsw@petermortonjijitsu.org.au — all chief instructors in NSW

ci.qld@petermortonjijitsu.org.au — all chief instructors in Queensland

ci.sa@petermortonjijitsu.org.au — all chief instructors in South Australia

sensei.ser@petermortonjijitsu.org.au — all active black belts / purple belts in the south-east region

sensei.nsw@petermortonjijitsu.org.au — all active black belts / purple belts in NSW

sensei.qld@petermortonjijitsu.org.au — all active black belts / purple belts in Queensland

sensei.sa@petermortonjijitsu.org.au — all active black belts / purple belts in South Australia

ser@petermortonjijitsu.org.au — general information list for the south-east region

nsw@petermortonjijitsu.org.au — general information list for NSW

qld@petermortonjijitsu.org.au — general information list for Queensland

sa@petermortonjijitsu.org.au — general information list for South Australia

If you are not on one of these lists, you may miss out on receiving important information.

Note: you do not have to have a petermortonjijitsu.org.au email account to be on one of these lists. You can use your personal or work email account. If you want to be included on one of these lists, send an email to info@petermortonjijitsu.org.au with your details and the name of the list you want to be on.

Camp "Take No Prisoners" 2003

Renshi Mark Tomasich

Each year the Sunshine Coast branch of the Peter Morton Academy of Judo Jujitsu Karate holds their annual 'get square with the instructors' camp. Thirty students, with ages ranging from seven to thirteen, attend a weekend camp that the instructors will not forget.

This year's camp started at about 2pm on Friday with a phone call from Shihan Eddie. He and Shihan Dave had arrived safely in Brisbane but were held up due to (and get this) "*peak hour*

traffic". They had decided to miss the traffic and spend some time in Brisbane before heading our way.

I was in another world, busily shopping for the camp, so I didn't put much thought into this. It wasn't until later that evening, about 6.30pm just before the disco, that I remembered the music, the very very loud music, the screaming kids, the stampede of feet and the herd of children from last year's camp. (You know children can smell fear.)

The hour before camp is like childbirth, ladies — just when you are on the table and you remember the pain and say "why?", but it is too late to stop it! It then occurred to me, "*those sneaky rats Eddie and Rolls! They are missing all this extraordinarily loud music, hyperactive children and the mad dash of all our kids!*" No wonder, people, *they are Shihans*. But we lay in wait until their arrival. Eddie and Rolls arrived ten minutes before the end of the disco.

I still remember this as, at about this time, I had lost my hearing and gone blind from the flashing disco lights. The kids had a good time though. Only twenty-six hours to go.

We all retired upstairs and settled in to lots of popcorn, Milo and movies.

After the big night, they finally got to sleep at 2am in the morning, and arose at 5am. Three hours sleep!

6am sharp we started exercises and got ready for a fantastic breakfast. We must have looked great because some of the parents went straight out and bought the instructors a couple of Red Bull energy drinks to get us started.



The kids had a great time training and learning techniques from Shihans Dave and Eddie. We played lots of games on the big oval and created tidal waves in the pool.

Saturday night was our competition and games night. We held basic steps, the highest kick and the longest kick competitions. One of the smallest members, Levi Morgan, won our

highest kick. Tighe Cooper took out our longest kick award.

As for our Kata competition, we had lots of entries. We were all competing for the honour of performing a Kata with Shihan Eddie. Congratulations to Jake Biggs, Joel Smith, Levi Morgan, Tom McGahey and Kyla Dillon. We were all very proud of each and every entrant.

Saturday games night continued with one game where Shihans Dave and Eddie were wrapped in toilet paper until nothing human was visible! They then had to break free from this bondage to claim victory! (Better luck next time Eddie!)

The next challenge was when Eddie and Rolls were tied together with two pieces of string. They challenged two of our students, aged eleven and twelve. The objective was to free each other from the strings in the fastest time. Our students did it in eight seconds. Four minutes later Eddie and Rolls were still going and had actually tied themselves up faster and harder than we ever could. Just to make sure that the students hadn't cheated, they were retied and once again untangled themselves in just six seconds. Did we mention that they were aged just eleven and twelve?

On Sunday it was the big wind down. I can tell you there were a lot of tired eyes with black rings under them...the kids were tired also. We started the day with a warm up and techniques, had a great pool session, finished off a big morning tea and then packed up ready to go home. Everyone pitched in and helped clean the halls, which made it easier on the very very tired parents! Thanks guys!!

I must say that all students were very well behaved and were a pleasure to have over the weekend.

I would just like to say that without our volunteers this camp would not be possible and it would not have run as smoothly as it did. Thanks to our mums and dads, Mark Toomey (cookie), my wife Joy, Linda and Emily Cayman, David (cook #2), Sensei Mark Warrick, Sensei Dave Pointing, Sempei Peter McDonald, Sempei Mark Humphis, Michael Caskin, Mitch Tomasich, Melinda Toomey, and the list goes on...

A special thank you must be given to Sempei Petra Clark who helped organise, shopped till she dropped, stayed both nights and was a wonderful help.

To our special guests and good sports Shihan Dave Rowley and Shihan Eddie Scharrer, we thank you for coming along and sharing the fun with us all! Please come again ☺ (We'll let you win a few games next time!).

Of Foote and Scamp

We have lost two of our black belt instructors: Ian and Naomi (nee Foote) Scamp. Both formerly from the Kaleen, ACT, branch, they scampered from our shores at the end of October to live in old mother England for a year. So they say...but past experience says that they will be there longer. Hope they do not stay there forever.

They plan to foot it around Europe and Egypt, and anywhere else that takes their fancy, with a view to getting gainful employment in England sometime in the future.

This is what getting married earlier in 2003 does; the seven-year itch has set in early for

both. I wonder if there will be the scampering of little foots on the household floor in years to come? There is nothing like producing future black belts.

Does this mean that there will be a London branch of the academy?

We will try to keep track of them, as the Academy Big Brother receives intelligence from our northern operation, and report on the web site their antics up there on the top part of the planet.

Black Belt Stuff

Our newest black belts

February 2003

Danny Ramsden Isabella Plains, ACT

May 2003

Dave Pointing Nambour, QLD
Mark Warwick Nambour, QLD

November 2003

Gareth Kramer Walkerville, SA

Black belt grading — 29 November

The 2003 black belt grading was held at the Police and Citizens Youth Club in Turner, ACT.

One of the most important events in the life of an academy member finally got underway. At about a quarter to midday, it was already hot and humid in the dojo.

The grading panel stood to one side, black belt participants stood ready and onlookers sat in wait.

"*Around the mat*" rang out and all involved officially bowed in. Then, what was to be a long day started to pick up pace as all the basic bits and pieces were run through.

Some hours later, most of the grading had passed into history and it came time for the boxing section. Now, anyone that has ever faced up to a pair of boxing gloves knows what a daunting task it can be — suddenly there are two big red or blue things aiming to do you bodily harm. All you can do is protect yourself, go on the attack and hope in hell that all you have learned over something like five years kicks in and comes to your aid.

Our candidate was putting up a reasonable defence and attack when suddenly he staggered in slow motion, turned around a couple of times (by now people had rushed to his aid), and slowly, with some help, fell to the floor.

He was asked later, after the grading, what had happened. All that he could remember was being hit and then all these faces looking down at him.

The black belt that was the boxer said that he had seen the candidate coming for him so he ducked and, as he did, he threw his arm around



"I'm going to bed now, Gareth. Don't sit up all night looking at it."

for a punch which connected. It was not a hard punch but it struck a vulnerable part of the side of the head. This, combined with hours of grading and nothing to eat, resulted in an unscheduled rest. Fortunately no harm was done.

Finally, after two leg cramps, a hit in the head, four hours of grading and a determination not to leave the dojo without a black belt, all ended for our candidate. The hard bit was over and all that was left was a chat and the decision of the judges.

About half an hour later, "around the mat" was called for the final time that day. It was an unusual sight as all in the room waited to hear the verdict. Seventeen dan belts towered at the head of the mat and alone in the centre, head bowed and kneeling, like a schoolboy brought before the board and feeling very small indeed, was a single body almost becoming part of the mat.

This grading consisted of one candidate only and, right at this moment, he was being engulfed by those in front of him. Then it came...there was no failure this day. Suddenly the newest black belt rose and was on an equal par with those that flocked to greet him.

It is hard enough at any grading, but when you are the only one to be graded at such an important event in your life there is extra pressure because all eyes are constantly on you. There is nowhere to hide. Our candidate did well considering so much was against him.



Gareth Kramer receiving his black belt

Tuesday nights with the black belts

What training night? What black belts? There must be more than three black belts in the whole of the south-east region.

While it is understood that not every dan belt can attend every training night, surely attendance at these nights could be better?

Three was the very disappointing number that regularly turned up, with only one night being an exception, for this once-a-month training night. Of those, two were the academy's Principal and Deputy Principal. What more can be said?

For 2004 there will be a change of plan. Starting on the first Tuesday in February there will be a ten-week consecutive course with Frog. This will be a course on striking nerve centres. Frog will issue those that attend **every** lesson with a certificate that will enable them to teach these techniques.

The course is being held so that these techniques will not be lost and also to generate something of interest for dan grade belts. So get off your ever-widening dan belt and support this once in a lifetime chance.

What will happen to the rest of the Tuesdays in the year? You will have to wait and see!

PS Send in ideas, criticisms, what you would like to do to further your training in the academy, things you would like to learn or re-do, in fact anything that could be done to keep dan belts in training and up-to-date, to info@petermortonjujitsu.org.au.



Gareth Kramer (right) reciting black belt oath

Branch Reports

Australian Capital Territory

Evatt

Renshi Graham Darby, Chief Instructor

Report not submitted.

Contact: Renshi Graham Darby
Phone: 02 6230 3000 (home)
Email: evatt@petermortonjjuitsu.org.au
Evatt Primary School
Wednesday: Jr 7–8pm, Sr 8–9:15pm

Hughes

Renshi Simon MacNab, Chief Instructor Seniors
Renshi David Tuckfield, Chief Instructor Juniors

Our juniors, led inspirationally by Tuck, had another successful year, learning a lot and having a ball in the process. Plenty of fun was had when five of the kids went to the junior seminar held at Kaleen. Despite being in different teams, no one managed to pull off a prize, but that wasn't really the point. To make amends however, three of the troupe went to the junior seminar in Batemans Bay, having yet another great time. Tom won the push-ups competition and our brother-and-sister combination of Meghan and Lachlan were in the team that won the Basic Steps competition. Well done guys!

For the last month or so of the year, classes were run at a furious tempo, with Tuck nearly driving the kids into the ground with repetitive techniques and hundreds of breakfalls — there was even stretching! The result was a grading in December with all seven of those grading passing with flying colours. Well done Lachlan and Jon for gaining your yellows, top effort Meghan, Zac, Thomas, Matthew T and Joshua for reaching orange, and to Mathew for picking up his orange belt at a Queanbeyan grading a little earlier. Well done also to Matthew T for excellence in tsuki and keri, Thomas for excellence in Basic Steps, Joshua for excellence in breakfalls, Lachlan for excellence in techniques and Meghan for best overall performance.

The Christmas party was heaps of fun, although Matthew T managed to get a kick in the mouth. The highlight had to be Bulldog when ALL the kids decided to squash Tuck, or maybe it was the lollies and fizzy drinks?

The juniors now stand at six orange, two yellow and nine basic. We'll be losing one of our orange belts to "Hughes II" in Sydney, but we anticipate a few returns and the new year recruits to

perhaps push our junior numbers past twenty for the first time in a while.

Hughes helped out with the exhibition at the Canberra Show earlier in the year and, despite being far too hot in the sun and Toy being jet-lagged having only got back from Singapore that morning, we had a lot of fun. Most of the kids came along to help out, keen to get out in public and display all they know, and were maybe encouraged by the complimentary entry to the show for them and their parents. The kids enjoyed showing off their skills with two sessions including warm up, tsuki, keri, breakfalls, a few techniques and some ferocious two-man attacks! Plenty of spectators showed interest, with Eddie doing a great job spruiking and the only injury being Maca who perhaps should've warmed up.

Another positive year for the seniors, albeit a fairly quiet one. We've now established a core of regulars and a few itinerates, including Damon, returning occasionally from Sydney where he will be assisting Renshi Don Burow with the new Sydney branch in Blacktown, dubbed "Hughes II". We also picked up some promising beginners throughout the year, including Cameron who won the Canberra Show raffle. We've been having regular visitors from other branches who seem to enjoy the opportunity to pick up additional training, Hughes-style. Just maybe between Hughes, Evatt, St Eddies, Turner and Batemans Bay we'll be able to get Gnat through his brown belt grading this year, assuming he doesn't have yet another car accident!

An interesting feature of the branch is the number of students who have belts with other martial arts and the variety of styles covered. Enthusiasm is so high that there was great disappointment over our intention to break from training over Christmas. Our most populous night for the year was the Christmas Drinks night, with a few of the troupe insisting on training while the remainder looked on with a well-earned beverage in hand.

We had a few grade throughout the year — with Jeff blitzing his yellow belt in September, Skye making the move from junior to senior green in December, and Toy and K standing out in their blue belt grading, also in December. Cameron was unlucky but will certainly build on the experience.

Damon made the trip to cheer the troupe on and was keen to try out some of his judo skills against those grading for brown. We were pleased to have Chris return after moving back from Sydney (perhaps a little sibling pressure from Toy) in time to partner Skye for her grading, although a little unfamiliar with a few of the more recent technique variations. Greg also made his return with declarations of enthusiasm, although it looks like we can now put Adrian and Oppy on our official missing-in-action list. Jeff will be moving to Sydney next year, further strengthening our presence at "Hughes II".

We have a number of basics who are showing promise and, with the recent gradings, returns, visitors and anticipated recruitment, Hughes is looking very healthy for 2004.

In October, four of us made the trek to Adelaide for the Annual National Seminar. The journey was indeed an adventure, with four enthusiastic travellers — all with diverse musical taste — and a mini-fridge. K had no luck spotting the planes over the Hay Plains, Maca had no luck spotting the wildlife on the road (although miraculously missing the turtles) and Jeff and Toy had no luck gaining the appreciation of the other travellers with what they loosely termed "singing". Overnighting in Mildura was a mistake — not a room to be found, thanks to the country and western music festival. After some help, we found a room at the Barmara Country Resort, some 150 kilometres down the road!

The scout facility in the Adelaide hills was fantastic. With a few compromises reached, Toy managed to share the room with the rest of our troupe. The beer fridge fit nicely into the Hughes cabin and we quickly forged a relationship with the lads sharing our room and those adjoining our bathroom.

The variety of sessions was appreciated, though the session put together on the Friday night perhaps wasn't the best idea. The weapons session was a highlight, as was Don's judo session (although regrettably brief) and the techniques shared by the Melbourne lads.

We tackled Challenge Hill as a team and as a team we conquered it, with three of us making it across the river — Toy skipping part of the way before sinking. But perhaps the greatest achievement was Toy making it through the entire seminar without being injured, breaking her injury streak!

The Saturday night dinner was heaps of fun, with Adrian (Maca's black belt training partner, and the son of Renshi Kevin Barrie — the founder of Hughes branch) joining us, and K displaying his Latin-dancing prowess.

The competitions were great fun. We felt unlucky not to win the Peter Morton Perpetual Trophy competition (basic steps) and will be sure to incorporate the "unce-unce" noises to ensure the trophy comes our way next year! K did a stellar job in two-man attack for the second year in a row, and Maca's performance in the scenario game (having an invisible leg-lock put on him) was Oscar-worthy. Tom from Kaleen won the National Self-Defence Trophy (two-man attack) so, being our roommate, we adopted him — finally Hughes had a trophy, which was on display at our first post-seminar training session!

Thanks to Renshi Craig Swingler and the Adelaide team for putting on a great seminar, and congratulations on their 25th anniversary of training in South Australia.

Hughes branch will see some changes in 2004, with a goal to better equipping ourselves to use the techniques we are taught for the purpose they are taught. This developing philosophy will include advanced stretching and the introduction of focused training methods. Stay tuned — and Be Master of Yourself!

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Hughes Primary School
Wednesday: Jr 6:30–7:30pm, Sr 7:30–9pm

Isabella Plains

Sensei Mick Cowey, Chief Instructor
Sensei Danny Ramsden, Assistant Instructor

2003 has been a busy and eventful year for the branch. Our new venue is working well, and the New Year saw a number of new starters as a result of some leaflet drops in the local area. We have been averaging an attendance of fifteen juniors and four seniors, with some peaks of twenty and five.

In March, the branch attended the junior seminar hosted by the Kaleen branch, and our contingent of Chris, Jess, Adam and Greg won for the Isabella Plains branch its first (of hopefully many!) trophy, by taking out the Basic Steps competition.

We currently have a number of juniors close to being ready for grading. Hopefully by the end of the year we will have four students ready for yellow, one for green and one for blue. We also have three yellow belts who should be able to grade early in 2004.

We have a small and very dedicated contingent of seniors, who have reliably attended training each week this year. Sally, Nicki and Ewan successfully graded for their yellow belts mid-year and have been working conscientiously towards achieving their orange belts. With a

little bit more refining of techniques, they should be keen and ready to grade early next year.

We have been very grateful to have had some extra instructor support throughout the year.

A very big thank you must go out to Senseis Ian and Naomi Scamp and Sensei Scott Teys who have devoted a lot of their time to regularly help us out on a Wednesday evening. Thanks also to Shihan Ed Scharrer for coming out and putting us all through a much-needed breakfall workshop mid-year. We all came away with a better appreciation of the skill.

This additional support has proved invaluable to the students and Mick and myself. As a result we have been able to provide a more structured class and give our new members some more focused attention. So thanks again everyone.

Finally, we have arranged for a number of awards to be given out to our junior class for some notable efforts. They are:

Kira Maloney, Demi Fort and Jess Ramsden — trophy for 100% attendance and 'Excellent Effort'.

Johnathon Burden — trophy for 'Excellent Effort' — Most improved and missing only two sessions.

Chris Ramsden — trophy for 'Best and Fairest' and missing only one session. Chris is also the joint recipient for this year's Leonie Corey trophy. Well done Chris.

By the time this goes to print, we will have hosted the final senior grading for the year, and hopefully seen many more milestones achieved. That's it from us, have a safe and enjoyable Christmas break and we'll catch up with you in 2004.

Contact: Sensei Mick Cowey
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Isabella Plains Primary School
Wednesday: Jr 6:30–7:30pm, Sr 7:30–9:30pm

Kaleen

Renshi Peter Wilson, Chief Instructor

Kaleen branch had another good year in 2003. Our junior class held good numbers of thirty to thirty-five juniors and the senior class has also been growing with attendances of twenty to twenty-five students per session.

Sensei Owers has fully recovered from his accident and is doing a fantastic job with his senior students.

During the fourth term we had four seniors grade: John Elliot and Phil Townsend both

graded to brown, and Megan Flemming and Paul Guest graded to orange.

The junior grading was also held at the end of the fourth term, with Jarrod Taylor grading to green, Jelena Kopic grading to orange, and Cameron Meek, Aaron Knocster and Matt Pollard all grading to yellow.

The past year has been very busy for everyone at Kaleen. We had Prime Possum pay us a visit and join in the children's session. The children didn't know he was coming so it was quite a surprise for them! The Prime television station televised the session and it was aired on the *Prime Possum Show* a few weeks later. It was all very exciting.

We also took part in numerous events: a display at the Canberra show, conducted a women's self-defence course and participated in the display at the 2003 Annual Australasian Martial Arts Hall of Fame in June.

Julie and myself attended the Annual National Seminar held in Adelaide during October and had a great time. As usual, Craig and his gang made the weekend a great success. The following month saw us conducting a display at the St Michael's School Fete.

The Kaleen branch held their Junior Seminar in March with around sixty children attending. Shihans Rowley and Scharrer, as usual, did a fantastic job all day. All the children were kept busy and most were exhausted by the end of the day. Don't forget the next Junior Seminar at Kaleen, which will again be held in March.

Sadly, in November two of our black belt instructors left to go overseas for twelve months. Ian and Naomi Scamp are enjoying a working holiday in Europe and England, and I'm sure they are having a great time. We will all be looking forward to their return.

Just to finish off, I would like to thank a few people for their efforts in making Kaleen such a great branch: Michael McKell for all the term newsletters, Cameron Owers and Julie Streeter for the dedication to the branch and to the academy, and John Elliot, Phil Townsend, and Megan Flemming for their help with the children's sessions throughout the year.

2004 is the start of Kaleen's twelfth year and I'm sure it's going to be another great one. Everyone at Kaleen wishes all the branches a great year and are looking forward to seeing you all in the coming months.

Contact: Renshi Peter Wilson
Phone: 02 6241 3472 (home)
Email: kaleen@petermortonjijitsu.org.au
St Michaels Primary School
Thursday: Jr 7–8pm / Sr 8:15–9:45pm

St Edmunds

Shihan Edward Scharrer, Chief Instructor

In the last couple of years we saw the academy and Adelaide hold celebrations for milestone years of operation: in 2002 it was 40 years for the academy and in 2003 it was 25 years for Adelaide. But there was also another anniversary that slipped past unnoticed this year.

Yes folks, you guessed it...St Edmunds also passed a rather significant anniversary this year. Thirty years of continuous operation in fact! Our founder, Peter Morton, kicked this branch off in 1973. He handed the running over to Sensei Bob Kelly in 1974 and he held the mantle of CI and was assisted by Sensei Brian Clark. Bob Kelly retired in 1982 and Brian kept it going until he moved to Coffs Harbour in 1984.

I can still remember how I was coaxed into taking over the branch. Brian called me six months prior to my first night and asked if I would be interested in running the branch. As I only graded to black at the end of 1981, I felt I was still a little wet behind the ears to become a Chief Instructor, so I politely declined saying I may reconsider only if Brian could not find somebody else more willing.

A few months later Frog calls me saying no one else was willing and I was the only candidate, so with reluctance I accepted. I guess in hindsight I'm glad that I did.

For the first couple of years Daryl Lee assisted me before the early start time interfered with his work commitments and he was unable to attend. I was also forced to move the training day around a bit due to the gym being booked for other uses by the school. But I've managed to keep Wednesday afternoons now for quite a number of years.

About ten years ago I was also able to accept enrolments from the young ladies attending St Clare's College just across the road, and for the first time the boys-only martial arts club of St Edmunds became co-ed. While the membership of this branch is predominantly students from these two schools, in recent years I have been accepting other juniors and seniors outside of the school population.

St Edmund's College has always been very good to the academy in that they have never charged me any hall hire fee. As such, lessons have always been free to all current students of both schools. Only in the last couple of years, due to the academy's membership and insurance charges, have I needed to charge the school students any fees.

I don't know about students prior to me taking over the branch, but I have put seven of my students who initially started with the branch through to black belt: Michael McAlister '91, Michael Rix '91, Jeroen Kueter '96, David Leen '96, David Dalla Costa '98, Philip Gaughwin '00 and Steven Dalla Costa '02. There were two others that I nominated to Shodan, but Cormac Farrell had some knee injury concerns and didn't start and Jose Vinales had to pull out due to tertiary study commitments.

I'm still trying for my first lady to achieve this level but as yet none have persisted. I have one current student, Annie Sanderson, who graded to senior green at the end of this year, who is showing every promise to achieve this level. To date, Annie is the highest graded female student to come out of the branch.

Well 2004 will be my twentieth year as CI of the branch. There's been several hundred students that have come through the doors to attempt the challenge of learning a martial art and I must say that, while some have been challenging to teach, I have thoroughly enjoyed my time teaching here and look forward to a good number of years yet.

I wish everyone a happy and prosperous 2004.

Contact: Shihan Eddie Scharrer

Phone: 02 6249 8676 (home)

Email: stedmunds@petermortonjijitsu.org.au
St Edmunds College

Wednesday: 4:45-6pm

Turner

Sensei David Dalla Costa, Chief Instructor

Sensei David Burgemeister, Chief Instructor

Sensei Danielle Woods

It has been another successful year at Turner branch. We have a number of new students who have come to join in our training sessions, as well as many joining us from other branches to participate in the fun. You know it's going to be a rough session when Sensei Dave Dalla Costa starts the session with "*We're going to have an ab workout today!*" or when Dave Burgie starts the warm up session with ten sit-ups, followed by ten push-ups times by one hundred!

At the most recent grading we had a number of students pass. Steven Southwell graded to yellow belt, Paul Dalla Costa graded to yellow belt, Pia Rowe graded to green belt and Diane Cox graded to green belt. These four students have worked extremely hard throughout the year and they really performed their best on the night. They demonstrated true dedication to the club and showed how hard work can really pay off. Special congratulations go out to Phil, John and Chris who graded to brown belt.

All the training for defence against a boxer paid off and made it much less stressful on the night (and hey, what's a few bruises between friends!)

We have had a good number of students throughout the year — on average 10–15 eager people for punishment (Burgie said that).



David Dalla Costa (on the ground) and Julie Streeter

We have also had a number of black belts help out at training sessions, some of them from last year's black belt class. Special thanks to Danny Ramsden and Ian Scamp who attended regularly to assist with teaching. It is good to see many black belts still coming to Turner even though they already know what a typical Dave (x2) session consists of!

All the students worked very hard throughout the year. We hope to see the numbers increasing next year.

We are short two black belts — Ian and Naomi Scamp. They have just recently gone overseas to spend a year travelling around the UK and Europe. We wish them safe travels and look forward to seeing them back on the mat.

We've had our fair share of injuries this year. First it was Sensei Burgemeister. He thought he would have a lovely weekend away just hanging out with some judo buddies but it all turned ugly when his ankle was damaged and he ended up having to have an ankle reconstruction. This kept him off the mat for a number of months, much to the relief of those who needed a break from being grilled in boxing sessions!

Sensei Dalla Costa has had knee problems but he assures us that it's not from jujitsu but soccer, which he is also very keen on (apparently he can really play!).

Sensei Woods is still being haunted by an ongoing knee injury, reminiscent of the gruelling black belt training days of old.

But the highlight injury of the year goes to Phil Townsend who, during a friendly warm up game before training, was desperate to make one last desperate attempt to impress Australian soccer selectors. He dived across the mat in a display never seen before (and likely not to be seen again) to save the elusive goal from being scored. Phil lay horizontal calling "*Burgie, Burgie, Burgie!*"

When we finally registered there was a problem we went to see him holding up his hand — his finger had been dislocated. Talk about bend it like Beckham! It looked like his finger was taking on an alien life form of its own. It required two people's attempts to realign it, to no avail. Anyway, a few hours waiting in intensive care and it's all good.



Front: Micheal and Phil Back: Dianne and Burgie

We would like to say congratulations to Dave Burgemeister and Dave Dalla Costa.

Dave B was just promoted to fourth dan. This is a huge achievement after sixteen years of dedication, talent, commitment and service to the academy. He is a black belt more than three times over, generously offering to partner students for their own black belt grading!

Dave D was promoted to second dan. He has shown a great level of commitment and has brought a fresh new approach to training. Dave has been with the academy for ten years. He shares his own skills and talents through his gymnastics and flexibility and training skills. Dave has a positive approach, always

encouraging and spending time with students, helping them to achieve their goals.

We would like to thank everyone who has trained with us throughout the year and, to all the members of the Peter Morton Academy, have a safe, happy and merry Christmas and happy New Year.

Contact: Sensei David Burgemeister
Phone: 02 6282 2337 (home)
Email: turner@petermortonjujitsu.org.au
Police & Citizens Youth Club
Saturday: Sr 9-11:30am

New South Wales

Batemans Bay

Sensei Adam Duke, Assistant Instructor

Hello from Batemans Bay.

On starting to write this branch report I was thinking "What am I going to write, we have not done anything substantially different to previous years". But isn't it always the case that when we begin to recall important events and seminars, it is amazing to see just what has happened for the year.

This year has really been a year of progression for the Batemans Bay branch. We have seen ways of improving the branch both structurally and within our teaching. Our branch, as it stands, includes sixty-five juniors and twenty-five seniors, which has culminated in the realisation that it was time to relocate and expand to a bigger (and much more hygienic) dojo.

Renshi Tracy Innes did some searching and it was agreed that a move to the Batemans Bay Primary School (where we held this year's junior seminar) was necessary to improve as a branch. Only a Tuesday night was possible though, so as of next year both the Tuesday and Thursday classes will be amalgamated. We look at this as a step forward as we bring varying teaching styles together, to create a better learning environment for all students and instructors. Of course visitors are always welcome.

Our budding young brown belts are continuing with their training with Senseis Patrick, Baranowski and Tobin. We, as a group, are beginning to see them mature in their approach to their martial arts as they continue to strive for their own personal goals. Another group of young instructors, our (relatively) new black belts — Senseis Sean and Amanda Noble, Cathy Dubbelaar, and Simon Ison — have all come forward in leaps and bounds with their enthusiasm and hard work. Sean and Amanda were formally recognised for their work both administratively and in their teaching, jointly receiving Club Person of the Year, which means that the perpetual trophy doesn't need to leave the Noble house for the whole year!

Our Christmas party, held this year at the Pleasure Lea Caravan Park, was another great night. Thanks to all those who came down to present awards (and family), for making it a fantastic night. It was great to see the competitive spirit of Ed, Rolls, Luke and Rod playing doubles tennis (some very unorthodox shot play).

Here are the following award recipients for 2003.

Best and Fairest Boy: Brendan Harvey
Best and Fairest Girl: Zoe Cartwright
Most Improved Boy: Andrew Wallace
Most Improved Girl: Eloise Weston

Best and Fairest Senior: Rohan Paige
Most Improved Senior: Jarrod Smith
Club Person of the Year: Amanda & Sean Noble
Lifetime Achievement: John Fife

Promotions: 2nd Dan: Luke Baranowski, Mark Tobin, Trent Ison, Michelle and Adam Duke.

We had our junior seminar again in 2003 with approximately sixty juniors attending from Batemans Bay and Canberra branches. It is a credit to the parents and instructors from all branches that children from any branch can come to seminars like these and be able to do the same activities as other children from the academy. It is one of the defining aspects of the academy. Thanks must go to the organisers of the seminar for the wonderful spirit and enthusiasm that was brought to the day.

The 2004 Annual National Seminar in Batemans Bay is well and truly underway. More information will become available closer to the date, but it promises to be as big as ever, with different activities for everyone to enjoy. We encourage you to think about bringing families down for the long weekend so they can enjoy some the attractions of the South Coast as all members sweat it out the mats. If numbers allow, we are planning to organise day trips out for families of members to enjoy. If any members

are interested about the accommodation you can go to the web site www.coachhouse.com.au.

Finally, thanks must go to the whole executive of the Batemans Bay branch for their hard work throughout the year, as well as to Frog and Laraine for all their wisdom and assistance.

Best wishes for 2004 and we hope to see you at the seminar.

Contact: Renshi Peter Fetterplace
Phone: 02 4472 8475 (home)
Email: batemansbay@petermortonjijitsu.org.au
Batemans Bay Primary School, Surfside
Tuesday: Jr 5.30–6.30pm, Sr 6.30–8pm

Queanbeyan

Sensei Jeroen Kueter, Chief Instructor

Training commenced this year with much enthusiasm at the Queanbeyan branch for 2003. All the instructors were very pleased to see all the members return for another year of training. We also saw several new students join us in 2003, increasing the regular attendance for juniors to between eighteen and twenty most nights. The numbers for seniors struggled, with average attendance being four. This is something we plan to rectify for 2004 with a member drive targeted specifically at adults.



Queanbeyan branch 2003

Returning this year was Sensei Scott Teys, bringing in his wake a couple of new students, including his daughter, Nadine. The running of classes has been shared by all instructors: Sensei Scott Teys, Sensei Colin Essery, Shihan Eddie Scharrer and myself. This gives the students some variety in their training and balances the load between the instructors when work or family commitments prevent us from attending.

Sensei Teys warms them up and hands out sets of well-deserved push-ups and sit-ups, keeping the group under control. Mysteriously the quantities of push-ups increase and peak when a full moon is present! We are certain that some

of the students sprout fur and roam the streets on the night of a full moon! Sensei Essery adds a different flavour to the night by introducing "KIAH" vocalisation for tsuki and keri, to the dread of the other instructors who struggle to maintain their attention toward the end of the class. Shihan Scharrer sweats the life right out of everyone with a regimen of strengthening exercises, yoga and techniques workshops to "enlighten" even the seasoned warrior.

All juniors were given the opportunity to grade twice this year. Our regular group of yellow belts gained their orange belts after a lot of hard work over the past twelve months. They were: Michael Kontis, James Kontis, Alex Ravello and Lauren Ravello. All the white belts graded under the merit badge system and completed all basic requirements for their yellow belts.

One senior student has mastered the art of disappearing for every grading. For the first draft of this report, I was going to say that "having missed three gradings this year, it was up to Sensei Essery to collect Dante from his home and drag him by his ankles to the grading to successfully grade on 3 December". But Dante eluded us again by strategically coordinating his Year 12 formal with the grading night. Perhaps next year Dante?

It is really good to see that some senior students in Canberra are training more than once a week by visiting the other branches. We have regular visitors from Hughes, Kaleen, Evatt, Turner and St Edmund's College. We also have some of our students visit Turner and Kaleen. One "hard-core" student seems to find the energy to train Monday with us, Wednesday at St Edmund's College and Saturday at Turner. Keep up the hard work Shannon! Any students wishing to train a second night a week are welcome to join us on Mondays.

I'd also like to take the opportunity to congratulate Sensei Essery on his Life Membership with the academy. Colin has been with the academy for many years and even though his family was posted around the world by his wife's employer, he still managed to keep training, taking up judo and aikido where he could.

I am sure that everyone in Canberra is excited to see a new branch open in Sydney under the instruction of Renshi Don Burow. Many of the local Canberra students move to Sydney when they complete college. I am sure we can round up several members eager to return to the academy.

We are all looking forward to the Christmas break to regroup and recharge. We would like to wish everyone a merry Christmas and a prosperous New Year.

Queanbeyan Branch Awards 2003

Best and fairest boy: Ben Richards
Best and fairest girl: Shannon O'Reily
Most improved: Joshua Horvat
Hardest trier: Michael Brightwell



Sensei Kueter with Ben Richards and Shannon O'Reily

Contact: Sensei Jeroen Kueter
Phone: 02 6299 8862 (home)
Email: queanbeyan@petermortonjijitsu.org.au
YMCA Centre, Karabar
Monday: Jr 6-7pm, Sr 7-8:30pm

Radcliffe

Sensei Alan Maconachie, Assistant Instructor

Since the rats have been driven out of our dojo, it has been kind of lonely out here at Radcliffe. We miss the smell, the noise and the way the senior girls flee at the sight of a rat. It is good to know that all the martial arts training is making mighty warriors out of our mere mortal girls!

We have had one compensation to replace the rats, the toilets for the last couple of years have given off a mighty pong that even a blowfly would not go near. It was so good that we took to breathing through our mouths and all talked as if we had a cold. Ah, the sweet smell of nature.

But sadly all good things usually come to an end and the mighty pong has been taken away from us. We now have the very ordinary smell of sweaty bodies and the occasional bottom burp just like all other dojos. The unique Radcliffe odour has gone. Maybe I could reintroduce the atmosphere by turning up for training after not having washed for a week?

Actually it has not been that lonely this year as we have had on average twenty-five juniors and six seniors turning up week in and week out. It was fun for a while with just two instructors so we enlisted two of the more senior of the juniors to help out. Our thanks go to Josh and Alan

Skeates for having performed this little and sometimes difficult task. It sure made things that little bit easier.

In the second half of this year we have been fortunate to have the honour of Renshi Peggy O'Malley come and join our Radcliffe team. It makes a difference to have a woman's touch added to training. Then, in November, we received another boost to our team when Sensei Jerry Vavasour joined us after about six years away from the academy.



Radcliffe seniors in action

Radcliffe now boasts one seventh dan, one fourth dan, one second dan, one first dan, one senior brown belt and one junior brown belt inflicting their knowledge on students. Can any branch beat that?

A couple of years ago Radcliffe trained on twenty-five mats. Now, thanks to the mighty efforts of John and Rosemary Skeates, this number has grown, like the students that have been with us for many years, to a dojo-filling size. We now have sixty-three mats and no more room to expand. I think that the parents of students will have to stop feeding them so that they will not outgrow the dojo.

With our mighty stature, me being a whopping 166cm tall and Shihan Dave being near the same, we have to get a chair to stand on so that we can put a rear strangle on some of the "little" boys that have just left the junior ranks. If they keep growing I will be leaving footprints on the ceiling as I fly through the air after a throw. Who says that we do not look up to our students?

On Wednesday 10 December, we had a party, games and certificate presentation night to finish off the year. I don't know who had the most fun, the students trying to beat up an instructor or the instructors trying to defend themselves without hurting the students. Eitherway it was exhausting fun — for the instructors anyway. We all had a good laugh and got our bodies around a great deal of food.

Yes, it has been a good year at Radcliffe. We have survived demonstrations, seminars, gradings, two-man attacks and trained without injury. The gods have smiled upon us and maybe if we please them they will inflict a pong upon us that says "*this is Radcliffe*", then life would be complete. Who could ask for more?

Contact: Shihan Dave Rowley
Phone: 02 6238 2343 (home)
Email: radcliffe@petermortonjijitsu.org.au
Stoney Creek Hall
Wednesday: Jr 6:30–7:30pm, Sr 7:30–9:30pm

Sawtell

Renshi Brian Clark, Chief Instructor

The Sawtell branch has had a pretty steady year for 2003. Two gradings were held and all students were successful. Our branch grading was followed by a barbecue and a swim at the beach.

We are looking forward to seeing everybody at the Batemans Bay seminar in 2004.

Wishing everyone a happy Christmas.

Contact: Renshi Brian Clark
Phone: 02 6652 8607 (home)
Monday: 6:30–8:30pm
Thursday: 6:30–8:30pm

Queensland

Nambour

Renshi Mark Tomasich, Chief Instructor

The Sunshine Coast branch of the Peter Morton Academy enjoyed a big year. This year provided us with two new black belts: Mark Warrick and Dave Pointing. Mark broke two ribs and Dave dislocated his shoulder during the black belt grading. In May the grading team made a trip up to the Sunshine Coast to regrade Mark and Dave and they didn't disappoint. Congratulations Dave and Mark!

This year also saw new senior brown belts in Petra Clark, Mark Humphis, Peter McDonald, Ben Rutherford, Kirsten Toomey and Robin May. We also have two new junior browns: Levi Morgan and Joel Smith. All are hard at training and preparing for the trip to Canberra to take part in a black belt grading.



Nambour junior class 2003

This year we have seen our senior numbers average twenty per training session with our juniors increasing to fifty per session. This can be attributed largely to the efforts of Dave, Mark and our brown belts. Well done and keep up the good work.

2003 was a big year for me — being awarded my Godan black belt and lifetime membership to the Police & Citizens Youth Club.

Rolls and Eddie made the trip up to take part in our annual junior camp. We had our biggest camp ever, with thirty-four juniors and lots of seniors and parents attending to help out.

Each camp we hold competitions for basic steps, the highest kick and the longest kick. One of the smallest members, Levi Morgan, won our highest kick. Tighe Cooper won our longest kick award. We had lots of entries for our kata competition, where everyone was competing for the honour of performing a kata with Shihan Eddie. Congratulations to big Jake Biggs, Levi Morgan and Joel Smith, with a special mention to Tom McGahey and Kyla Dillon. We were all very proud of each entrant.

Congratulations Petra Clark and Katiejo Marshall for taking out our annual Student of the Year awards.

Petra Clark is a brown belt that has been with us for four years. Petra never misses training and puts in 100% at every training session. Petra helps out at the annual junior camp and always volunteers to help out at the branch when required. Every dojo needs these types of students to make the dojo a great place to train. Well done!!!!!!!!!!!!

Katiejo Marshall is a student in our beginners' class. Katiejo tries her hardest in every single training session and never complains when

given push-ups or other exercises. She is always well behaved and tries 100%. She is a pleasure to teach. Excellent work Katiejo and congratulations!



Petra Clark receiving student of the year award

We finished off our year with the end of year grading. It was a very hot 35° and humid which makes it even harder, but all students put in the extra effort in front of family and friends and did extremely well! The two-man attacks were full-on, with everybody giving 100%. Congratulations to all new coloured belts and we'll be looking forward to seeing you in the new year. Our Christmas party followed the grading, and the students and their families enjoyed a barbecue and the pool.

To Frog, Laraine and all members of the Board of Directors, I would like to thank you for all your efforts and the wonderful job you did during the year. To all members of the Peter Morton Academy, I would like to take this opportunity to wish you a merry Christmas and safe New Year.

Contact: Renshi Mark Tomasich
Phone: 07 5477 6789 (home)
Email: nambour@petermortonjujitsu.org.au
Nambour Police Youth Club
Tuesday: Jr 6–7:30pm, Sr 6–8pm

South Australia

Golden Grove

Renshi Craig Swingler, Chief Instructor

Report not submitted.

Contact: Renshi Craig Swingler
Phone: 08 8289 6413 (home)
Email: goldengrove@petermortonjujitsu.org.au
Gleeson High School
Tuesday/Wednesday: Jr 6–7pm, Sr 7–9pm

Walkerville

Sensei Tanya Ellis, Chief Instructor

Well the end of another year draws near and it's again time to report on how it has gone.

This year has been very eventful. We ran a self-defence course this year and the students gained valuable information (I hope!) and one has even stayed with us.

We had a demonstration at the National Youth Week fair at Prospect Oval and many of us helped at a sausage sizzle at the Walkerville fete to raise \$1400 for the Y. There was also the mandatory quiz night and a couple (I think) of movie fundraisers for the Y.

The Y supports us by giving us a very good rate on hall rental and we in turn offer assistance at their events. We are grateful to the Y for their

support and they in turn have been grateful when our students and instructors have gone above and beyond at their events. I wish to thank our students and James for always being there to assist at these events.

Speaking of James, he has been a great asset in class this year. David and I look forward to him continuing his journey towards a black belt in the future.

David is on the YMCA Board of Directors and has some harrying times and gratifying times at these meetings. I thank him for his input in this area — it always helps to keep a high profile.

David has been away working on the limestone coast for some months and what can I say, except that he was missed. His constant enthusiasm and humour is an integral part of training — as we found out when we had to do without him. It seems he has always been teaching at my side at the numerous branches I have been involved with. So it seemed the team was not quite complete for the time he was away.

He has, however, taken every opportunity to visit and train when he has been back in Adelaide. He has missed training and us and, in fact, called it an addiction that he has been having withdrawals from. I hope that is a compliment.

We have had a lot of new students start this year and our numbers have been more constant and higher than they have been of late. We always seem to attract the nicest and most enthusiastic of people. No, I'm not just sucking up so they will stay...the atmosphere in the dojo is always one of laid-back interest.

I am very happy to see our juniors numbers creeping back up. I often let all the other instructors teach the seniors while I get to play games with the juniors. The energy and viewpoint of the juniors is always re-energising.

Thanks to Steve Whelan (and his family) who has taken the class when I have not been able to.

Congratulations to all the students who have progressed this year, not just at gradings (which have been, for the most part, of a high standard) but in the pursuit of knowledge and understanding in our form of martial arts. The journey is just as important as the destination and that's as deep as I get this late in the afternoon.

Happy holidays and train hard.

Contact: Sensei Tanya Ellis
Phone: 08 8262 1557 (home)
Email: walkerville@petermortonjujitsu.org.au
Walkerville YMCA
Friday: Jr 6-7pm, Sr 6-8pm

What does that word mean?

AMAHOF

Australasian Martial Arts Hall of Fame

Atemi

Strikes to vulnerable parts of the body.

Breakfalls

A series of techniques that, if performed correctly, cushion a fall to the ground.

Dan

Degree; levels within the Dan grading system of Black Belt

Dojo

A place where training takes place.

Godan

5th Dan Black Belt.

Hachidan

8th Dan Black Belt.

Honbu

Headquarters. (Also spelled Hombu).

Jishukan

Ji (personal/spiritual self) Shu (development)
Kan (place, school), founded by Soke Sugita in 1947.

Judan

10th Dan Black Belt. The highest Dan level attainable.

Judo

"Gentle way." A martial art deriving from several jujitsu schools and founded by Jigoro Kano in 1882.

Judogi

Martial art uniform.

Judoka

Participant.

Jujitsu

"Gentle art." (Also spelled Ju-Jitsu, JiuJitsu, JiuJutsu, Jujutsu.)

Kata

"Forms". A collection of strikes, blocks and other movements performed individually and combined into a dynamic movement.

Keri

Kicking.

Kudan

9th Dan Black Belt.

Kyu

Level, levels within the Kyu grading system of students below Black Belt.

Nidan

2nd Dan Black Belt.

Randori

Free practice.

Rei

Bow.

Renshi

Teacher. A title given to Yondan and Godan Black Belts.

Rokudan

6th Dan Black Belt.

Ryu

School or style.

Sandan

3rd Dan Black Belt.

Sensei

Instructor. Title given to a purple belt holder and Shodan, Nidan and Sandan Black Belts.

Shichidan

7th Dan Black Belt.

Shihan

Master teacher. Title given to Rokudan Black Belts and above.

Shodan

1st Dan Black Belt.

Soke

The founder of a martial arts school.

Suwatte

"Around the mat".

Tatami

Mat.

Tsuki

Punching.

Ukemi

The technique of falling safely.

Yondan

4th Dan Black Belt.

Feature Articles

20 years on..

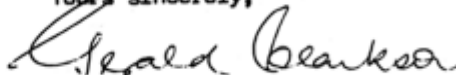
Sensei Alan Maconachie

March 2003 marked twenty years since the untimely death of the founder of the Jishukan Ryu Jujitsu, Soke Shuho Sugita. The Jishukan Ryu is the basis on which our academy was founded. There is one wish that the academy's founder, Soke Morton, has: that the academy remains true to the teachings of Soke Sugita and that the academy follows him both in philosophy and physical teachings.

JISHUKAN AUSTRALIA,
HEADQUARTERS BRANCH,
12 DOWLING STREET,
WATSON, A.C.T., 2602.
14th March 1983.

It is with a great deal of sadness that I have to tell you of the death of our Founder, Soke Sugita last weekend. Shihan Laughlin informed me last night after I had returned from Nowra. The School has asked Shihan Okamoto to arrange for a suitable floral tribute and I have sent a message of condolence from the School on behalf of all members. It is proposed to continue with the contribution from members for the assistance of Soke's widow. I have written to Shihan Okamoto asking for his views on the manner in which this should be done so that we cause no unhappiness by doing the wrong thing. There will most certainly be a correct to make this presentation and he will be able to guide us.

Yours sincerely,



Gerald Clarkson
Principal Administrator.



Copy of letter notifying Jishukan Australia members of Soke Sugita's death

It is also twenty years since the academy officially parted from the Australian Jishukan Ryu. While at the time it was an extremely hard and upsetting time for our founder, in the long run the separation was the best thing for the academy. The separation has strengthened the academy and paved the way for it to survive well past our mortal use-by date.

The past twenty years has seen the academy grow into a full body with many branches that have coherent structure and direction. Yet within this body each branch has its own identity. The academy now stands and functions as one entity in its own right.

As the world moves on, so must the academy if it is to continue. Changes like technology and new laws will force change. These changes are on the most part good and they should be embraced, as they are just another step in the evolution of the academy.

There is one thing that the academy should never lose sight of and that is the teachings of Soke Sugita. These are the academy's foundations and without them the academy would lose its uniqueness and appeal.

NEWS FROM QUEANBEYAN

By James O'Malley

We were accepted as a Senior Branch of Jishukan on the 12th March 1983 at one of the Executive Meetings and are now officially known as the Queanbeyan RSL Senior Branch of Jishukan Australia.

Our numbers are still small in the Senior Member ranks, but we hope to increase them through exhibitions and some advertising campaigns.

We currently have one hundred junior members and have about a dozen regular instructors teaching from our senior class. Our junior classes are on Tuesdays 6.30 p.m. — 7.45 p.m. followed by the Senior classes which commence at 8 p.m. — 9.30 p.m.

Contacts: James O'Malley (President)
Beverley & David Grimmond (Sec & Treasurer)
Kevin Barrie (Branch Steering Committee Rep.)

NEWS FROM QUEANBEYAN

By James O'Malley

We were very honoured to have a visit from Shihan Peter Morton to our Junior Club. Dressed in Judogi he assisted us with the class, and the old touch of magic and experience was once again present, especially when he pointed out a couple of flaws in techniques that were being demonstrated at the time. He suggested the way we were doing them we were laying ourselves wide open to counter-attack should they become ineffective during their execution. He offered to have a couple of sessions with us on revision.

Shihan Morton has also given valuable assistance in boxing techniques, defence and ground work to the current Black Belt class. It is encouraging to see some members of the Canberra Black Belt team attending and making use of this grand opportunity.

Like David Becker from the Rockingham Club said there is a lot to be learnt from a man of Shihan Morton's experience.

I would also like to take this opportunity to thank Sensei Jeff Howerel (?) for his valuable instruction to our Black Belt class in demonstrating judo and ground grappling techniques. He gave up many nights of his valuable time to come along.

On behalf of the Queanbeyan Club I would like to take this opportunity and wish everyone who is a student of the Black Belt class around all the clubs every success in gaining his or her Black Belt.

Contacts: James O'Malley (President)
Beverley & David Grimmond (Sec & Treasurer)
Kevin Barrie (Branch Steering Committee Rep.)

RIP

The academy was saddened to learn of the death this year of the academy's most valuable member...Someone Else.

Mr Else's passing creates a vacancy that will be difficult to fill. He did far more than a normal person's share of the work. Whenever there was a job to do, a meeting to attend, funds to be raised or a function to organise, one name was on everyone's lips: "Let Someone Else do it!"

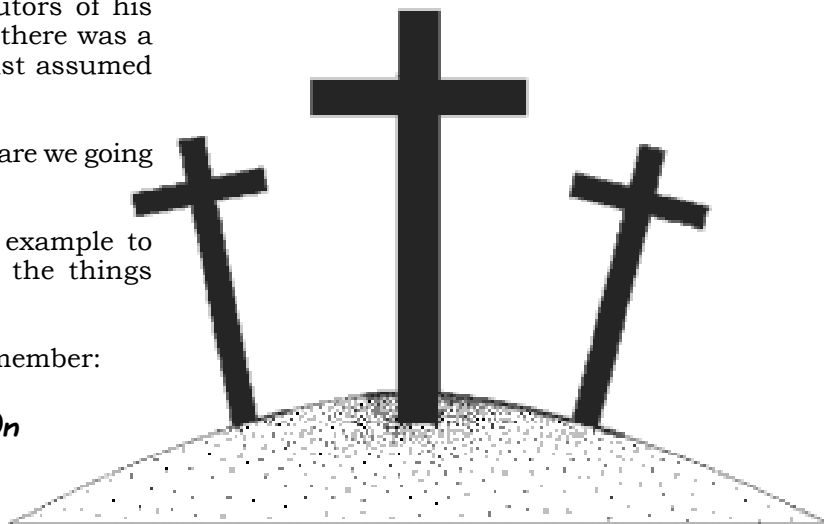
It was common knowledge that Someone Else was among the largest contributors of his time to the academy. Whenever there was a need for volunteers, everyone just assumed Someone Else would do it.

Now Someone Else is gone! What are we going to do?

Someone Else left a wonderful example to follow, but who is going to do the things Someone Else did?

When you are asked to help, remember:

***We Can't Depend On
Someone Else!***



New belt course

It was pointed out that Frog had nowhere to go but down after receiving his 10th Dan Black Belt (which is actually red). It was felt that the following 11th Dan Black Belt course would give him some incentive to maintain his interest in the martial arts. We have also seen our Honourable Principal training heavily in an all-out effort to beat Frog to this level. Our money's on Frog.

Red Belt, Pink Bar Juichidan

Slack-ichi

1. **Escape from Dojo** — the quick exit to avoid clean up and helping with the mats
2. **Sleeper Stance** — standing at the corner of the dojo pretending to be observing the students as they sweat with exhaustion
3. **Sigh of Wisdom** — sudden, forceful exhalation when a beginning student unexpectedly survives a dangerous body slam without injury
4. **Crossing Fingers** — a hopeful posture used when a student has been choked unconscious
5. **Gift of Instruction** — the act of taking credit whenever a student performs a technique correctly
6. **Seeing Without Seeing** — the dazed look of amazement given to the student who asks a stupid question
7. **Kuchi Waza** (mouth technique) — using an hour of class time to answer the stupid question while students sit on their knees in seiza
8. **Mugger's Defence** — offering to lighten the student's wallet to reduce the risk of confrontation
9. **Sensei's Downfall** — failing to ask for enough money to keep the dojo open

Muzt-a-kan

10. **Walk on water** — while it is in liquid form
11. **Disable a man** — using only a tissue as a weapon
12. **Make up meaningless Zen koans** — on the spot (a koan is a nonsensical question given to students as a subject for meditation)
13. **Catch a fly** — with chopsticks
14. **Defeat multiple masked ninja movie warriors** — after they disclose their evil plans to you and leave you to die in an easily escapable situation
15. **Voice-over kung fu movies** — that is — proper coordination between the movement of the lips and the voice
16. **Take a bullet** — not in the chest of course, but maybe in the foot or something
17. **Make your own nuclear device** — with a piece of bubble gum, a pencil, some coconuts and an alarm clock
18. **Change into a judogi** — in a phone booth at any given moment
19. **Sing karaoke** — in the bathroom
20. **Use nature** — to your advantage (sick a dog on the enemy, throw stones at him, climb a tree and hide...)
21. **Fight blindfolded** — win against blind competitors of course
22. **Choreograph** — street fights for Jackie Chan movies
23. **Use an opponent's skill** — as a reason for defeat
24. **Keep all bleeding internal**
25. **Trim an entire forest** — into a bonsai garden in 25 minutes or less

Ei-noz-a-rotz

26. Proven knowledge and ability of all previous courses
27. Completion of a course in "Basic Samurai Sushi"

Smile-itsu-nogo

Laughing at any time will disqualify the potential 11th Dan. If a member of the Senior Board of Examiners makes a comment and then waits expectantly, it may be an indication that he has just made a joke. A half-smile may be tried at this time, but in no other instance. If you are not quite ready for 11th Dan black belt take your 1st Dan black belt test now.

In 2004 look out for...

...a new look kyu grade certificate. This is in a similar style to the new dan grade certificate introduced in 2003.



*Be courteous to each other
Study with a true mind
Teach with kindness*

