

“Be master of yourself”

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The Academy

2005



Non-profit organisation - Founded 1962

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Judo Jujitsu Karate**
Non-profit organisation
Founded 1962

The Academy Volume 18

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As I Saw It

Sensei Alan Maconachie, Editor

Because this year has gone along fairly smoothly with no major ripples through the academy and because there were no articles, except for the usual reports, received from anyone, this newsletter is a bit shorter than usual.

I want another perspective on academy events for the 2006 edition, so send me something, anything, letters to the editor, stories about your branch or a member (good stuff only), a write-up of an event you have been to, something to add interest or information to this publication!

Don't worry if you cannot write prose, it will be translated and readable.

Remember, we are open for business all year and input can be sent in 24/7. It is as easy as pushing a few keys.

On a more serious note, reading through the reports that have been submitted for this newsletter, I was a little worried by the first two paragraphs of Frog's message and felt that it warranted comment.

I find it quite alarming that some of our members are not playing by the rules. These rules, regulations and guidelines are formulated and put in place for very good reasons.

Their main function is cohesion, followed very closely by consistency and safety for all of those involved in our wonderful art. Without these the academy would fall apart and we would not have such a coherent organisation to be a part of. It would be full of infighting and egos. Thankfully this is not the case.

The academy is not about control but rather is a guiding body that promotes, among other things, self-improvement, encouragement and being in control of one's self. By becoming a member of the academy, a person agrees to comply with all the rules of the organisation, therefore whether you agree or not there must be rules. It's only common sense!

I am not advocating a blind sect-like following; question something that you feel uncomfortable with and, if there is a valid reason, pursue it through the right channels. Don't just go off and ignore the rules, sort it out with the right people.

I suspect that those of whom Frog speaks are in a small minority and I say unto them you have three choices: abide by the rules, become involved in improving the rules or pack your bags and go elsewhere, we do not need the disruption that you bring. Here endeth the tirade.

Principal Overview

Shihan David Rowley, Principal

As you would all be aware by now, Renshi Peggy O'Malley was inducted into the Australasian Martial Arts Hall of Fame (AMAHOF). This was well deserved.

Peg's speech on the night was not about what she has achieved as a martial artist but about how she enjoyed herself while she practised our art and the many fun things that she has experienced over the years.

Speaking of enjoyment, Peg was invited to put on a demonstration at AMAHOF. Peter Wilson and Eddie Scharrer were in the demonstration team with Peg and the work that went into preparing for the demonstration weeks before was a load of fun (preparation is the key to any good demonstration).

I wish I had my camcorder at these nights, as I am sure that I would have won the funniest home video with some of the shots.

At the AMAHOF demonstration, Peg, Pete and Eddie did a number of techniques (Pete had a squeaky voice a couple of times, this would have won the \$10,000 prize), then they went into a two-man attack. From all reports that I received, their effort at AMAHOF was highly praised by fellow martial artists from various styles.

When one looks back over time, what Peg said is true. We start out as trainees with different goals in mind and for those that continue and progress to the dan belts their goals change. For some it's what can they give back to the academy and to the instructors who taught them along the way, for others it is the the enjoyment of seeing their students progress in body and mind and for some it's personal gain in stature.



Congratulations to Brian Clark for a successful Annual National Seminar at Sawtell this year, it was great. The seminar was based on our own talents within the academy and, as I have said before, we have plenty of it.

One should remember why Frog started seminars. When the academy was small and only in the Canberra/Queanbeyan area, Frog could get around to branches and hold various training sessions for instructors. As the academy expanded he could see that branches had different variations in technique and that over time these could change the original technique entirely.

So that everyone could come together and so that techniques could be standardised, he started these seminars. Any student should be able to go into another branch and see that all techniques are taught the same and not come away confused.

One final note, I would like to thank everyone for their support and contribution over the year and especially to Rhonda Wilson for putting up with all the meetings that are held out at her home.

Let's get in to make 2006 one of the best years with plenty of training and interaction between academy branches.



Message From Soke

Soke Peter Morton BEM, Founder

Something that concerns me greatly is that some members are not abiding by the rules of the academy. Chief instructors are in charge of their branch and it is that chief instructor's responsibility to ensure that their members are informed of and follow these rules.

Chief instructors are guided by the Executive Committee, which in turn abides by the rules of the academy. The rules of the Peter Morton Academy of Judo Jujitsu Karate are legally documented and must be adhered to by all members at all times.

On a lighter note I wish to thank and congratulate:

- Dave, Eddie and Peter for their leadership of the Academy and Dave and Eddie on their instructions to members during their visit to South Australian branches this year
- Peggy O'Malley on her induction into the Australasian Martial Arts Hall of Fame in June 2005, held at Surfers Paradise, Queensland
- Tanya Ellis for all her hard work in promotions and teaching of her various classes
- Greg Fox for his learning and application in sports medicine and strapping techniques
- Chief instructors of our academy and wish them luck for next year



Laraine and I wish you all a merry Christmas and a happy new year



Editor's note: Chief instructors should have a copy of the Standard Operational Guidelines And Procedures (SOGAP) manual which contains all of these rules. If not, then contact Eddie Scharrer.

Eddie can be approached by any member and he is very willing to discuss the rules. He will guide you along the right path.



Secretary General

Renshi Peter Wilson, National Secretary

Happy New Year to all of you and I hope we all have a big year in the martial arts.

Black pants

Well, first up a reminder that Black Belts are the only ones who can wear black pants from the first term of 2006. Any student who fronts up to be graded and is wearing black pants will not be graded.

The Academy gave 12 months notice to everyone that this would be the new rule, so we all have been aware of the change.

Insurance

A reminder to all Chief Instructors to allow for higher insurance costs in your fees from the start of 2006 so you will not be left short.

Seminars

Please keep in mind that the 2006 seminar is here in Canberra and we want to get as many to attend as possible. So let's start by letting people know early in the piece.

The junior seminar is on again in early March 2006 at Kaleen, so keep reminding your students early in the term.



Web site

Would all Chief Instructors have a look at our web site and if you can contribute anything at all, in particular about your own branch, it would help to keep things updated.

AMAHOF

AMAHOF is holding their awards down in Hobart in early June 2006. Anyone can go and have a martial arts weekend which is very enjoyable. The airfares are cheap and accommodation is also cheap. I would recommend the weekend as a great way of meeting some very interesting martial artists.

Have a good year, Peter Wilson



Treasury Notes

Sensei Alan Maconachie, National Treasurer

This year I have some good news and some bad news.

Membership fee

The good news is that there was no increase in the membership fee in 2005 and there will not be any increase in 2006.

Insurance levy

The bad news is that, as mentioned in the 2004 treasury report, the insurance levy in 2005 did rise to almost double the previous year's premium. In 2004 the academy paid an insurance premium of \$3,447.02, this blew out to \$6,534.55 for 2005–2006.

The upside to this is that the academy is now insured for \$20 million and that there is no planned increase to the insurance levy by the academy for 2006. We are not expecting an increase in premiums for 2006–2007 from the insurer.

Advertising

The academy has managed to keep advertising and its cost to a minimum. Advertising is pretty much the same as last year with the main source being the Yellow Pages complemented by a small amount for the web site hosting. The Yellow Pages expenditure will be reviewed again in early 2006.

The pro rata advertising grant for branches located outside the Canberra Yellow Pages area did not happen this year due to limited funds. Looking at the current financial situation, we may be able to allocate some funds to these branches for advertising this financial year. It may not be a great amount but it will help out branches a little.



Profit & loss 1 Jul 2004 – 30 Jun 2005

Total income	14,395.28
Total expense	9,949.41
Net profit	\$4,445.87

While profit is up on the previous financial year, this small amount will remain in the academy bank account to be used for payment of accounts in advance and to cover unforeseen fiscal events.

Summary

Overall the financial year has been fairly stable. The only major event being the increase in insurance payments which was covered without any major drama but at double the fiscal cost to academy members.

I do not foresee any financial increases in any areas for 2006, although one never knows what an insurer will do from one year to the next and, all things being equal, the academy will not be asking its members for an increase in financial support.



Promotions, Awards & Appointments 2005



Promotions

Name	Branch	Promoted to	Date presented
Peter Fetterplace	Batemans Bay, NSW	5th Dan	30 July
Ben Innes	Batemans Bay, NSW	5th Dan	30 July
Tracy Innes	Batemans Bay, NSW	5th Dan	30 July
Michael Cowey	Isabella Plains, ACT	4th Dan	1 October
Colin Essery	St Edmunds, ACT	4th Dan	1 October
Jeroen Kueter	Turner, ACT	4th Dan	2 August
Cameron Owers	Kaleen, ACT	4th Dan	1 October
Tanya Ellis	Walkerville, SA	3rd Dan	17 September
Catherine Dubbelaar	Batemans Bay, NSW	2nd Dan	1 October
David Clayton	Walkerville, SA	2nd Dan	17 September
Simon Ison	Batemans Bay, NSW	2nd Dan	30 July
Amanda Noble	Batemans Bay, NSW	2nd Dan	30 July
Sean Noble	Batemans Bay, NSW	2nd Dan	30 July
Dave Pointing	Nambour, QLD	2nd Dan	1 October
Danny Ramsden	Isabella Plains, ACT	2nd Dan	1 October
Julie Streeter	Kaleen, ACT	2nd Dan	1 October
Aaron Turner	Golden Grove, SA	2nd Dan	17 September
Gerry Vavasour	Radcliffe, NSW	2nd Dan	23 November
Mark Warwick	Nambour, QLD	2nd Dan	1 October
Steve Whelan	Golden Grove, SA	2nd Dan	17 September
Danielle Woods	Turner, ACT	2nd Dan	1 October

Awards

Peter Morton Perpetual Trophy

Basic Steps Kata

Hughes, ACT

National Self-Defence Trophy

Two-man attack

Kaleen, ACT – won by Kate Townsend

Leonie Corey Trophy

Most outstanding academy junior member

Matthew Zeitlhofer, Hughes, ACT

Australasian Martial Arts Hall of Fame / World Karate Union Hall of Fame

Peggy O'Malley: Jujitsu Instructor of the Year: New South Wales

International San-Ryu-Do Federation

Peter Morton, Medal of Honour and life membership

International Association of Martial Arts Hall of Fame

Peter Morton, Inducted into IAMA Hall of Fame - Pioneers and Legends

Appointments

National Executive

Peter Wilson	Secretary	30 September
Alan Maconachie	Treasurer	30 September

Shodan Oversight Committee 2005–2006

David Rowley
Edward Scharrer
Peter Wilson

Leonie Corey Trophy 2005

The Leonie Corey Trophy is awarded annually by the academy for the Best and Fairest Junior Member of the Year.

Chief Instructors are asked to nominate one of their junior students for consideration for this trophy by writing a few paragraphs about them and submitting it for judging at the Annual National Seminar.

All nominees have shown to their respective chief instructors that they have the qualities of character that make them stand out as worthy nominees for this honour and the judging panel recognises that all junior members nominated for this award are worthy of congratulations.

2005 nominees:

- Jarred Cooper, Batemans Bay, NSW
- Matthew Zeithofer, Hughes, ACT
- Bridget McIntyre, Radcliffe, ACT
- Morgan Adams, St Edmunds, ACT

The 2005 winner was **Matthew Zeithofer**, Hughes, ACT. The following is the nomination submitted by his chief instructor.



Sensei David Tuckfield and Matthew Zeithofer

Matthew Zeithofer

Hughes Branch, Green belt, Age: 11

He has been training with me for almost 4 years and has been a regular participant. He is still coming to training every night, even though much of the class that he started out with has dropped out.

He is a busy boy with other sport commitments, including advanced soccer training grooming him to represent the ACT. Soccer training included three training sessions a week and when the soccer training interfered with jujitsu training on Wednesday nights, he went to train at the Queanbeyan branch on Monday nights for over 6 months.

On many nights he is the only green belt that I have, he is willing to assist by teaching or working with younger students.

His younger brother started training with us 12 months ago and recently went for his yellow belt. There were a few areas where he was not performing and I asked Matthew to help him with some extra training on the weekends and during the week leading up to his grading. I heard from his mother that they did that training and his younger brother passed his grading.

He has attended a number of the junior seminars even though his soccer commitments required that he played his game in the morning, he still managed to attend the seminar as soon as his game had finished.

Each year he has received a certificate from me in some aspect of training, whether it was for just trying so hard, or excellence in tsuki, keri or techniques.

I believe his persistence, dedication and willingness to help puts him in excellent running for this trophy.

*David Tuckfield
CI Hughes Branch*

Frog does it again!

IAMA seminar, Southport (Gold Coast) Queensland, Australia.

In recent years Mr Bal Catolico, International Association of Martial Arts (IAMA) representative for Shihan Gary Alexander in Australia, has presented a series of events that have brought world martial arts leaders together in the spirit of friendship and competition.

The IAMA awards dinner on Friday 28 October 2005 recognised many of Australia's top martial artists. In particular there was the induction

into the IAMA Hall of Fame of the *Pioneers and Legends*, such as our own founder and pioneer Peter Morton, along with Ramon Lawrence, Barry Bradshaw, Mal Lomax, Peter McKean and Peter Kitak.

Saturday 29 October saw a well-attended three-and-a-half hours of seminar. Sunday was a day of combat as the championships offered full contact/bare knuckled fighting, grappling/ judo/ jujitsu and semi-contact championships for men, women and children.

Seminars

Junior seminars

Kaleen, ACT—5 March

The 2005 ACT junior seminar was hosted by the Kaleen branch and held at St Michael's Primary School, Kaleen, ACT.

The day started at 9am with a bowing-in ceremony and a welcome to everyone. Next Renshi Wilson allocated the forty-four participating students into coloured teams. This was followed by warm-up exercises with Sensei Ramsden.

Tsuki and Keri were demonstrated and practiced, with Shihan Scharrer concentrating on the straight punch and the heel of the hand strike.

When all had mastered the two of these, Shihan Scharrer then put them through a good session of *Double Round Kick* and *Ushi Geri*. Students liked this exercise as they could kick as hard as they liked into a punching bag. Some tried to kick the Sensei holding the bag into next week.

Judogi game—following morning tea, which was a feast, came judogi folding and belt tying with Shihan Scharrer, then it was on to a game with Sensei Patrick.

For this game, all the folded and tied judogis were put in a large pile in the middle of the mat. Each judogi was given a point value according to belt colour. The teams lined up in their colour group at various points around the mat then, on a given signal, one member from each team ran and grabbed a judogi. Each team member took turns at obtaining a judogi and when all were gone from the centre teams were allowed to steal from other teams' piles. Finally a signal was given to stop and points were added up. The victors were the green team with the highest point score.

Basic Steps was practiced as a group with Sensei Owers, followed by Shihan Rowley for a couple more runs through and some comments on the finer points of this kata.

On the last run through the second half of the basic steps, the students continued on without an instructor and it was done so well that all in the dojo clapped their effort.

"Be as though you are not there," said Sensei Essery.

"What's he talking about?" came as a whisper from somewhere within the captive audience.



Sensei Essery was explaining the finer points of breaking an opponent's balance when participating in judo. He was demonstrating this with a breaking of balance game where two people face each other and touch hands, feeling your opponent move as you use a soft touch.

The idea is to take your opponent off balance without force and he was explaining that you had to make your moves so light that it was like "you are not there" and your opponent would come looking for you, thereby putting themselves off balance.

Sensei Essery then went on to demonstrate and talk about the nine ways of breaking balance and the correct way to execute these. He made a point that sight is not needed for judo. To demonstrate this he got the students to play the breaking of balance game and perform four of the nine ways of breaking balance with their eyes closed.

At the end of this session, when all were around the mat, a white belt girl asked Dave and Eddie as they were demonstrating some throws, "*can we see you in a fight after this?*" Guess she wanted to see who was the better of the two.

Lunch came and went and to settle everyone down Renshi Wilson got all involved in a game where two students held on to each end of a belt and tried to pull the other off balance without too much force. This eventually degraded into a tug-o-war between students.

Breakfalls and the right way to fall was the next session with Senseis Teys and Ramsden. Here the side and back breakfalls were demonstrated and practiced through a series of exercises leading to a full breakfall. By the end of this practice some students complained that their hands were stinging.

The misconception about women being able to defend themselves was the subject that Renshi O'Malley spoke about and demonstrated in her session.

She demonstrated various blocks with Sensei Essery and to show that women can fend off an attacker or two she called for two black belts to attack her.

Suddenly the dojo went quiet. Sensei Essery said that he would take part and then Sensei Maconachie, who had never been up against Renshi O'Malley but knew of her reputation,

stepped forward like a lamb to the slaughter. The rest of the Dan belts stopped hiding behind each other and breathed a sigh of relief.

The attackers never knew what hit them. They were hit, punched, chopped, thrown and kned in the groin. Every time they made a move on Renshi O'Malley they found themselves on the mat.

Finally, to the relief of the attackers, the demonstration was over and Sensei Maconachie remarked, in a very high voice after receiving a knee to the groin, "*that was fun!*" The students burst out laughing and gave a rousing applause to the attackers and Renshi O'Malley. She definitely proved her point.

Never before have students been so keen to be attacked, so as a follow-on to Renshi O'Malley's session all students participated in individual two-man attacks.

A short break for afternoon tea and it was back into the program.

The martial arts guest this year was John Bear who demonstrated the art of Kokusa Jujutsu. He and his assistant, David, demonstrated a few katas with the use of a long and a short sword and gave a brief overview of what and how these swords were and are used for.

After their session, Shihan Scharrer presented a *Certificate of Appreciation* to John and David as a way of thanking them for giving up their time to do a demonstration at the seminar.

The Basic Steps competition was hotly contested and all competitors put in a great effort but there can be only one winner and that was St Edmunds, ACT.

St Edmunds had one student and a chief instructor in their group, so it was an excellent effort on their part. After their win was announced a black belt remarked about the student's effort, "*He is the Master's student!*" What more can be said?

The Two Man-Attack competition was not held in the usual way of one contestant from each branch. At this stage the program was running behind time so it was decided to pick a winner from the earlier two-man attacks where every student had participated. It was by unanimous decision that the clear winner was Batemans Bay, NSW, and it was won for them with an extremely good effort by Caitlin Saunders.

Certificates and awards were presented, everyone was thanked, the closing ceremony was performed and the seminar finished at about 4:20pm for another year.

Batemans Bay, NSW—20 August

The 2005 South Coast junior seminar was hosted by the Batemans Bay branch and held at the Batemans Bay Primary School, Surfside, NSW.



Hosted by Sensei Rod Patrick, the seminar started at 9am with a bowing-in ceremony and a welcome to everyone.

At the end of the introduction Sensei Rod asked if there was anyone with a medical condition that the organisers needed to know about. There was no reply so Sensei Rod added, "*all parents wrote on the attendance forms that you're all allergic to Macas.*" To this comment a student replied "*don't lie!*"

After the introduction and some convincing Sensei Rod that they all did like Macas, the twenty-six participating students were allocated into coloured teams. This was followed by warm-up exercises with Sensei Rod.

The students were next taken through tsuki with Sensei Luke Baranowski, keri with Sensei Simon Ison and breakfalls with Senseis Luke Baranowski and Mark Tobin, then it was time for morning tea.

After a hearty cuppa and some scrumptious, but bad for the girlish figure, morning tea came the warm-up exercises with Sensei Alan Maconachie.

With food in the belly and the muscles warmed up, Shihan Edward Scharrer showed his style and prowess at a hip throw; then it was on for young and old as the student body sent each other into orbit. Ah, they love a good throwing bout.

Just before the need for an ambulance was reached, hip throwing was called to a halt and Soke Morton held court. The mainstays of the discussion were: why did you take up self-defence (aimed at the students by Soke); breakfalls in sport; and, when the academy was young.

While the students were quiet and focused, Shihan Eddie gave a lesson on what a student should do when training and some of the values that they should exercise in their everyday life.



He said that training should be brisk; that is, lively, quick, full of action and not half-hearted or mechanical. It must be sincere in that it should be free from:

- *Deceit*—not just in training but also in living your life
- *Duplicity*—what you say and what you do can mean two different things
- *Hypocrisy*—say or do something but not believe in your words or actions

He added further to this by stressing that you:

- *Do not abuse the art*—treat it with respect and treat others with respect
- *Focus in your life*—an attack could come at any time, be it physical or emotional, and you must be ready
- *Have awareness of yourself*—this includes others, your surroundings and of potential danger

After Shihan Eddie's warming up of the captive audience, Soke Morton once again spoke. He told of his encounter with Morrie Butt, the story of how he became Sugita's adopted son and of training sessions in Japan.

After Soke Morton had finished, a question was asked as to what the different types of belts are. Shihan Eddie explained these and their order. Then followed lunch.

To settle lunch and warm up the students, a bout of judogi folding and the judogi game were put into action.

After everyone found the judogi that they had arrived in, Shihan Eddie, with the aid of Sensei Luke and to dispel any confusion, revised the techniques *Kneeling Kick* and *Arms Around Body From Behind Feet Together*.

Following the technique demonstration, the students gathered into their coloured teams, not branch teams, for the Basic Steps competition with their allocated instructor. The instructor and their team were given time to run through the Basic Steps one or two times then it was on.

Considering that neither instructors nor students were used to each other, or how the instructor called the Basic Steps, the competition was fierce and closely contested and each performance ran smoothly. Finally with some debate the judges chose a winner and it was Sensei Alan Maconachie's (from the Radcliffe branch) green team that won.



To add a bit of amusement and variety to the day, selected dan belts put on a demonstration of the Basic Steps with attackers, then all dan belts, including the Principal and Deputy Principal, got up on the mat and performed the Basic Steps as a group.

When all the hooha had subsided, a small but loud voice of a 5-year-old white belt was heard to remark to Sensei Rod, "*slow it down!*" His complaint was that the demonstration was too fast and he wanted it slower so that he could see what the group was doing.

What is it about girls and Two-Man Attack? They usually defend like their life is at stake, which is a good thing, and this year was no exception as the girl winner, Regina Simmons, upheld this reputation to its fullest with an excellent defence.

The boy winner of the Two-Man Attack, Luke Riches, put in an admirable display also demonstrating that the boys can hold their own in this competition.

Now that all were revved up and had no place to go, the students were settled on the mat for a round of etiquette questions with Sensei Rod to earn more points for their team.

One question caused debate among a team instructor and the rest of those assembled. The question hotly contested was "*what item of the judogi must be worn at all times?*" The answer is...it will not be revealed here. If you do not know, find out. It might be revealed in the next newsletter. A compromise was reached and a point was allocated to the disputing team and two to the other teams that got it right.

To end the day's activities and to fill in some time while the judges sorted out who won what, a game of British Bulldog, where the students versed the instructors, developed. You can imagine the chaos and fun that this caused.

Finally the students lined up, there was one instructor left to be defeated, they charged and before he could be saved with some cheating

from other instructors, Shihan Eddie was swarmed. As if in slow motion he disappeared slowly down into sea of kids which then folded back and covered him.

Sometime later he emerged with a glowing red face and a grin from ear to ear. Who says that these seminars are only for the juniors? The big guys love them too!

When the mayhem had died down and competition results finalised, all were called around the mat to end the day. Presentations were done, thank yous were exchanged and the closing ceremony completed. The clock chimed four and closed the day.

Competition results

Basic Steps

Winners—Alan Maconachie's group

Two-Man Attack

Girl—Regina Simmons

Boy—Luke Riches

Best Student at the Seminar

Girl—Cheyne Dick-Lenehan

Overall winning team

Red team

Annual National Seminar

Sawtell, NSW—30 September–2 October

The seminar was hosted by the Sawtell branch and held at the Darlington Beach Resort, Coffs Harbour, NSW.

Friday. Arrival, Annual General Meeting, Executive meeting



Cabins at the Darlington Beach Resort

Saturday. This year's seminar was based on the techniques taught by the academy and on the self-defence talents and wide experiences of members that we have within the academy. It started at 8:30am with the usual ceremony, introductions and welcome.

Shihans David Rowley and Edward Scharrer commenced with technique training, demonstrating the finer points of *Hair Hold*, *Side*



The pool where a lot of seminar participants disappeared to

Choke, Single Lapel 1 & 2, Side Ground Choke, Straddle Ground Choke, Arms Around Body from Behind Feet Together 1 & 2.

After a morning break Renshi Dave Burgemeister demonstrated some basic boxing techniques, concentrating on basic punches, basic footwork, slip, slide, and duck.

When everyone had had enough fun at avoiding each other, Renshi Peggy O'Malley conducted a session on women's self-defence.

Renshi O'Malley explained the *Women's Self-Defence Course* and the *Women's Self-Defence Syllabus*. This helped clear up the confusion that existed as to what women's self-defence is about and she explained just what could and could not be taught as self-defence for women.

Following lunch, Renshi Brian Clark conducted weapons defence using a baseball bat and associated strikes and Renshi Graham Darby showed that a walking stick could be used for more than just walking support.

Kempos 4, 5, 12 and *Round Kick* were demonstrated by Shihan David Rowley and Shihan Edward Scharrer and after considerable practise all broke to afternoon tea.

The **National Self-Defence Trophy** for two-man attack was again more than up to scratch. As shown and demonstrated by all contestants, our art does have a practical application in the real world. This year the Kaleen branch claimed the trophy.

The **Peter Morton Perpetual Trophy** for Basic Steps competition was taken away by the Hughes branch and, just to prove that they do practice what they preach, all dan belts took part in an unrehearsed demonstration of the Basic Steps.

Shihan Rowley gave the students more technique advice and training with particular emphasis on *Tekubi Gaeshi 1—Silk Shoulder*.

He commented that when he was learning the finer points of this technique he remembers thinking "*that silk feels like a bag of cement to me*". After dropping the "*cement*" ungraciously a few times, it did not take him long to work out how to make a body feel like silk upon his back.

Shihan Scharrer followed on, demonstrating his finesse and skill at the *Advancing Front Choke*. He then sorted out problems that students had with this technique.

Frog held an information, question and answer session on such things as his early days in the martial arts, the younger days of the academy and comments on the academy today, then it was 5:15pm and time to end the training day.

Dinner commenced at 6:30pm where there were speeches, presentations, promotions and catching up with other branch members.

Of particular note was Renshi Colin Essery's speech after he was presented with his 4th Dan. He gave an emotional speech about how much he enjoys our art, the friendships, how well it all works and how members help each other. He likened the PMAJJJK to a big extended family. He commented on how he will miss it all while he is in Washington DC, USA, for the next 3 years.

Sunday. Renshi Don Burow holds a black belt in judo in his own right and what better way than to start the day off with vigorous judo training. He showed students a different way, that is now practised in judo clubs, to set up your opponent for a throw.

Instead of leading with the right foot across to the left and then turning left, the left foot leads semi-circular to the left and at the same time the body turns left and the right foot goes into place. Once practised it is not as hard as it seems and it maybe a bit quicker than the original way.

Renshi Mark Tomasich is a member of the Queensland police force so it was only appropriate that he took the students through some techniques using a baton. The techniques were simple and effective and they could easily be applied to a short stick, if need be, as a defensive weapon.

Following the morning break, Renshi Dave Burgemeister once again got right into the boxing side of things. This time it was defence against a boxer. He stated that when you are boxing you are going to get hit and that if you think otherwise, then you are fooling yourself. He added that you should learn to take a hit to the head because at sometime it is going to happen. If you have been hit in training then, when it happens in a grading or a fight, it will

not be such a shock and you will recover much quicker.

Renshi Burgemeister also commented that most people could take a reasonable hit to the head without any injury. That's ok if you have been doing boxing like Renshi Burgemeister for years!

After some boxing practice and knockdowns, the whole group settled on the tatami for an information forum. Here students asked questions and the elders of the academy gave answers.

Finally the questions ceased and the seminar came to a close just past midday.

The things that people do

Who was the Kaleen Sensei that fractured a foot at the Annual National Seminar on the Saturday and had to miss out on training? What was the no no that she did that led to this painful mishap and her spending most of the seminar with the foot propped up in an ice pack? Why did she have to drive most of the way back to Canberra on the Sunday in pain? What were her co-drivers doing?

Maybe the injury happened when she was showing off and attempted one too many breakfalls on the kids' jumping pillow? They are not called breakfalls for nothing!

Last report was that Julie Streeter's (oops!) foot was well on the way to mending. Painful way to learn a lesson, hey Julie?

Who was the Batemans Bay Sensei that went out to a local pub, on the Saturday night of the Annual National Seminar, and fell off his chair? My spies tell me that Rod Patrick (oops again!) was unharmed and got back on the offending chair for another go as if nothing had happened. Great night, hey what Rod?

Who were the Queensland black belts, plus others, that took over the same pub and had such a good time with some wild dancing, among other things, and almost got evicted? Orrr... did they eventually get evicted?



The jumping pillow at the Darlington Beach Resort

Sensei Petra Clark (double oops! No relation to Peggy or Brian of the same surname) remarked that it was a night to remember. Her chief instructor backed this up both verbally and with a large grin. Must have been some night Mark, as on Sunday morning you were moving in slow motion at breakfast.

Poor, old Ian Scamp (triple oops!) did not feel too well for sometime. Fortunately he made a full recovery after some tender loving care from his loving, ever-attentive Mrs. I guess there will be more ducking and weaving practice for you in the future, Scampie!

Who was the Sensei that recently returned from the Mother country and Europe without a scratch and somehow got a hit to the head during training at the Annual National Seminar? What happened? He was not sure but he did hit the tatami.

Black Belt Bit

Shodan grading

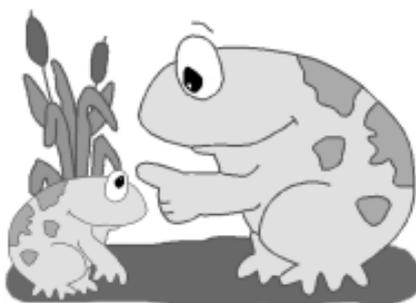
There was no Shodan grading in 2005.

There is a trainee Shodan class one third of the way through their training, so a grading will be held in November 2006.

Black & brown on Tuesday nights

Training for dan and senior 1st kyu belts is held at the Radcliffe, NSW, dojo on the first Tuesday of each month usually commencing at 7:30pm unless otherwise notified.

Training on the first Tuesday of each month for dan and senior brown belts continued throughout the year with a mediocre attendance rate. These training nights will continue throughout 2006.



Annual National Seminar

*29 September – 1 October 2006
Canberra, ACT*



The Annual National Seminar in 2006 will be held in Canberra, Australian Capital Territory.

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

Club Matters

Events calendar

South-east region

Junior Seminar

Sat 4 Mar	Kaleen	9:00am
Sat TBA Oct	Batemans Bay	9:00am

Combined Senior Grading

Tue 4 Apr	Hughes	TBA
Thu 29 Jun	Kaleen	TBA
Wed 20 Sep	Radcliffe	TBA
Mon 11 Dec	Queanbeyan	TBA

Shodan Grading

Sat 25 Nov	Radcliffe	9:00am
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Black Belt Forum

Fri 24 Feb	Kaleen	All meetings start 7:30pm
Fri 30 Jun	Kaleen	
Fri 3 Nov	Kaleen	

Annual National Seminar

29 Sep – 1 Oct (Fri–Sun)
Canberra, ACT
Venue TBA

AMAHOF

10 June, Hobart, TAS

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

Membership

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 all members (including Life Members) **MUST** complete a membership form. This is required for insurance purposes and so that the academy has a proper record of its members as required by law.

It is the responsibility of branch chief instructors to ensure that every active member has completed a membership form and has paid the appropriate fees and levies.

Membership register

All branches must provide a list of members on the approved *Membership Register* form when called for. By law, a register of members must be maintained by the academy and provided to authorities on request.

A list of members by branch has to be provided to the academy's insurer every year. The insurer requires these names to be provided for each branch on the approved *Membership Register* form and no other format is acceptable.

Annual fees & levies

When fees and levies are due, invoices are sent to branch chief instructors.

Chief instructors must ensure that their branch has appropriate funds to pay these fees and levies and prompt payment is required when they are called for.

So plan ahead chief instructors, you have plenty of warning when these monies are due and it occurs every year!

Annual membership fee due:	30 June
Annual insurance levy due:	31 October

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.

Amendment—junior black belt

In the 2004 newsletter it was reported that the junior black belt would be replaced with a new course and rank name.

The original rank name of *Siennen Shidojin* has been amended because it did not describe the rank as originally intended. This junior rank now has the title of *Siennen Shidosha* (Youth Leader) and it will not be referred to as a junior black belt in any way.

Academy items for sale

Academy badges: \$8.00—Contact Peter Wilson

Assistant Instructor badges: \$11.00—Contact Peter Wilson

Merit badges: Branches to order directly from England or the USA. Orders can be placed online with a credit card and they generally arrive within 7 days—Contact Peter Wilson for details

Black belts: new or replacement dan belts are available through the academy. The cost is approximately \$50.00—Contact Peter Wilson

Many Mountain Summits (40th anniversary book): \$15.00—Contact Chief Instructors or see the web site.

Reviews and revamps

Instructors can view or download these documents and booklets in full from the web site.

This past year has seen the completion and updating of parts of the internal rules, regulations and guidelines governing the academy and all instructors should familiarise themselves with their content.

This is an ongoing process and if you have ever written anything then you will appreciate the time that is involved to produce an outcome.

Shodan and Sienan Shidosha

This policy document is an expansion and extensive update to existing policy.

It is divided into two parts.

- Part 1 covers the rules governing the Sienan Shidosha course and the procedure to progress a Sienan Shidosha to a Shodan.
- Part 2 covers Shodan course rules, Shodan candidate basic fitness and candidate medical history.

This document is required reading if you are going to conduct either of these courses. It contains all you need to know about the requirements of a course for both instructors and trainees.

Women's self-defence

As it is a basic tool for self-defence, and contains some key principles and martial arts taught by the PMAJJK, an extensive review, update and revamp of women's self-defence (WSD) has been undertaken in order to clear up a lot of confusion that existed as to just what is to be, or can be, taught in a WSD course.

Two new documents containing WSD guidelines, information and strategies are available:

- *Course Guidelines for Instructors*—a must-read if you are considering running a WSD course, as this document provides instructors with academy guidelines and a starting point to running a WSD course.

It also has a model lesson structure that should help those instructors that are conducting a WSD course for the first time.

- *Information and Strategies*—this publication presents information on victims of a selected range of offences that were recorded by state and territory police in Australia for the period 1 January 2003 to 31 December 2003. It also includes strategies that may be used for protection in these situations.

This publication can be handed out to students of a WSD course and is complementary to the *Course Guidelines for Instructors* document.

Basic elements—kempo & ukemi

This document provides new information about tsuki, kerri, dachi, uke and ukemi basic elements. It contains two parts:

- Required basic elements, which are to be demonstrated and examined at a grading.
- Supplementary basic elements, which are not examined in isolation at a grading but they are examined when techniques are demonstrated at a grading.

Read this document for ideas as supplementary basic elements are a good way to add a bit of variety to a training session.

Rules of the Dojo

This booklet is an update to the etiquette and judogi standards of the academy as written in the *Standard Operational Guidelines And Procedures* (SOGAP) manual. A copy should be given to new branch members. It is available in A4 and A5 booklet format.

Information

This booklet is an information update aimed as a handout and information source for potential members. It covers questions commonly asked about the academy by those seeking information on our martial art and it is a handy publication that should answer most basic questions.

Communications

In the print media

In 2005, the academy had 2 articles published in the *Queanbeyan Age*. All articles are available on the academy's web site.

www.petermortonjujitsu.org.au

The academy web site is a major form of communication. **Please help us to keep the web site up-to-date.** All people in charge of branches and information need to develop the habit of regularly using the web site and keeping the information about their branch up-to-date.



It doesn't have to be the CI of the branch, as long as someone does it!

The information on the site is still 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 & Gradings section of the site.

It would also be appreciated if people would send articles or write ups, local or national, after events throughout the year.

Recent revamp

The web site has been revamped so that it complies with the latest web standards. We've moved some information that people appear to have been missing initially and emailing us about instead. These changes make it quicker to download information from the site and hopefully this will cut down on the amount of enquiries we get for information that is already on the web site.

Web host

Our web hosting provider has changed their name again. They were called Ozhosting but, being part of Destra Corporation, they have now taken on that name. There have been a few minor hiccups but nothing that anyone should have noticed.

Statistics

For the last 6 months, the web site has been averaging 1200 visitors per month.

The top 5 pages visited are:

1. Home page
2. Branches
3. Articles & publications
4. Class information
5. Events & gradings

So it is important to keep these pages in particular up-to-date.

Email lists

We set up some email lists through Yahoo last year. They are supposed to make it easier to send messages to specific categories of members so that the sender doesn't need to know everyone's current email address and no one is missed when general messages are sent out.

Not everyone is using these lists when they should and often people get missed when the sender uses their own, possibly out-of-date, list of email addresses.

If we want to keep these lists going, they need to be used regularly. If you want to be added to one of these lists or if you want another list set up then email info@petermortonjujitsu.org.au with the details.

There are currently 2 national and 2 regional email lists:

National lists

- All chief instructors
- All active black belts/purple belts

Regional lists

- South-east region* 'all chief instructors'
- South-east region* 'all active black belts/purple belts'

*South-east region includes ACT, Radcliffe, Queanbeyan and Batemans Bay

Branch news

The Sawtell NSW branch closed after the last term of 2005.

The Chief Instructor of the Sawtell branch, Renshi Brian Clark, has made a business move to the south Gold Coast border towns of Coolangatta, QLD / Tweed Heads, NSW, and was unable to find a replacement chief instructor to continue on the Sawtell branch. Renshi Clark has keen plans to open a new branch of the academy in his new area early in 2006.

Body bending

Tina Scharrer (wife of the Deputy Principal Edward Scharrer) has now qualified as a teacher of yoga. If there is enough interest, commencing early in 2006, a very basic yoga class, with Tina as the lesson instructor, will be trialled at the Radcliffe branch.

Tina intends to conduct classes as part of her further development and training in yoga and as an added interest for academy members.

The class will be open to all members and anyone that wants to join in. So come along and support her and the academy—who knows you may enjoy it and in the future you maybe able to get your leg around your neck. Think how your kicks will improve!

Full information will be posted on the academy web site.

They've scampered back

It was good to see the safe return of the two senseis, Ian and Naomi Scamp, to our fold after a couple of years living in England and touring the European continent. The old married couple, who tied the knot in February 2003, now resides at the Kaleen branch where they provide a source of distraction for chief instructor Renshi Peter Wilson.

Academy Administration

National Executive

Board of Directors

Principal

Deputy Principal

Area Representatives

Australian Capital Territory

North Coast

Queensland

South Coast

South Australia

Ordinary member

Chair

Secretary

Treasurer

Legal & SOGAP Coordinator

National Chief Instructor

National Chief Instructor

David Rowley

Edward Scharrer

Peter Wilson

Brian Clark

Mark Tomasich

Tracy Innes

Craig Swingler

Peggy O'Malley

Vacant

Peter Wilson

Alan Maconachie

Edward Scharrer

David Rowley

Edward Scharrer

Local Black Belt Forums

Dan Belts

Purple Belts

National Administration

Awards, Promotions & Qualifications Officer

Event Coordinator

Gradings Officer

Historian

Merchandising & Distribution Coordinator

Minutes Recorder

Public Officer

Publications Officer

Registrar

Web Site Coordinator

Tanya Ellis

Peggy O'Malley

Cameron Owers

Vacant

Peter Wilson

Julie Streeter

David Rowley

Alan Maconachie

Michael Cowey

Gail Bird

**We
Want
Your
Words!**



Branch Reports

Australian Capital Territory



Evatt

Report not submitted.

Contact: Renshi Graham Darby
Email: evatt@petermortonjujitsu.org.au
Evatt Primary School
Wednesday: Jr 7–8pm, Sr 8–9:15pm

Hughes

Renshi David Tuckfield, Chief Instructor
Renshi Simon MacNab, Chief Instructor in absentia

Another eventful year for Hughes—and we've a trophy or two to show for it! But we'll get to that a bit later. Hughes is about more than trophies—we're about teaching eager minds how to protect and defend themselves, and 2005 has definitely been a success. This year has been particularly different with Renshi Tuck running the branch without Renshi Maca for most of year.

The junior class has been moving in leaps and bounds, with more than 25 kids on the books and roughly 20 showing up each week. We currently have three levels of white belts, two levels of yellow belts, a few orange belts and two green belts. The class is now so large and dynamic that we're looking at running two gradings next year, rather than just the usual end-of-the-year grading. There will be a number of kids grading at the end of the year, but unfortunately some kids have been away for a number of training sessions, or have just started too late into this year which means they will not be quite ready. They shouldn't despair as we will be holding another grading sometime in the first or second term of next year, depending on how hard they work in that first term.

It was very difficult to decided on who got which awards this year, as there are some very close contenders.

Junior awards handed out this year:

<i>Excellence in Tsuki & Keri</i>	Zoe Tuckfield
<i>Excellence in Basic Steps</i>	Mickayla DeLaRue
<i>Excellence in Breakfalls</i>	Jack Bartlett
<i>Excellence in Techniques</i>	Alex McAlister
<i>Most Improved</i>	Alexander Fenton
<i>Best Overall Performance</i>	Matthew Zeitlhofer

A highlight this year has been the number of dedicated senior students who have been coming along to the junior class and helping out with instructing. Thank you very much to

Nat, Skye, Chris, Craig, Erin, Dante, Ingrid, Sam and Kris. Tuck really appreciates the help, particularly given he's been running both the seniors and juniors on his own for most of the year.

Unfortunately we didn't have many kids make it to the Kaleen Junior Seminar, mainly due to other sporting commitments on the Saturday. Zoe, William and Matthew flew the Hughes banner and had a great time as usual. They weren't lucky in the way of being in the winning teams, but they learnt some things while having fun, which is the most important thing. Congratulations to Kaleen for running yet another successful seminar. Unfortunately we didn't have any kids make it to the Batemans Bay Junior Seminar. Hopefully at least one of the junior seminars next year will be held on a Sunday, and we'll see more Hughes juniors able to participate.

This year, for the first time, Hughes nominated a worthy, dedicated student for the Leonie Corey Trophy. This has been a conscious choice, due to the significance of the award, and the calibre of nominees. This year there were four nominations from branches all around the country. Congratulations to all the nominees. Matthew Zeitlhofer, a Hughes junior green belt, was our inaugural nominee, and also fortunate enough to win this coveted award. Matthew has been with Hughes for 4 years, and has always been an exceptional student, continually giving



Hughes juniors at the Kaleen junior seminar

his best and trying hard with his techniques. An example of his commitment was seen when he wasn't able to come to training at Hughes on Wednesdays because of another commitment, so he went out to train at the Queanbeyan branch on Monday nights for 6 months. Matthew is happy to help others when asked and played a major role with helping his younger brother get ready for and pass his yellow belt grading. Matthew has attended at least one junior seminar each year, even though he may only make half the day due to other sporting commitments on Saturdays. Every year he has received an award for some aspect of his training. Congratulations Matthew!

Renshi Maca, our CI for the senior class, decided to take a well deserved 9-month break and move up to Port Macquarie this year. While up there he's been expanding his martial arts knowledge, including learning a few Hapkido tricks each week, as well as doing some major relaxing! Renshi Maca's timing is also impeccable, due to the large junior class now attending, we were having a problem with mat space. The day after Tuck mentioned this to Maca, Maca came across twenty second-hand mats, which fitted in nicely, at a reduced price. Good to be in the right place at the right time. The mats were then transported back to Canberra by Nat and Carol—a big thank you for that!

While Renshi Maca has been in Port Macquarie, he has made a few trips to train with the Sawtell branch and also managed a couple of cameo appearances back in Canberra. He also makes regular trips to Sydney to train with the Hughes Branch North Shore Training Group—a few of our Sydney-based Hughes students who get together every week to maintain their skills. We're hoping students from ANY branch who move to Sydney will join the group for weekly training in North Sydney, and perhaps traveling black belts may also drop in to offer some guidance.

Our senior class is a rather nice size of about 15, with almost half of them ring-ins from other branches. We do appreciate our ring-ins though, as most come to help out with the junior class before staying on to do the senior training. The Hughes students are all very dedicated—we've picked up a few new students, seen the return of some old ones, and also seen the commitment of our Sydney-based students! Craig has returned to training as a Blue belt, after an absence of about 10 years—nice to see him back. The Blue belts—Kris, Sam, Skye and Nat—are all starting to get into the swing of things in preparation for their attempt on the Brown belt. It has been stressed that they must complete the entire grading to the highest standard, and each is doing other training and fitness training outside of normal lessons. Ingrid has been working on her focus and breathing and getting ready for her Green belt grading. Andrew and James have been working hard and are almost ready for the Orange belt grading. Hopefully by the time this is published we will be teaching all of them their new syllabus.

This year we started including some dynamic movement into our techniques as something different, with everyone enjoying those sessions. We have also included some blocking techniques, Uki, which made us think more about working in close. We will continue to work on this as we move into next year and, with Maca's return with newfound knowledge, it should make for an interesting 2006.

Hughes branch has a history of losing our students to all parts of the globe and 2006 will be no exception! Two of our White belts are moving to Sydney or Wollongong at the beginning of next year for uni—so hopefully we'll manage to line them up with our North Sydney Training Group. Ingrid and Claire will be moving to somewhere in Europe, at different stages of next year...perhaps time to set up a North Europe Training Group? Good luck to all our



The winning Hughes team at the Annual National Seminar performing Basic Steps

travellers in all their endeavours. Hopefully we'll see you back at Hughes sometime in the future.

We had 8 Hughes members attend the Annual National Seminar this year in Coffs Harbour: Renshi Maca from Port Macquarie; Sam, Kris, Ingrid and Nat from our normal training sessions at Hughes; and Damon, Jeffrey and Nigel from our North Shore Training Group. Did you know? We WON the Peter Morton Perpetual Trophy (Basic Steps Competition)! Why this year and not other years? We don't know—we do it the same way every year. This year however was quite an exceptional feat as, due to the timing of the Sydney moves, the entire team had never done the Basic Steps together! Maca and Tuck reckon it's the instructing the individuals in the team received over the years that enabled them to be focussed, synchronised and technically correct. Just goes to show that when Hughes train someone, they stay trained! The real reason they won was that each member of the team is an exceptionally dedicated student, who understands the Basic Steps and also the cooperation required when working as part of a team. Congratulations team!

Finally, we'd like to thank Shihans Rowley and Scharrer for their leadership and support this year. We also wish to thank the Committee and people who keep the club running—without their dedication to the club we would all be rather bored on a Wednesday night.

All in all a rewarding, successful year for the Hughes branch. Hope to see familiar faces (and some new ones) in the new year. We won. We won!!!!

Contact: Renshi David Tuckfield
Email: hughes@petermortonjujitsu.org.au
Hughes Primary School
Wednesday: Jr 6:30–7:30pm, Sr 7:30–9pm

Isabella Plains

Sensei Danny Ramsden, Assistant Instructor

Hard to believe another 12 months has passed. The best way to describe 2005 would be as consistent. The Isabella Plains branch has enjoyed having a loyal core of senior and junior members filling our ranks.

We had two successful gradings, one in term two for the juniors, with Kira, Demi and Jessica grading for their orange belts. With many of the juniors entering their teenage years, we are starting to suffer a little attrition from some of the long-term members. Many are now finding other out-of-school hours activities to occupy their time.

We are also facing the issue of some of the teenage boys having literally outgrown the junior class. Rick made the step up earlier in the year at 14 years of age and has been

managing the senior class admirably. Although weighing about half of some of our more solid lads, who range from 120kg down to 90-odd kg, he is always keen for a grapple. His youthful exuberance never seems to wane and he is always keen to take advice onboard. Although putting this advice into action still needs work. Just ask Craig, who tried to explain the phrase "*what goes around, comes around*" to Rick. Apparently Craig had some concerns about being thrown and being left to his own devices in working out how to land the right way up on the mat. Five seconds later I observed out of the corner of my eye an airborne Craig one metre above the mat completely horizontal with Rick adopting the hands-off approach. Imagine a 95kg sack of potatoes hitting the ground. Ouch! Needless-to-say, Rick is still trying to live that one down.

Next year we are planning to give Chris (a junior blue belt) a run in the senior class. He has been helping out in the junior class for the past 18 months, but has not had much opportunity to work on his next belt, so hopefully he will benefit from the move.

Our senior group was successful in their orange belt grading earlier this month, with Scott, Craig, Mathew, James and Rick now proudly wearing new belts. Peter Cowey narrowly missed out on his brown belt, needing to refine his boxing technique over the holidays in order to grade on this component in early 2006.

Mick Cowey was also promoted to 4th Dan and I was promoted to 2nd Dan. Mick has been working hard on his fitness and has been helping out over at the Queanbeyan branch on Monday nights. Scott Teys, the Chief Instructor from Queanbeyan, has again been a regular at Isabella Plains, providing invaluable assistance in helping us out with instructing. There has also been some cross-pollination between the branches with members from both branches training at the two venues.

We are all looking forward to a break from the Wednesday night routine and I'm sure we will all return, refreshed and ready for an eventful year. We are planning to conduct a Saturday morning fitness campaign over the break, so hopefully the first training session back won't be too much of a shock. If you want an additional workout, give us a call and join in one morning.

From all of us at the Isabella Plains branch, have a safe and enjoyable Christmas and New Year.

Contact: Renshi Mick Cowey
Email: isabellaplains@petermortonjujitsu.org.au
Isabella Plains Primary School
Wednesday: Jr 6:30–7:30pm, Sr 7:30–9:30pm

Kaleen

Renshi Peter Wilson, Chief Instructor

We wish you all a great 2006 and a peaceful year as well.

Well, Kaleen had a very successful 12 months with 20 seniors and 35 juniors attending classes throughout the year.

In June we had Dr Phil and John as well as Mick the mechanic start the Shodan course in Turner. They seem to be able to handle it at this early stage and are keen to show that they could be a bit fitter than anyone else at Kaleen, so time will tell how they go in maybe about another 6 months. Anyway we wish them all the best on their journey to black belt.

We had a few of our seniors attend the Annual National Seminar in Coffs Harbour in October. They drove up in a hire car and took turns at driving. One of the problems they had was that Scampy insisted on snoring when he was dozing so the drivers had no trouble in staying awake during the trip. I hear that Flea and Jarrod were on their best behaviour for the whole weekend so Mother Streeter did not have too many problems with them on the weekend. The Kaleen branch raised money by selling Krispy Krème donuts to pay for their weekend, so it was a quite good effort by all. In total we sold 200 dozen donuts which is over 2400 in total, a big tummy ache if you ask me.

We had a few children attend the Junior Seminar at Batemans Bay in August and they enjoyed the day and had a lot of fun.

Two of our black belts were promoted during the year: Sensei Cameron Owers was promoted to 4th Dan and Sensei Julie Streeter was promoted to 2nd Dan. Well done guys, you have deserved it with all the work you put into the academy.

We were lucky enough to have the Scamps return late in the year after being away for a couple of years. Their keenness is still good and it's great to have both of them back on the mat. Sensei Streeter has been a power of strength with her fundraising ideas and has made it a lot easier for our members to attend seminars, so go girl.

Kaleen branch had two junior gradings during the year and all students, I am happy to say, passed with flying colours. In the earlier part of the year we had Ethan, Jordan, Luke and Thomas grade to green belt. Nathan, Sophia, Martin, Shayne and Douglas graded in the later part of the year and our little chatterbox, Erin Townsend, also graded for her green belt. Chloe Riches did a grading all on her own and passed to gain her green belt.

There were some seniors who also graded during the year: Taranii, Su-lin and Claire all graded to green belt, with Tom Wells graded to blue belt and Natalie Ziolkowski graded to yellow belt. We would like to thank those visiting black belts who came over during the past year and put in their two bob's worth in the classes; your expertise is greatly appreciated.

Two of our hard working junior seniors Jarrod Taylor and Flea Reid graded to senior blue belt at the end of the year after a lot of worry on Flea's part thinking that she was not up to it. Anyway, it all came together on the night.

On our last night of training we arrived at the hall to find that the school had forgotten to let us know that they had a function on. After a short period of panic by Renshi Owers, we decided to go out on the oval and have very informal training session. All the kids got a great kick out of the different scenery and had a good time. That, of course, was helped along by Sensei Ian Scamp who had them doing keri and didn't notice that the kids still had their thongs on so there were thongs going all over the place. It all added to the final evening.

Well I think I have been rambling on long enough and would like to finish up wishing you all a great year of martial arts.

Don't forget the junior seminar in early March 2006 at Kaleen.

Contact: Renshi Peter Wilson
Email: kaleen@petermortonjujitsu.org.au
St Michaels Primary School
Thursday: Jr 6:60-8pm, Sr 8-9:30pm

St Edmunds

Shihan Edward Scharrer, Chief Instructor

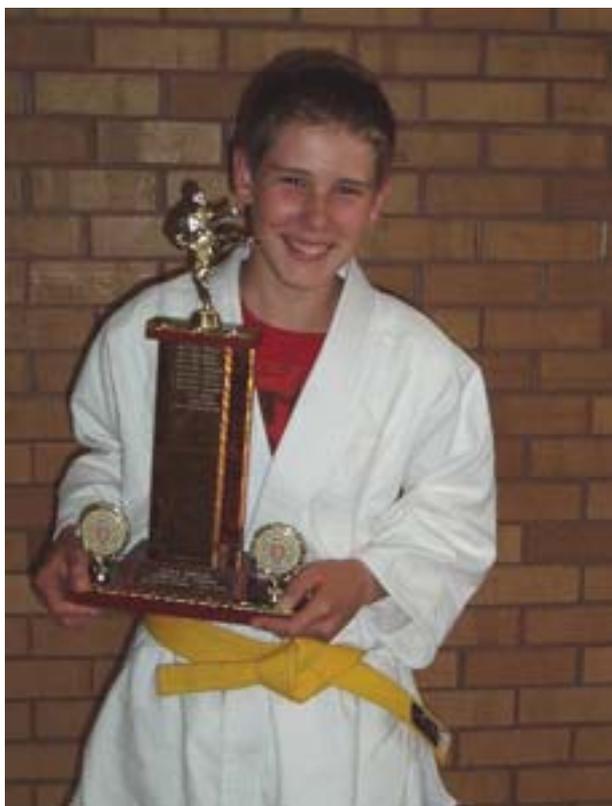
This year seemed to be the year of the "ring-ins" with several people coming from other branches to enjoy a second training session and a few of St Edmunds also visiting other branches on a regular basis. Without these extras it would have been a quiet year, as our actual enrolments didn't make it into double figures. But I would rather look upon it as a year of quality rather than quantity.

Once again I'd like to thank all my assistants. Renshi Col Essery for his good grace, humour and expertise on the mat. His sessions always kept us thinking and challenged. His smiling face will be missed as his family has moved to Washington DC for the next 3 years in support of Liz's work posting through DFAT. Also to Chris for his continued loyalty and support and now Tim who comes to us needing a new home branch as his Shodan training is clashing with his regular Queanbeyan time slot.

There have been a few records set and interesting and funny events that have occurred this year that I would like to share.

A family began training last year and continued this year. Amanda (Mum), Lauren (daughter) and Morgan (son). Having had some experience in the martial arts they integrated well. Last year Amanda announced she was pregnant. In (around) April we all offered congratulations to Amanda on the arrival of baby Pru. Now Mum still wanted to train so, in the interests of equity and diversity, Amanda continued with baby Pru waiting patiently in the pram until baby wanted something like a feed, a change or just an attentive cuddle! It seemed to work OK, although some sessions Mum spent more time with bub than on the mat. Later this year, when Pru was out of the pram and crawling about, there were some new challenges. Baby Pru seemed determined to get on the mat and join in with everyone else, only to be thwarted by Mum who collared her and put her safely back out of the way. There were a couple of scenes where Shihan, in an effort to allow Mum the freedom of some time on the mat, was left holding the baby (yes, quite literally!) and barking orders from the sidelines. This only lasted until Pru became a wiggle worm telling me that she wanted Mum to hold her now.

On the second last night of the year during a drink break when no one was on the mat, Pru finally made it there. I'm thinking this must be some sort of record, our youngest member at 7 months old.



*Morgan - Kaleen Junior Seminar
Basic Steps winner*



St Edmunds (L to R): Shihan Scharrer, Tim, Dante, Erin, Renshi Essery, James, Aaron

Her excitement was palpable: "I'm here, I'm here, so, what happens now?" Her wistful looks around to everyone were almost like "Hey you guys, aren't you supposed to be here too?"

Then during the stretch segment Pru was again sitting in the middle of the mat with everyone else encircling her. As we slowly went through the stretch exercises, baby delighted in crawling around to each person to inspect all the funny angles we were shaping our bodies into. I could not resist saying that Pru was checking to see that everyone was doing their exercises properly. It was a good stretch session mainly due to all the laughter!!

Then during the tsuki and keri, Pru again wanted to get into the action, which was not good because I could see baby getting kicked right over the black dot!! Shihan to the rescue again. So here I am sitting on the floor in front of the class barking the count with Pru on the floor in front of me. Now I just had my hands near Pru to ensure she did not escape but I was watching the class. After a minute she had settled down and I was thinking to myself, "Gee, the bub's behaving herself nicely right now". When I looked down I found out why. Here she was sitting quietly in front of me with this angelic expression on her face, sucking on one end of my belt!?!

"Does that taste good?" was the only question I thought to ask. Pru answered by simply reaching for the other end of my belt. Oh well, life gets that way sometimes!

Morgan also had a notable year. He attended the Kaleen junior seminar as the only junior representing St Edmunds branch. Not only was he a part of the winning team, but he also won the basics steps competition single-handed. (Hopefully the judges were not watching me!) I also nominated Morgan for the Leonie Corey Trophy, which is an honour in itself. In the last



Morgan doing Side Ground Choke on Chris

session of the year, Morgan graded to orange belt at the Kaleen branch. After the grading, Renshi Cameron Owers mentioned that he displayed a standard high enough to have passed the senior orange level. Well done Morgan!

Another St Edmunds member stands on the cusp of another first for our branch: that being the highest-graded female member ever. Erin Taylor has been a continuing force in the branch and looks to take the record in early 2006 with a senior blue. Congratulations in anticipation Erin!

Finally a few words from Erin to finish off the St Edmunds report:

Well the time has come again where Shihan Scharrer asked everyone in our club to write a little paragraph for the newspaper. This year has been an interesting one at the St Edmunds branch, watching people come and go, having from 20 people down to 3 from week to week. Our club has been working hard and it is good to watch people advancing through their belts, getting their certificates, which shows their improvement and achievement. Although we didn't have a big turnout from our club at the Senior Seminar (myself and the two instructors), it was still fun and well worth it, even just to have the trip up to the sunny Coffs Harbour.

*ciao!
Erin*

Wishing everyone a prosperous 2006!

Contact: Shihan Eddie Scharrer
Email: stedmunds@petermortonjijitsu.org.au
St Edmunds College
Wednesday: 4:45–6:30pm

Turner

Sensei Danielle Woods, Assistant Instructor

First of all, we would like to wish everyone a Happy Christmas, relaxing holidays and a safe New Year.

*On the home front...*The start of 2005 was a very exciting one for the Burgemeister family with the birth of their first baby, Jackson. He has brought Dave and Michelle much joy and we believe he has already begun training in one-arm push-ups!

Dave (no.2) and Sharon are enjoying watching little Kaitlyn grow. This girl has definitely got stamina; firstly she is a mover (she can run!) and secondly she has already easily mastered front snap kick (bit of home training never went astray!).

Recently, on a phone call to one of my friends she distinctly heard the word "Muuuummm!" to which she said "I didn't know you had a child" and I told her "No, that's my cat!" (who, by the way, has already shown skills in back spinning kick and front scratch kick!).

*Meanwhile back at camp base Turner...*I believe the students thought, what with babies and Senseis getting no sleep, training just might be a touch easier this year—wrong! If anything, it just seemed to pump them more much to the pain of the people training. We had a few new students and some carried over from the previous year, but with the onset of winter months at Turner PCYC (no heating or insulation people, please!) some students quietly disappeared. Mind you, that may have had a little something to do with the new brown belts training for their black belts starting up—who knows! You see, when you train at Turner and there is a class training for their black belt, all the other students support these people by training hardcore with them!

Those who have been around since Burgie trained the last group remember only too well the pain and suffering of the previous group and as such are coming up with all kinds of excuses for missing training, like: I have an exam, I have a wedding to go to, I think I left something on the stove, my cat is sick etc, but the best excuse of all (and only one person was able to pull it off) is: I have to go Finland!!

The branch also saw a number of successful gradings this year. Tim Heaney, Tim Thongsrinoon and Shane Cleary graded to yellow and Paul Dalla Costa graded to blue. With quite a few students getting ready to grade in the New Year, 2006 is looking to be another successful and busy one.

The second half of the year... Monday nights at Turner saw Dave B and myself working hard training the brown belt students for black belt. Saturday mornings saw Dave D busy drilling lots of old favourites. Recently, he had the students kicking all morning, which meant they had to rest up (and ice) the rest of the weekend (but they secretly love it!).

The Black Belt class... The people training are: Sarah Luck—from Evatt branch, Tim Michalis—from St Edmunds/Queanbeyan branch, and John Elliot, Phil Townsend and Mick McKell—

all from Kaleen branch. We are sure that their own home branches are very proud of them and how far they have come already and are giving them lots of support (especially in 2006).

We hope you all have a restful break and 2006 is a successful, prosperous and healthy year for you.

Contact: Renshi David Burgemeister
Email: turner@petermortonjujitsu.org.au
Police & Citizens Youth Club
Saturday: Sr 9–11:30am

New South Wales

Batemans Bay

Sensei Amanda Noble, Assistant Instructor

The Batemans Bay branch has had a big year, with Rod Patrick taking over the CI position from Tracy Innes. Some of our long-serving black belts received promotions:

- 5th dan: Peter Fetterplace, Tracy Innes and Ben Innes
- 2nd dan: Amanda Noble, Sean Noble and Simon Ison

Congratulations to those people.

Our Batemans Bay junior seminar was a great success, with thanks to all the academy members from home and Canberra attending. We would also like to thank Soke Morton, Shihan Scharrer and Sensei Maconachie for attending. A big thanks goes out to the senior members for helping out as much as they could on the day.

Congratulations to Brian Clark for a job well done with the Annual National Seminar. All of the Batemans Bay branch members who attended thoroughly enjoyed themselves and learnt new skills to teach to our students.

Every year our branch goes to Carroll College for Careers Week and does a demonstration. This was pulled off with great success, with many interested.

Doris Forrest was presented with her Ten Years of Service award. We all thank her for all her help throughout the years.



Every year we have awards for both juniors and seniors. They are:

Junior

Best & Fairest Boy

Jarred Cooper
Shane Dick

Best & Fairest Girl

Regina Simmons

Most Improved Boy

Ewan Cameron

Most Improved Girl

Brooke Ward

Senior

Branch Person of the Year

Sean Noble

Best & Fairest

Ann-Marie Rullis

Most Improved

Amelia Hropic

We would like to wish everyone a Merry Christmas and a safe new year.

Contact: Sensei Rod Patrick

Email: batemansbay@petermortonjujitsu.org.au

Batemans Bay Primary School, Surfside

Tuesday: Jr 5.30–6.30pm, Sr 6.30–8pm

Queanbeyan

Report not submitted.

Contact: Renshi Scott Teys

Email: queanbeyan@petermortonjujitsu.org.au

YMCA Centre, Karabar

Monday: Jr 6–7pm, Sr 7–8:30pm

Radcliffe

Sensei Alan Maconachie, Assistant Instructor

Another year has come and gone at the Radcliffe branch and nothing much has changed compared to previous years. Student numbers have remained fairly static and we are still obtaining slow but excellent results.

We had some students participate in the Kaleen and Batemans Bay junior seminars during the year and they came away with a few medals for their effort.

In October the four instructors from the Radcliffe branch, Dave Rowley, Peggy O'Malley, Gerry Vavasour and myself, attended the Annual National Seminar up at the north coast. This was a great event and we all came away with a bit more knowledge of our martial art.

Radcliffe held a junior grading late in the last term of the year and Renshi Peter Wilson found some time to come and assess our students. All passed. There were a few surprises from some of the gradees. Bridgit McIntyre and Felicity Brown performed extra well and are worthy of a mention. These two more than have the ability to be future instructors and we hope that they go all the way. It would be nice to have a Shodan come out of Radcliffe.

Another honour to go to our branch was the promotion of Gerry Vavsour to the rank of 2nd dan. The certificate and belt promotion was done at the Radcliffe branch. Radcliffe now has a 2nd, 3rd, 5th and 8th dan black belt teaching at the branch. We are getting top heavy and we may topple over if we get any higher!

Radcliffe ended the year with games and a party on the last night of the last term. As usual the students took delight at challenging, and sometimes beating, the instructors. No one was maimed or injured, although the instructors were somewhat exhausted afterwards, and the students thought it was great fun.

It has been a quick, fun year at Radcliffe which has zipped by. It has seen students move up through the ranks and some of them up to the ceiling. It has seen nights of a full moon when it seems that all of the junior students have taken on a personality change for the night and it has given instructors a great satisfaction.

Here's to 2006 and remember you only get back what you put into a session, be it training for yourself or teaching.

Contact: Shihan Dave Rowley

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

We have had a very hectic and eventful year. We have had two successful gradings with all people performing well.

The highlight of the year for us was the Annual National Seminar at the Darlington Beach Resort. It was great to see all the old faces (no detriment intended) and a whole lot of new ones. The Management of the resort sent us a Christmas card, so they must have been happy with us.

Everyone at the Sawtell branch hopes that you all have a happy and safe Christmas and that next year will be a happy and prosperous one for you and your families. Looking forward to seeing you in Canberra next year.

Editor's note: Sawtell branch closed at the end of 2005. See Branch News under Club Stuff for more information.

Read about:

How the academy came to be where it is today;
Soke Morton; Structure; Membership; Standards;
Academy syllabus

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Queensland



Nambour

Renshi Mark Tomasich, Chief Instructor

Another year has passed already. First of all I must congratulate Sensei Mark Warrick and Sensei David Pointing on their promotions to 2nd Dan and thank them for their help throughout the year. I must also thank Sensei Mark Humphris and Sensei Petra Clark for their tireless effort in organising the junior camp, fundraising and grading throughout the year.

The junior camp was once again a great hit with the kids; "*Best ever*" I heard the students say. It was fantastic; we had lots of games, basic steps competitions, longest and highest kick. All students were very well behaved and put a lot of effort into training. A lot of interest was shown and questions asked in the "dangers of drugs" discussion. It's amazing how children can reason and show understanding of such an important issue at such an early age.

Twelve students from the Sunshine Coast travelled down the coast to Sawtell to this year's Annual National Seminar. We had lots of fun and got up to lots of mischief. We showed the locals at one hotel "just how to rock" Jujitsu-style. The leg guitar made an appearance with one Sensei doing some dance moves, which, to this day, can only be done once, without a trip to the chiropractor to fix a dislocated hip. We had a great time at this year's seminar; a big thank you must go to Renshi Brian Clark for all his work and the effort he put into making it fun.

The Nambour branch is still involved in conducting self-defence workshops in the Sunshine Coast area. We have been working in partnership with the Queensland Police Service, Deception Bay and Sunshine Coast PCYC, local domestic violence agencies and Grade 11 students from Nambour High School.

Recently one of the Domestic Violence coordinators emailed me concerning one of the participants:

I just want you to know how helpful and useful these workshops have been for our young mothers...one mum told me proudly how she was able to "look after" herself one night recently when her partner "started in" on her again. She told him, "I'm not taking this from you any more." When he didn't listen, she had to use some of the techniques you had taught her in the previous week...she was amazed just how effective it was...and was able to get away to run next door and have the neighbour call the police for her.

Not only was she "saved" the beating, but the difference in her feeling about herself has been great. Thank you so much and we're grateful for this positive "start" in reversing this DV nightmare.

Please keep up the good work. We need so much more!

*Connie Fenlon
Senior Youth Worker/Boystown*

P.S. See you next month and we'll give another bunch of young mothers some new confidence and ways to "be in charge" of their own lives.

Domestic violence is a big problem within the community and I believe that is a worthwhile community service to run these workshops.

On Saturday 10 December 2005 we held our end of the year grading and Christmas party. This is the time of year when we acknowledge two students who have stood out during the year.

Junior Student of the Year went to a wonderful young lady, Morgan Leigh. This young lady puts 100% effort into every training session. Morgan is always well mannered and willing to learn, she is an absolute pleasure to coach.

Our Senior Student of the Year is Linda Rossiter, a hard working mother of 3, all of which attend training. Linda is always willing to put up her



*Morgan Leigh - Nambour branch
Junior of the Year*

hand and help out with fundraising, junior seminars and at any grading. Linda always puts her heart into training and is willing have a go. Well done Linda.

I would like to thank all my students in supporting the Nambour branch throughout the year. To all our successful students who have graded to their next belt, congratulations.

Well we are all getting ready to welcome that jolly fat man in the red suit to complete another year.

A Merry Christmas to all and a safe and prosperous new year and many thanks to all the hard workers in the Academy organisation.

Contact: Renshi Mark Tomasich
Email: nambour@petermortonjijitsu.org.au
Nambour Police Youth Club
Tuesday: Jr 6-7:30pm, Sr 6-8pm



Fun at the Nambour branch junior camp

South Australia

Golden Grove

Report not submitted.

Contact: Renshi Tom Atterton
Email: goldengrove@petermortonjijitsu.org.au
Gleeson High School
Tuesday/Wednesday: Jr 7-9pm, Sr 7-9pm

Walkerville

Sensei David Clayton, Chief Instructor

Walkerville has had a rather eventful year. First up I'd like to acknowledge the dedication and service that Tanya Ellis has given to the Walkerville branch. Female black belts are hard to come by over here. Tanya's presence meant that we were able to capture, train and encourage several female students, bringing balance to a male-dominated club. I have benefited personally, as have all students, from Tanya's friendship and guidance. We are certainly missing her on Friday nights.

Numbers have fluctuated throughout the year. We've grown in opposite ends of the spectrum, taking on several older adults, as well as several new juniors. Unfortunately, injuries (none have been jujitsu-induced) have plagued our adult students. You just can't have any influence over motor vehicle accidents, old injuries or workplace accidents!



We've participated in combined gradings with good success as well as holding a couple of junior level gradings in-house.

Several of our students also participated in the master classes run by Shihans Rowley and Scharrer when they visited in September.

I'd like to acknowledge the efforts of Greg Fox who has faithfully supported the branch with his broad skills and knowledge. James Melhuish (brown belt) and our blue belts regularly support the classes too and I have been pleased to see them increasing their responsibilities in training.

I congratulate all those who have moved up a step and encourage you all to train hard in 2006.

Contact: Sensei David Clayton
Email: walkerville@petermortonjijitsu.org.au
Walkerville YMCA
Friday: Jr 6:15-7:45pm, Sr 6:15-7:45pm

Bits 'n' Pieces

Is it physical or attitude?

Sensei Alan Maconachie

Something that I have come across in recent times, which is quite perplexing, is that students seem to have great difficulty doing a shoulder roll. They are generally uncoordinated and end up wiping themselves out totally as they do the roll.

I don't know whether it is older age selective memory kicking in but I don't recall in my earlier days, last century, students having such a hard time learning this basic element of self-defence.

I'm not talking about beginners or the odd person here or there, but from observation it seems that it is the junior students that have this problem and it is happening at a lot of branches.

I've noticed that a junior student will start our art, learn a shoulder roll to a basic level then, for some reason, they tend to go right off and start to do all sorts of strange falls as they progress through the kyu levels and get older.

After discussing this problem with other instructors, it appears that a lot of the problem lies with the fact that junior students are of the computer generation and they just don't do physical activities to the extent that previous generations did for amusement.

Take this with the way in which public playgrounds have been "made safe" and school policies on physical activity and we now find ourselves with a generation of children that are denied a basic part of learning and growing up.

Insurance companies have a lot to answer for as well. Because of the insurance industry's attitude, anybody that is in the public arena is paranoid about being sued.

People in general are also responsible for this change in our children. People must get out of this attitude of suing someone every time they look at them in a wrong way. People must limit computer time availability to their children and stop expecting someone else to take the blame for everything. Parents must take back responsibility for their own actions and duties toward their children.

What is the solution? During some research into the shoulder roll problem, I discovered that this problem goes back further than I thought. It is mentioned in the 1994 newsletter, *Coach's Corner*, an article written by Edward Scharrer. It is well worthwhile reading this if you have a copy.

Another article I came across is in the 2000 newsletter, *Another Way to Teach a Shoulder Roll* by Jeroen Kueter, and is also worth a look.

Maybe these articles will help those instructors that are scratching their head over this problem.

Anyway in the meantime I will try anything and everything I can to overcome this challenge and, hopefully, students will learn some of the physical skills that earlier generations, as a way of life, had fun acquiring with no effort at all.

Three recognised at presentation

Sensei Alan Maconachie

This article was published in the Queanbeyan Age on 25 February 2005.

The Peter Morton Academy of Judo Jujitsu Karate held a presentation dinner at the Comfort Inn Airport in Queanbeyan on Saturday 5 February, to formally present promotions to the Principal David Rowley, the Deputy Principal Edward Scharrer and to long-time Academy Secretary Peter Wilson.

Peter Morton presented David Rowley with his 8th Dan, Edward Scharrer with his 7th Dan and Peter Wilson with his 5th Dan and once again reminded people of the dedication and loyalty that the three recipients had shown to him and the academy for a good part of their lives.

David Rowley began training with the academy in 1964 at the age of six and Peter Morton appointed him Principal of the academy in 2002.

Throughout his junior years he trained at the Queanbeyan branch under the guidance of Peter Morton and James O'Malley and received his Shodan (1st Dan black belt) in 1977.

David holds a number of positions within the academy, including membership on the Board of Directors, National Chief Instructor and Chief Instructor of the Radcliffe branch.

His fellow instructors and mentor, Peter Morton, have inspired him to achieve his personal best. Without these people he believes he would not have reached his present standard. It is through these people's loyalty and camaraderie that he draws his strength to continue to expand his knowledge, expertise and leadership of the martial arts.

Edward Scharrer began his martial arts training with the Queanbeyan branch in 1969 at the age of five and Peter Morton appointed him Deputy Principal of the academy in 2002.

Edward graded through the junior ranks and on into the senior ranks, receiving his Shodan (1st Dan black belt) in 1981 at the age of seventeen.

Edward holds a number of positions within the academy, including membership on the Board of Directors, National Chief Instructor and Chief Instructor of the St Edmunds branch.

He plays an integral role in the academy and is regarded as one of the best breakfallers (the art of falling safely) in Australia and Japan. Since 1991 he has been the official advisor on, and demonstrator of, all academy techniques. At academy Annual National Seminars he conducts classes on the technical aspects of the academy's martial arts style ensuring that all aspects of the academy's syllabus is taught correctly.

Peter Wilson began training with the Tharwa branch at the age of thirty-eight. He enjoyed training there because it was "small, friendly and a great venue".

Peter holds a number of positions within the academy, including membership on the Board of Directors, Secretary of the academy, a position he has held for over ten years, and Chief Instructor of the Kaleen branch.



L to R: Edward Scharrer, Peter Wilson, Peter Morton, David Rowley

Peter graded to Shodan (1st Dan black belt) in 1992 and when he received his Yondan (4th Dan black belt) Peter Morton presented him with legendary member Vello Valmet's Yondan belt.

Before his death Vello had requested that Peter Morton give his Yondan belt to someone worthy of it, someone who gives time to the academy as he himself had done. Peter felt very honoured that he was considered worthy of this belt.

One of the most rewarding things to Peter is seeing the look on the faces of young children, who started out badly coordinated or with a disability, as they receive their first belt.

Honours for Frog & Peggy

Sensei Alan Maconachie

This article was published in the Queanbeyan Age on 17 June 2005.

On Saturday 4 June 2005 the annual Australasian Martial Arts Hall of Fame (AMAHOF) awards were presented at the Holiday Inn at Surfers Paradise on the Gold Coast, Queensland.

The AMAHOF encourages, promotes, develops, extends and supervises martial arts throughout Australasia. It was established in 1995 to recognise and reward the outstanding service of martial artists of all styles in the pursuit of excellence.

This year esteemed member of the Peter Morton Academy of Judo Jujitsu Karate, Peggy O'Malley, was inducted into AMAHOF and the World Karate Union Hall of Fame (WKUHOF) as: Instructor of the year - Jujitsu (New South Wales). Also at the awards ceremony, the International San-Ryu-Do Federation presented the Founder of the academy, Peter Morton, with

a Medal of Honour and life membership of the federation.

Peggy began her martial arts training in 1971, graded for Shodan (1st Dan black belt) in 1983, was awarded life membership of the academy in 2002, appointed to the Board of Directors of the academy in 2004 and awarded the rank of Godan (5th Dan black belt) in 2004.

Peggy is a valued member of the academy, participating in many martial arts exhibitions for the local community at festivals and fund raising events. She has taught junior and senior students of the academy at various branches in the Queanbeyan and Canberra region and conducted self-defence courses for women demonstrating how a female can defend herself when under physical or mental attack, and imparting to women that they are not helpless.

Martial arts, netball, tennis, little athletics, running and basketball are sporting activities that Peggy loves and has been involved in over the past three decades. Of all these sports it is the academy—its philosophy and style of martial arts—that has had the most impact on Peggy.

Through teaching Peggy has seen young children grow into young adults with self-confidence and an understanding that with persistence and dedication most of life's problems can be overcome.

She is currently teaching at the Radcliffe branch of the academy and it is through teaching that Peggy has endeavoured to pass on the philosophy and teachings of the academy.

With the motto of the academy, *Be Master of Yourself*, forming the basis of her day-to-day life, Peggy has gained lifelong friendships, inner strength and an ability to overcome obstacles in her own life.



Frog and Peggy at the AMAHOF presentation

Greetings from the US of A

Liz Essery

Renshi Colin Essery, his wife Liz, and two of their three sons, Lachlan and Aidan, moved to Washington DC, USA, in late November 2005 on a three-year overseas posting. Liz works for the Department of Foreign Affairs and Trade and Colin was, up to the time of the posting, head greenkeeper at the Australian Defence Force Academy golf course in Campbell, ACT.

We had a good trip over, stopping off in Honolulu for a couple of days to acclimatise ourselves to the American way of life.

When we first arrived in the USA-proper we stayed in a hotel apartment and then, on Wednesday 18 January 2006, we moved into a house in Falls Church, Virginia.

Colin is starting to adapt to staying home in the warm while I trudge off to catch the Metro to work. He is getting used to taking it easy and does not miss his early starts at the golf course.

The boys are going to McLean High School and Longfellow Middle School where their classes start at 7:15am (when it is still dark!). They are

not allowed outside for lunch so they are getting a bit stir-crazy and claustrophobic. Their breaks have to be taken in the school canteen. Lachlan reckons it's like being in jail.

We've met quite a few of the neighbours, who have all been very welcoming. The house we have moved into has been rented by Australians for the last 15 years, so the landlord is used to our weird ways.

We bought a small 7-seater van. The seats pop out easily so we have been able to do some serious shopping.

The spare room is set up so we are ready to take bookings!