

*"Be master of yourself"*

# *The Academy*

*Annual Newsletter* **2004**

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*Volume 17*

# Contents

*As I Saw It* ..... 3

*Principal Overview* ..... 4

*Soke Says* ..... 5

*Secretary General* ..... 6

*Treasury Notes* ..... 7

## **Promotions, Awards & Appointments**

*Promotions* ..... 8

*Awards* ..... 8

*Appointments* ..... 8

## **Seminars & Workshops**

*Junior seminars*

*Kaleen* ..... 9

*Batemans Bay* ..... 10

*Annual National Seminar* ..... 12

*Workshops*

*Knife entrapments* ..... 13

*First aid course* ..... 14

*Dave & Eddie in SA* ..... 14

## **Black Belt Stuff**

*Our newest Shodans* ..... 15

*Black belt grading* ..... 15

*Shodan Oversight Committee 2005–2006* ..... 15

*Black & brown on Tuesday nights* ..... 15

## **Club Stuff**

*Events calendar* ..... 16

*Membership* ..... 16

*Membership reminder* ..... 16

*Membership register* ..... 16

*Membership fees & levies* ..... 16

*Membership—what do I get for my money?* ..... 16

*Academy membership card* ..... 16

*And the official judogi is...?* ..... 16

*History of black pants* ..... 17

*Senior judogi standards & gradings* ..... 17

*Men in black* ..... 17

*The 21st century junior black belt* ..... 17

*Academy items for sale* ..... 17

*Branch news* ..... 18

*New look kyu certificates* ..... 18

*Communications* ..... 18

*In the print media* ..... 18

*www.petermortonjujitsu.org.au* ..... 18

*Log in section* ..... 18

*Email lists* ..... 18

*Academy Administration* ..... 19

## **Branch Reports**

### **Australian Capital Territory**

*Evatt* ..... 20

*Hughes* ..... 20

*Isabella Plains* ..... 21

*Kaleen* ..... 22

*St Edmunds* ..... 22

*Turner* ..... 23

### **New South Wales**

*Batemans Bay* ..... 24

*Queanbeyan* ..... 24

*Radcliffe* ..... 25

*Sawtell* ..... 26

### **Queensland**

*Nambour* ..... 26

### **South Australia**

*Golden Grove* ..... 27

*Walkerville* ..... 27

## **Feature Articles**

*Measuring a piece of string* ..... 28

*Power-Ranger-Michelin-Man* ..... 30

*Kaleen from afar—UK 2004* ..... 32



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Judo Jujitsu Karate  
Non-profit organisation  
Founded 1962*

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## As I Saw It

*Sensei Alan Maconachie, Editor*

I'm sitting staring at Adobe PageMaker looking for words of inspiration to jump out and grab me. GB is in the background telling me to extract a didit from my ars... bottom and write what I must so that she can finish the layout of this incredible newsletter, when a thought strikes me (Ouch! That doesn't happen very often): "*What is too old?*"

I ask my two kids, boy eight-and-a-half and girl just-past-seven, "*am I old?*" They both answered no to this. I said, "*What is old?*" They both said in unison, "*50!*".

Great! Guess who is half a century in July 2005? No points for getting that right. I think I was set up.

I have always, and still do, believed that age is 90% mental and 10% physical.

As one ages, the mind says "*let's do it*", the body says "*get real*" and common sense says "*take it cautiously, you know what could go wrong*".

So, we mature academy members learn to save the body and expel less energy so that we can get out of bed the next day. We don't try to keep up with younger students physically, even though we can run rings around a lot of them, we outpace them with cunning. They will learn that techniques don't need brute force to work.

Back somewhere in the dark ages of my training last century, I was impressed and influenced by a sensei that at the time must have been very close to seventy as he is now in his nineties and doesn't train anymore.

Not only did his teaching method impress me (he was quietly spoken and a gentle teacher) but also his attitude.

While not the best at things physical because of age, every week he would turn up to training and do all the exercises, breakfalls, tsuki, keri and anything else that was thrown in.

I liked and admired him as he showed by example. He not only showed up much younger senseis that leant against a wall for most of the night and did not ruffle their judogis, he also earned my respect and as a result I gained a lot from his example and teachings.

Age is not a barrier, it just slows one down a little and if one comes across a person like this once in their training lifetime, learn all you can and feel very honoured. It is a rare thing.

# Principal Overview

Shihan David Rowley, Principal

Well, it's been another good year with many things happening.

## Striking of the nerve centres

Frog presented a ten-week course in term one called *Striking of the Nerve Centres*, which was well attended by the black belts in the Canberra region and resulted in many a sore and bruised body leaving the Radcliffe dojo each Tuesday night. Just as you thought the body was recovering, there was another session on the way.

Ed and I had the pleasure of going to Adelaide to present the *Striking of the Nerve Centres* course and this was also well attended. The hospitality in SA was outstanding and made us feel right at home—this is one of the things which contributes to making our club what it is today.

## Black belt training nights

Tuesday nights have been most productive with Frog pointing out those little things which make a difference or may have got lost over time and have now been brought back in.

## Annual national seminar

The Annual National Seminar at Batemans Bay was great. It was a surprise for Frog to see Sonny Wombwell and Alan Morton turn up on his doorstep. Frog must be slipping, as he usually finds out anything that you don't want him to know. So I must say it was one of the best-kept secrets of the year.

To Tracy and her team: congratulations for putting on another excellent seminar.

## Black belt grading & promotions

Mark Tomasich brought Petra Clark and Mark Humphris, together with some of his team, down for the black belt grading. Congratulations to Petra and Mark on joining the Shodan ranks. I am sure that these two will be of great value to our club as well as Mark and his branch.

Congratulations to those who have been promoted in 2004. As you know, these promotions are not given lightly and are scrutinised thoroughly by the committee to ensure all criteria are met.

## Official judogi

The decision to go back to white pants for all kyu grades was made after surveys were returned from all branches. The survey showed no real reason to keep the black pants, as replies were based around the pants' physical appearance rather than the original reason that brought about the change in the first place.



## General

I have mentioned at some meetings throughout the year that you all like information as soon as we have it—you should remember this is a two-way street and the same is expected from you when information is required. As a volunteer organisation, our administrators are responsible for keeping records up-to-date and should not have to waste their valuable time chasing people repeatedly. I realise that a lot of people are already getting information in promptly, so if the ones that are sometimes a little slow could make a special effort it would be greatly appreciated by the administration.

Julie Streeter has been writing up the minutes of meetings and jotting down the names of the people who have volunteered to do certain jobs before the next meeting. This has worked well and I am certain people dread the next meeting if they have not completed their task in the given time.

By the time you read this there will be jobs that have been given out for some of the administration work to lighten the load on some of our administrators. There are more duties to be shared in order to lighten the load, so if you are keen and want to be part of a dynamic administration let us know as we have a job for you.

The Canberra-Queanbeyan region has had a few write ups in the newspapers and this has been keeping the academy profile high. All branches should be aware that the media is there to benefit them and it is only a matter of submitting articles to the appropriate people at newspapers to raise your club's profile in the community together with our web site and the Yellow Pages.

Once again I would like to thank Alan & Gail for the web site and all those volunteers that do so much to keep the academy rolling along.

# Soke Says

*Soke Peter Morton BEM, Founder*

Three of our leading instructors have received promotions this year:

1. David Rowley to 8th Dan black belt
2. Edward Scharrer to 7th Dan black belt
3. Peter Wilson to 5th Dan black belt

The martial arts authorities who granted these promotions are:

1. Grand Master Gary Alexander, 10th Dan
  - leader of the International Association of Martial Artists USA (IAMA)
  - member of the AMAHOF
2. Grand Master Barry Bradshaw, 10th Dan
  - leader of the Australian Shihan Kai (ASK)
  - member of the IAMA
  - member of the AMAHOF
3. Soke Peter Morton, 10th Dan
  - founder of the Peter Morton Academy of Judo Jujitsu Karate
  - member of the ASK
  - life member of the IAMA
  - member of the AMAHOF

Since these three men have taken over duties from me (about two years ago) the academy has gone ahead in leaps and bounds as they have continued to work up to five nights a week for the academy.

Dave and Eddie, as Principal and Deputy Principal of our academy, visit our branches often. It is so pleasing to see that academy instructors and students are still giving to these two the same loyalty that was given to me as Principal.



Peter, with his Kaleen branch, organises a junior seminar every year for all junior students of all branches. With help from Eddie, he organised the 2003 Australasian Martial Arts Hall of Fame (AMAHOF) seminar for all styles of martial arts from Australia, New Zealand and the USA.

I wish to say how proud I am of Dave, Eddie and Peter and to thank them for the continued loyalty that they have displayed to me for so many years.

Past and long-time members must also be remembered, for example Pam Rixon, Deserie Hogan, Lynn Tudor, Sonny Wombwell, Harry Cassidy, James O'Malley, Granville Crawford, Clair Crawford and Vello Valmet, because without their dedication the academy would not be where it is today.

Past and present members are proving that our academy is going to last for another forty years.



# Secretary General

*Renshi Peter Wilson, Secretary*

Well we are at the end of another year. I would like to congratulate Shihans Rowley and Scharrer on being promoted to 8th and 7th dan respectively. These two gentlemen thoroughly deserve their promotions with all the hard work that they put into the academy.

Dave Rowley has been given a new diary by Frog so he can keep up with the academy's program for 2005. Let's hope he doesn't lose it before the training starts this year.

## **Chief instructors**

Keep in mind membership fees and insurance levies. The membership fee is due at the end of June and the insurance levy is due in October.

## **Annual national seminar**

The 2005 Annual National Seminar is being held at Sawtell. Start planning early so that we can get as many as possible from the Canberra region to attend.

## **AMAHOF**

The Australasian Martial Arts Hall of Fame is having their presentation and seminar weekend early in June 2005. The presentation is being held up on the Gold Coast. I understand that there are some masters coming out from the USA to run workshops on that weekend so, if anyone is interested, it would be well worth a trip up there for the weekend. If you book early you might get a cheap airfare.



## **Club badges**

I have new embroidered badges for sale:

- chief instructor badge—\$15.00 each
- black belt assistant instructor badge—\$15.00 each
- academy badge—\$8.00 each

Anyone wanting any of the badges can send payment and I will post them to you ASAP.

## **Merit badges**

Some people are using the merit badges. I would prefer that branches order these directly from England or the USA. It's quite easy to do—just get on their web site, give them a credit card number and you will have them within 7 days.

All the best for the coming year.



# Treasury Notes

*Sensei Alan Maconachie, Treasurer*

It is sad that the academy has to charge members yearly fees but it is a fact of life and unfortunately the academy cannot function without a cash flow. Gone are the days when members had to only pay for local hall hire.

## Membership fees

Fees have to be charged because the academy needs a cash flow to financially function. While the academy is a non-profit organisation and tries to run things as self-funding, money is quite often needed to pay for items in advance. There is usually a lag between when payments are due and when money is received. Academy payments happen throughout the year; membership fees and insurance levies are collected only once a year.

When a comparison is done between membership of the academy and other martial arts organisations, senior membership of \$25 per annum is extremely cheap. Even when individual branch lesson fees are taken into account, it is still very good value for money.

Membership fees are the main source of income for the academy and there is no increase planned for 2005.

## Insurance levy

Insurance is the biggest annual expense for the academy. This year insurance payments were \$3,814.75 for a cover of ten million dollars and the cost will double in 2005 as the government is demanding twenty million dollars insurance cover for the use of its buildings. So, if we are to continue to train in these buildings we must bow to these demands.

How will these increases affect members' hip pockets? I'm not sure yet, as the executive does not meet until next year to discuss the problem. One thing is certain, expect a rise in the insurance levy. The academy only charges the minimum amount for insurance. What you and I pay each year goes to the insurer, there is no profit in it for the academy.

## Advertising

The academy's second largest expense is advertising which amounted to \$1,798.43. The bulk of this went to Yellow Pages advertising and a small amount went to web site hosting. Advertising is kept to a minimum but it is needed and the academy does get membership from these mediums.



Because money spent on advertising in the past has been solely in the Canberra region, in 2005 the central fund will pay a pro rata dollar amount to each branch not covered by the ACT Yellow Pages, to be used only for advertising (in any media).

## Sundries

The rest of the academy's expenses are made up of non-funding items like bank fees and charges, nomination fees, awards, affiliated memberships, executive expenses and printing, plus a small amount for sundries, like postage.

## Income and expenses 1.7.2003-30.6.2004

Total income	12,000.81
Total expenses	9,641.83
Net profit	2,359.18

What happens to the profit? Nothing. It sits in the bank account to be used for the unforeseen and to pay for items in advance.

## Summary

Financially the academy is just covering its expenses and the academy books are always open for inspection to academy members.

If volunteers put in a claim for every cent that they spent on academy business, then the cost would be much greater to members. For example, the academy Principal and Deputy Principal make trips interstate at their own expense to give members the benefit of their knowledge. They should be reimbursed and the academy helps them out as much as is financially viable, even though this does not always cover total expenses.

The academy has survived another financial year and it goes into the next one without debts. The academy will do its best to keep charges to a minimum for members but there are always expenses that it just has to pay in order to survive and these are usually out of its control.

# Promotions, Awards & Appointments 2004



## Promotions

<b>Name</b>	<b>Branch</b>	<b>Promoted to</b>	<b>Date presented</b>
Graham Darby	Evatt, ACT	Life Member	19 June
David Rowley	Radcliffe, NSW	8th Dan	December
Edward Scharrer	St Edmunds, ACT	7th Dan	December
Craig Swingler	Golden Grove, SA	6th Dan	2 October
Brian Clark	Sawtell, NSW	5th Dan	2 October
Peggy O'Malley	Radcliffe, NSW	5th Dan	2 October
Peter Wilson	Kaleen, ACT	5th Dan	December
Greg Fox	Walkerville, SA	4th Dan	2 October
Scott Teys	Queanbeyan, NSW	4th Dan	2 October
Michael Hynes	Batemans Bay, NSW	3rd Dan	2 October
Alan Maconachie	Radcliffe, NSW	3rd Dan	2 October
Rodney Patrick	Batemans Bay, NSW	3rd Dan	2 October
Tony Dries	Sawtell, NSW	2nd Dan	2 October
Greg Maunder	Sawtell, NSW	2nd Dan	2 October

## Awards

### **Peter Morton Perpetual Trophy**

Evatt, ACT

### **National Self-Defence Trophy**

Turner, ACT (Pia Rowe)

### **Leonie Corey Trophy**

Shared by Michael & Patrick Brown, Radcliffe, NSW

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

James O'Malley: Posthumous Lifetime Achievement Award—Jujutsu

## Appointments

### **Board of Directors**

Peggy O'Malley      Board Member      19 June

### **National Executive**

Peter Wilson      Secretary      1 October  
Alan Maconachie      Treasurer      1 October

### **National Administration**

Cameron Owers      Grading Officer      27 February  
Peggy O'Malley      Event Coordinator      5 November  
Julie Streeter      Minutes Recorder      5 November  
Michael Cowey      Registrar      5 November

### **Shodan Oversight Committee 2005-2006**

David Rowley  
Edward Scharrer  
Peter Wilson



# Seminars & Workshops

## Junior seminars

### Kaleen, ACT—20 March

The 2004 Kaleen junior seminar was held at St Michael's Primary School.

Bowing in was at 9am and fifty-four students were sorted into teams of different colours for the day.



After some warm up exercises and a selection of breakfalls, Sensei Col Essery demonstrated the correct way to breathe when training. Col emphasised the importance of breathing in then out when training. He demonstrated the difference this makes to the effectiveness of a technique and the effect proper breathing has on a breakfall as the body hits the ground.

Kidney Karate and Single Wrist were two techniques that Shihans David Rowley and Edward Scharrer reviewed and demonstrated. It was pointed out that in Kidney Karate the defender's body must be in close to the attacker, and in Single Wrist the correct application of the arm lock was emphasised. They also demonstrated the correct way to attack when training as most students were not punching correctly or standing close enough to make a particular technique work.

After morning tea Sensei Scott Teys gave a rundown on the execution of strikes and took the students through tsuki. Here students were shown that in tsuki the attacker is to the front and not to the side of the defender. He also showed them how to shout "ki" and one small girl student of about five years old was heard to comment that the "ki" was "too loud".

Next up was a representative from the ACT Police Force, Constable Ali Craft. She has been in the police force for eight years and loves her job.

Before someone could ask, she told the students that "no" she had not shot anybody, she had not killed anybody, she had not fired her gun in the line of duty and that pulling and using a gun was not like in the movies. The students' reaction to this was "awww", a sound of disappointment. Apparently these are the first things that children want to know about her as a policewoman.

Constable Ali went on to talk about jujitsu as a skill—when it is appropriate to use this skill as self-defence—and on the legal issues that a student must be aware of, mainly the use of reasonable force.

An interesting fact emerged as Constable Ali talked about bullies. Bullying is a problem and a large majority of students were experiencing bullying. Not surprisingly, this is happening at school and, unfortunately, it is something that is not easily policed or stamped out. Students were looking to Constable Ali for solutions to their particular bullying situation and it was disturbing to hear some of the stories that emerged.

Constable Ali left and after some serious discussion it was time to lighten up a bit as the Basic Steps competition swung into action. Each branch individually got on the mat and did their thing. Competition was close, the judges scrutinised each move and the audience clapped each effort. The winner was Batemans Bay.



Following the Basic Steps competition was the Two-Man Attack competition. Standards of defence were high, attackers took a bit of a beating and a winner emerged—it was the Isabella Plains branch.



*Two-Man Attack winners—Isabella Plains branch*

With lunch out of the way it was on to the construct relay race with teams competing against each other as they performed various timed tasks. The sounds of amusement grew to a dull roar as junior bodies scrambled in all directions in a fit of organised chaos. They were pushing balls with their heads, they were jumping over a horse, they were hoola hooping, they were balancing on a beam as they punched, they were crawling through a tunnel, they were tackling a punching bag, they were on a rampage and loving every minute of it!

To slow things down a bit, Shihan Edward Scharrer spoke to the students about the importance of etiquette and how it is to be observed at all times, then he and Shihan David Rowley demonstrated how to breakfall properly from a throw and how to go into a hold-down. During this demonstration, the students were asked how they would let their training partner know that they were hurt or hurting. One thoughtful student piped up and commented "when hurt, cry". I guess this would get the message across.

A short afternoon tea break, then the big boys came out to play. Some randomly chosen black belts put on a two-man attack that left the junior students wanting more. They loved seeing black belts flying through the air and hitting the mat with a bang.

Time for some more fun and games as teams competed in a tug-of-war. There were a few sore hands after this event had come to a close.

Finally control was regained and everyone settled down to the presentation of certificates and awards. The closing ceremony was performed and a happy hoard was dismissed after another memorable gathering.

**Kaleen branch newsletter.** *The following is from the Kaleen branch newsletter, 1st term of 2004 (available on the academy's web site).*

Our branch again held the annual junior seminar. It was a great success, with 50-odd children attending plus a huge range of black belts and other senior instructors. Children were broken up into teams and put through tsuki, keri and breakfalls. Also there were Basic Steps and Two-Man Attack competitions among the different branches.

These seminars are a very valuable tool in training and teaching the younger children different aspects of jujitsu that can't be taught on the usual training nights.

With the aid of instructors from different branches and also special guests, such as one of the constables from the ACT Police Force, it enables the children to be taught from a different point of view.

Again it was a great day enjoyed by all and thanks to all those who helped out. We look forward to seeing you all next time.



*Winning team—Kaleen Junior Seminar*

### **Batemans Bay, NSW—7 August**

*The 2004 Batemans Bay junior seminar was held at the Batemans Bay Primary School, Surfside.*

The Batemans Bay Junior Seminar kicked off around 10am with an opening ceremony, then it was straight into etiquette where the academy motto was discussed, the opening and closing ceremonies were explained, and students were shown their role as part of this tradition.

Next were warm up exercises, leading into games of tunnel ball and leapfrog (which is always popular) and, to make sure all were limber, a good round of stretching followed.

Now that all were in the groove, tsuki, keri, long twisting punch, kung fu chop, front kick and double round kick were demonstrated and practiced.

Not to be left out, Senseis Ison and Noble tossed in a judo demonstration and when the students had thrown each other around for a while, enter Shihans Rowley and Scharrer who proceeded to demonstrate Ogoshi and Koshi Guruma.

After the body slamming it was time for a cuppa, with morning tea followed by a second round of etiquette on the proper way to bow for all occasions and belt tying.

Follow all this with more techniques, such as Collar Holding, Side Ground Choke and Kidney Karate, and you have some very hungry individuals.

Lunch was next on the agenda and then, when all were full, they were herded back into the dojo to warm up for some more technique demonstrations and practice. Students were kept amused with Straddle Ground Choke, Arms Around Body From Behind Feet Together (No.1 Pivot) and Single Wrist Hold.

Time to bring out the competitive instinct with the Basic Steps competition. For this, instead of branches competing, students competed in mixed teams with an instructor, picked at random, leading them. This was something different and the result was quite organised, considering the competitors were not used to

each other or the way in which the instructor called the steps.

For the Two-Man Attack competition, Frog had the honour of selecting the competitors and winners. They all performed at a high level and, as usual, it was hard to choose a winner. Eventually a boy and a girl were selected as the best in the two-man attack, so there were two winners.

Presentations were the second last ceremony of the day, where medals and certificates were presented. Following the closing ceremony was a spot of afternoon tea to end the day.

Junior seminars are always fun and a learning experience, no matter what rank a member holds, and this one was no exception.



*Dyllon Powell—Two-Man Attack winner  
Batemans Bay Junior Seminar*



*Basic Steps winning team—Batemans Bay Junior Seminar*

### **Competition results**

#### ***Basic Steps***

Winners—David Rowley's group

Highly Recommended—Haley Reid

#### ***Two-Man Attack***

Girl—Haley Reid

Boy—Dyllon Powell

#### ***Most Improved Seminar Student***

Girl—Tara Kane

Boy—Dyllon Powell

#### ***Best Skill In Belt Tying***

Girl—Bridgit McIntyre

Boy—Allan Barenaba

#### ***Best Skill in Judo Throws***

Girl—Daniele Smith

Boy—Ewan Cameron

#### ***Best Skill in Kicking***

Ryan Barwick

James Davey



## *Annual National Seminar*

### **Batemans Bay, NSW—1-3 October**

*The seminar was held at the Coach House Marina Resort, Batemans Bay, NSW, and the program took place in a large marquis.*

**Friday.** The afternoon and evening consisted of check-ins, find your own evening meal, an Executive Meeting and the Annual General Meeting.

**Saturday.** After a hearty breakfast in the resort restaurant, white and black figures swarmed like ants to a nest into the makeshift dojo that would be their hub of learning for the next two days.

They would not have consumed so much food if they had known what was about to be inflicted upon them after the opening ceremony.

The group performed some easy warm up exercises, then it was on. They were thrown into something called Body Combat with an extremely fit person that goes by the name of Jacob Halamei. This session was aptly named, as it was not body against body in combat but self against body in fitness and stamina. We were really combating our body and making it stretch and bend and pump and twist into areas never seen before. This was testing at its peak as heart rates were checked and repetitions were done to the maximum.

One thing that came out of this torture was that quite a few of the younger members collapsed before a lot of the more senior members. It really was fun pushing a body to its limits and back and the buzz afterwards, as the endorphins kicked in, beat any artificial substance one could ingest.

In case you're wondering, breakfast stayed where it was put, even though at one stage it did protest and become uncomfortable. Fortunately superior mental training overcame this and the feeling soon subsided.

After a bit of a drink break, it was back into things with a good session of boxing under the supervision of Renshi Ben Innes and Sensei Sean Noble. They showed how to train in a way that is fun without beating each other up.

All of this physical activity had produced some very tired bodies and it was no surprise to find the odd body nodding off and nearly falling off their seat during a very interesting lecture by Alan Morton. This was about building fitness and the effect exercise has on the body, especially on an older body. Maybe the lecture should have been after lunch.

With lunch out of the way, Shihans Rowley and Scharrer ran through the dos and don'ts of

selected techniques. This led into the two-man attack and basic steps competitions.

Follow this with cool down stretching and the world is ready to clean up and dine.

**Saturday night.** Dinner was all you could eat, live music, presentations and merriment, with lots of happy faces thrown in.

Somewhere near the bewitching hour, a small gathering happened outside and some people with happy-juice in hand began to transform into relaxed and very chatty individuals. This chatter grew steadily louder. The group drifted around the area of the resort aided by some very patient security people who slowly herded the group further from inhabited areas and almost out the front gate. Meanwhile, upstairs in the function room the band played on and happy couples were performing some wild dancing.



Midnight had come and gone and eyes were starting to feel the need for sleep so a few bodies headed back to the comfort of their cabins.

In one particular abode, a couple turned up and decided to relax and take over the spa. This was ok for a while but eventually the group decided that the happy couple should leave the spa so that the cabin occupants could go to bed—after all it was somewhere in the wee hours of Sunday.

The couple would not leave after repeated requests. This made a certain Renshi W a little

bit upset, as he wanted to go to bed. So he got a jug of cold water from the fridge and went into the spa. Screams emanated from the bathroom as the water hit its targets. Still not successful, he ended up throwing about five jugs of water over the two. When this did not work, all stops were pulled out and the heavy weight was called in. Number One, who also wanted to sleep, went in and his martial arts expertise was used to evict the couple from the spa.

Those that witnessed his word technique were amazed. It went something like "*ok you two, it's time to get out and go*". No exclamation mark or raised voice; just cool, calm and collected. With such authority, order was restored. Why didn't this work for Renshi W? He had uttered these words quite a few times.

What else happened after hours? That remains at the seminar but who was the Renshi that read jokes from his mobile phone for hours and then proceeded to SMS them to Mrs Soke until she came into the cabin and told him in no uncertain terms to stop?



**Sunday.** Amazingly, most surfaced for breakfast on this morning and conversation was low key, which was good because this day's sessions were not going to be as physical as the previous day.

Things started with a taste of knowledge from Frog on his art of strapping sports injuries. Everybody watched him, truly engrossed and loaded with questions, they were keen to learn from the Master.

"Women in Sport" was the topic that long-time academy member Sonny Wombwell spoke about. She gave an insight into what it was like for a woman in the martial arts in the 1960s and some interesting anecdotes emerged as her story unfolded. She commented to Frog that after nearly forty years she felt it was safe to tell him about a few things that went on while her group was training for their black belt.

Things he knew nothing about—like instead of running from Canberra to Queanbeyan as part of her fitness training, she hitched a ride on the mudguard of a car. These days a person would be locked up for such a stunt.

After Sonny's informal and entertaining chat session it was back to business as Shihans Rowley and Scharrer highlighted the finer points of some techniques that needed attention.

Now that all the hard work had been done it was time for lunch, which led to everyone back around the mat for the official closing of the seminar. It was at this time that Frog thanked all concerned and went on record as to how pleased he was at the interest all showed in the academy.

He made special mention of the younger members and their interest in Sugita and his ways, and he added that he was very pleased with the respect that younger members had for the academy and its leaders.

## Workshops

**Knife entrapments workshop—31 January**  
Held at the Police and Citizens Youth Club, Turner, ACT, this was a series of very simple and effective knife-entrapment techniques that can be applied to any martial art.

Brett Gross from Campbelltown, Sydney, presented the Ninjutsu Cross Guard Stance and entrapment techniques, how to apply these from a left-side and a right-side stance, as a series of knife attacks.

The techniques were demonstrated and practiced in the form of twelve combat patterns that are defensive responses to attacks from a short-sword, a short-stick or a knife.

The workshop ran over three hours and demonstrated that the techniques of the academy can be applied as a follow-on to the entrapment techniques of another style of martial art and that the academy's techniques can be readily adapted to any defensive situation.

Real (blunt) knives were used for training and the only damage was bruises from blocking the attack, with a few nicks on the hands when a block was not quite quick enough.

While the academy's style of martial arts is one of unarmed defence and weapons are not used, it is of great benefit to members to attend this type of workshop as it provides an insight into other styles of martial arts. It brings with it a reality check as to what could be encountered in an undesirable street situation.

### **First aid course—21 August**

On Saturday 21 August 2004 a basic first aid course was held at the Radcliffe dojo to update those instructors that already held a first aid certificate and for those that did not hold a certificate to gain qualifications in basic first aid.

All instructors passed and there will be another update course in three years. This will enable academy instructors to remain qualified in basic first aid and ensure that all instructors are qualified in this area.

### **Dave & Eddie in SA** *Renshi Tom Atterton*

This year we have been lucky enough to have had two visits from the principals of our academy.

The first was a visit from Eddie, primarily to run through the Shodan syllabus and to demonstrate a few of the new changes to our kyu belt syllabus. We video-taped the technique demonstrations and now have an excellent reference for our instructors and brown belt students training for black.

Eddie and Tina came over for about a week and visited all of our branches over that time. I believe that among all that training they still managed to get away and have a few relaxing days.



*We all had our turn at having the techniques demonstrated on us, this time was Rolf's turn.*

After everyone had trained at Walkerville on the Friday night, we all went to the local pub, had a couple of drinks and listened to Eddie tell many tales of training from the past.

On the Sunday morning we trained for many hours. Gareth Kramer "volunteered" to partner Eddie for the whole day and was battered and bruised by the end of the day, but that just shows that they were training hard.



The second visit we had was only a few months later, and we were lucky enough to have both Dave and Eddie come over. This visit was just for the weekend and involved two full days of training. They demonstrated the advanced pressure points course for our black belts. We had all of our current black belts training and even some of our "retired" blacks came out and got back on the mats.

Everyone was exhausted after two days training, 9am to 5pm, but all agreed it was valuable training and well worth it. We would all like to thank Dave and Eddie for travelling all the way here so we can expand our knowledge and continue to learn.



*A great turn out from our black belts made this weekend a great success.*



# Black Belt Stuff

## Our newest Shodans

### November 2004

Petra Clark                      Nambour, QLD  
Mark Humphris                 Nambour, QLD

## Black belt grading—27 November

*The 2004 black belt grading was held at Radcliffe, NSW.*



Saturday 27 November 2004 was a very special day for two members of the Peter Morton Academy of Judo Jujitsu Karate. It was their black belt grading day.

A black belt is not awarded to just anyone; it has to be earned. It takes many years of training and dedication by a student and there are many requirements that must be met before a student can even be considered for selection to undertake a black belt course.

To get to this day, Petra Clark and Mark Humphris, from the academy's Nambour branch in Queensland, have had years of training through the lower grades, and for the past one and a half years they have lived and breathed the academy's black belt martial arts course.

After a long hard test of their skills and knowledge they both successfully graded to Shodan (first level black belt) and for the grading students all the sacrifices and training have given them lifetime skills and memories.

## Shodan Oversight Committee 2005–2006

The Shodan Oversight Committee has been formed to oversee the next Shodan training course, which starts in mid-2005.

The committee calls for nominations for trainee Shodans. It assesses the potential of nominees to undertake the Shodan course and its decision on the suitability of a nominee is final.

The committee ensures compliance with the rules governing a Shodan course and is the overall monitor of the progress of trainees.

## Black & brown on Tuesday nights

This year dan belt training nights covered striking of the nerves, brawling techniques, kyu belt revision and a touch of strapping injuries.

Attendance has been well above previous years and Frog attended almost every one of these nights offering his wisdom, knowledge and sense of humour to the training.

Dan belt training nights begin again in 2005 on Tuesday 1 March at the Radcliffe dojo. These nights have now been extended to include senior 1st Kyu belts.



So, all black and brown belts make sure you attend in 2005. You can not get too much training and it is a good opportunity to toss around an adult body for a change.



# Club Stuff

## Events calendar

### South-east region

#### Junior Seminar

Sat 5 Mar Kaleen

#### Combined Senior Grading

Wed 30 Mar Radcliffe 7:30pm

Thu 23 Jun Kaleen 8:00pm

Mon 12 Sep Queanbeyan 7:00pm

Wed 23 Nov Evatt 8:00pm

#### Black Belt Forum

Fri 4 Feb Queanbeyan All meetings

Fri 17 Jun Kaleen start 7:30pm

Fri 4 Nov Kaleen

### Annual National Seminar

30 Sep – 2 Oct (Fri–Sun)

Sawtell, NSW

Venue TBA

### AMAHOF

3–5 June, Surfers Paradise, QLD

*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.

### Membership 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!

Membership fees due: end of June 2005

Insurance levy due: end of October 2005

### Membership—what do I get for my money?

You get a voluntary team that:

- are martial arts experts
- passes on its martial arts expertise and experience
- is available to members virtually anytime or anywhere they are needed
- is approachable on anything a member may wish to know
- settles disputes
- fixes other people's mistakes
- takes the blame when things go wrong
- takes care of all legal aspects of the academy
- is reliable and honest
- is a unifying body
- is answerable to the government and academy members for their actions
- runs the day-to-day operations of the academy for no monetary gain
- does all duties basically at their own expense
- arranges all the good things that happen
- does a lot more than people notice

### *And guess what...?*

***They do it all for you—the members!***

### Academy membership card

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

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

### *And the official judogi is...?*

The colour of academy judogi pants has been decided. The official judogi combination is a white jacket and black pants for dan belts and a white jacket and white pants for all kyu

grades, both junior and senior. This applies nationally and there will be a one-year changeover period. This decision came into force on 19 November 2004 and the issue has now been finally laid to rest!

### **History of black pants**

The issue of the colour of judogi pants arose again from the difficulty that most students have in finding and/or purchasing black pants. Some chief instructors and parents have questioned the need for junior students to wear black pants as they feel that white is quite acceptable.

Most judogis come with white pants as standard and the requirement to have black pants adds a further burden to the cost of a judogi. In most cases, the top and the pants have to be bought separately. As a result students are wearing a varied mix of clothing to gradings and training.

In 1999, the issues of modesty and the difficulty of trying to keep white pants looking clean were raised by some of the academy's senior female members. The wearing of black pants was adopted after some consideration of these issues but the issue of colour has never been truly resolved.

The academy has now reviewed this issue, taking into consideration views of senior advisors, female and male academy members, parents of junior students, the effect that change will have on academy members, the results of wearing black judogi pants for the last several years, a survey and tradition.

After exhaustive consideration and debate the decision has been made to revert back to Sugita's way and tradition. No further correspondence will be entered into about this issue.

### **Senior judogi standards and gradings**

Discussion and decision at the Canberra and South Coast Region Black Belt Forum on 5 November 2004 and approved by the Executive decreed that:

*“seniors grading to 4th Kyu (orange belt) and above must wear correct uniform to be able to grade”.*

This takes effect immediately and applies nationally. It means that once a senior student has obtained the level of 5th Kyu (yellow belt) they must wear a correct judogi combination to grade to all belt levels that follow.

### **Men in black**

As first mentioned in the 2002 newsletter, the Principal and Deputy Principal are finally wearing black judogi jackets, with the Japanese Makoto symbol on the back in red. This is the symbol of a Chief Instructor. A branch Chief Instructor has the symbol in black on the back of a white judogi jacket.

The Founder, Principal and Deputy Principal are the only academy members that wear a black judogi jacket. All other members wear white judogi jackets.

### ***The 21st century junior black belt***

An item of interest to junior students is that the Junior Black Belt course has been thoroughly reviewed and updated during the year. The Junior Black Belt title has been replaced by a new title, Sienen Shidojin, which translates as Youth Leader.

The Sienen Shidojin has an equivalent standing in the senior ranks as a brown belt with a black bar. The Sienen Shidojin course is primarily aimed at junior 1st Kyu (brown belt) students who are under the age of 15 years. The Sienen Shidojin is a transitional course, giving junior students who have reached the level of junior brown belt an intermediate goal between 1st Kyu and Shodan (1st dan black belt). This will hopefully encourage junior students to continue to learn and train up to the age of 16 years and/or until they are eligible for Shodan selection.

Sienen Shidojin is a way of indicating to a student that their chief instructor has recognised the potential in their abilities and attributes to undertake the full Shodan course in the future. To obtain a Shodan grade, a Sienen Shidojin must qualify to be selected and fully train and grade at a senior trainee Shodan level.

Once graded to Sienen Shidojin a student is entitled to wear a white belt with a black centre stripe.

### ***Academy items for sale***

*Academy badges:* \$8.00—Contact Peter Wilson

*Chief Instructor & Assistant Instructor badges:* \$15.00—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 varies, depending on what goes on them, from \$30-\$40 for up to 3rd Dan and \$60-\$70 for 4th Dan and up. The belts for 4th Dan and up do take a considerable time to do, so allow at least 2-3 months for delivery—Contact Peter Wilson

*Many Mountain Summits* (40th anniversary book): \$15.00—Contact Chief Instructors

## Branch news

Scott Teys became Chief Instructor of the Queanbeyan branch, replacing Jeroen Kueter who has given many years of service to the Queanbeyan branch.

## New look kyu certificates

As reported last year the redesigned Kyu certificates are now in use. They were first issued during the first term of this year.

## Communications

### In the print media

In 2004, the academy became a bit more known in the Canberra/Queanbeyan area with the publication of 3 articles in the *Queanbeyan Age*. All articles are available on the academy's web site.

[www.petermortonjujitsu.org.au](http://www.petermortonjujitsu.org.au)



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

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

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

### Log in section

The log in section of the web site is for black & purple belts only, so if you don't already have access to it and you would like access, ask your CI to request it for you (there is a form in the CI-only part of the web site for this).

The log in section contains standard templates and forms so that these become standardised

throughout the academy. The log in section includes:

- meeting minutes
- black belt contact list
- templates (letterhead, forms, business cards)
- standard information brochures
- graphics
- online forms
- CI log in subsection

Still to come are the SOGAP Manual and technique descriptions. These will be available in the CI log in subsection.

### Email lists

In 2003, the academy adopted an email policy (available in the log in section of the web site) which included a section on "*lists for specific categories of members*". These lists allow a message to be sent to just one email address and all the people on the list then receive a copy of the email.

At the time these lists were proposed, the academy's ISP allowed us to have as many lists as we liked, for no charge. Not long after the policy was adopted, the ISP was taken over by another company and they changed their policy and system. Such lists are now quite expensive and no longer easily available through the current ISP.

Originally a number of national and regional email lists were proposed, but the only ones that have ever actually been used are:

1. National Sensei—*All black & purple belts*
2. National CI—*All Chief Instructors*
3. South-East Region Sensei—*Black & purple belts in ACT & NSW (excluding Sawtell)*
4. South-East Region CI—*Chief Instructors in ACT & NSW (excluding Sawtell)*

We have now found another way to manage such email lists. The above four lists have been set up and members for which we have email addresses have been added to the appropriate lists.

**If you are not on one of these lists, you may miss out on important information.** Only people on the list can send email to the list.

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

If you would like other lists set up for particular groups of members, please let us know.

# Academy Administration

## *National Executive*

### **Board of Directors**

*Principal*

*Deputy Principal*

*Area Representatives*

Australian Capital Territory

North Coast

Queensland

South Coast

South Australia

*Members*

**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!**

Articles

Reports

Write-ups

Photos

Keep them coming  
throughout the year

Email them to  
[info@petermortonjujitsu.org.au](mailto:info@petermortonjujitsu.org.au)





# Branch Reports



## Australian Capital Territory

### Evatt

*Renshi Graham Darby, Chief Instructor*

Report not submitted.

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

### Hughes

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

Hughes has had a successful year this year with the kids class, about 15–20 kids every night. We have been keeping a lot of coloured belts for a change. We have now got some junior green belts, usually we seem to lose them at orange. We have had a number of kids leave, but quite a few beginners starting, and some students who have been away for a while have come back.

We graded 13 juniors at the end of this term—8 to yellow, 2 to orange and 3 to green. They all managed to pass well (some will need some polishing before their next belt), but all are prepared to put in the effort next year. We have some more to grade at the end of term 1 next year (hoping).

Unfortunately we had no kids attend either of the junior seminars due to unfortunate timings. Most of the Hughes kids do a number of sports and on the days of the seminars they had other commitments.

We had some certificates handed out this year:

<i>Excellence in Tsuki &amp; Keri</i>	Lachlan Smith
<i>Excellence in Basic Steps</i>	Jon Mossler
<i>Excellence in Breakfalls</i>	Joshua Wright
<i>Excellence in Techniques</i>	Alex McAlister
<i>Most Improved</i>	Jack Overton
<i>Best Overall Performance</i>	Natasha Fenton

It has been a really big help having a number of seniors of varying belts coming and helping out with the kids. We appreciate the help and I am sure the kids appreciate having more instructor time, even though they don't always show it. We want to thank all the seniors who have come along and helped out.

This year has been a mixed one for the seniors, with some successes and some setbacks. We had a large intake of enthusiastic new white belts joining the branch and our long-standing

seniors—Chris, Kris, Toy and Skye—as well as some regular visitors from other branches.

Hughes started the year strong. However, an accident early in the year resulted in our brown belt, Chris, withdrawing from training with a dislocated knee. That incident spooked our keen group of white belt lads and we dropped down significantly in numbers. It was very unfortunate as it was the first major injury we have had for many years. We work hard to avoid injury, paying particular attention to the importance of a proper warm up and advanced stretches and strength exercises to improve our limberness and stability. Typically our war wounds come from other sports—hockey, skiing and running, to name a few culprits.

Soon after, we gained Andrew and James as new beginners. We were very pleased to see them earn their yellow belts in the December grading. Skye at last graded to senior blue after being on junior green for three years, then being on senior green for another two years (nothing like dedication). Well done to all three!

We have continued the pattern that began last year of attracting students from other branches, particularly students looking to polish their techniques for grading. Our branch also contains students with backgrounds in a multitude of other martial arts as we encourage cross-training.

Martial arts of all different disciplines have something to offer, be it in fight methodology, stand-up sparring, ground work, agility or any other area, so we welcome different perspectives on our training to help us develop as martial artists. A good martial artist never stops learning.

At the Annual National Seminar in Batemans Bay, Hughes put up a decent showing. Maca was out of town and unable to make it but Tuck led Kris, Nat and Toy down to the Bay, and our remote Hughes members, Damon and Jeff, drove down from Sydney for the weekend. Much fun was had and we were all particularly impressed with the location and accommodation.

Next year we will keep the branch moving. We'll be looking at introducing some new methods we have been working on and focusing on some different aspects of training within the academy's framework.



Hope to see familiar faces (and some new ones) in the new year.

All in all a rewarding, successful year for the Hughes branch.

Thank you to Toy for assisting in writing this report.

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*Email:* [hughes@petermortonjijitsu.org.au](mailto:hughes@petermortonjijitsu.org.au)  
Hughes Primary School  
Wednesday: Jr 6:30-7:30pm, Sr 7:30-9pm

## Isabella Plains

*Sensei Mick Cowey, Chief Instructor*

2004 has been a busy and eventful year for the branch. There has been a steady influx of new members. A lot of juniors are coming from the primary school that we are training in as the word gets around, and we are also getting some from the advertising in the Yellow Pages. I have also had a few contact me via the web site, so it's good to see that the effort put into it is paying some dividends. We have been averaging an attendance of 15 juniors and 5 seniors, with some peaks of 19 and 9 towards the end of the year.

In March, the branch again attended the Junior Seminar hosted by the Kaleen branch. Even though we narrowly missed out on retaining the Basic Steps competition trophy this year, we did pick up the Two-Man Attack trophy with an outstanding performance by Demi Fort.

This year also saw the Annual National Seminar being held in Batemans Bay and, although only Danny and I attended from our branch, it was a fun and eventful weekend for all. This made it a bit tricky for the competitions as we couldn't take part in the Two-Man Attack, however I think we put on a pretty good showing for the Basic Steps.

We have just had 8 juniors grade to their yellow belt this year, with our first run of the new format that is being adopted by some of the branches in the Canberra region. Congratulations to Rick, Luke, Jarrad, Jessica B, Jessica C, Amy, Vijeta and Alexander. They all did very well and showed how much they have learnt since they started. For those who didn't grade this term, stick with it, keep practising and look forward to what you can achieve in the new year.

We have had a growing senior class this year with up to nine students on the mat some nights. This culminated in five of our new students grading to their yellow belts at the end



*Isabella Plains juniors*

of the year. We had planned to have another student, Ewan, grade to his blue belt as well but, due to illness, he was unable to be ready in time. Hopefully we will see them all back in the new year raring to go for their next belts!

The final regional senior grading was held at Isabella Plains on 8 December and, although I was unable to attend due to work commitments, from all reports it was an interesting evening. I hope those that passed keep on working towards their next belts, those that didn't pass keep working towards finishing off those things that need a bit more work, and the lad who ended up leaving early with an injured leg has a speedy recovery.

We have been very grateful to have some extra instructor support throughout the year. A very big thank you must go out to Renshi Scott Teys who has devoted a lot of his time to regularly help us out on a Wednesday evening. This additional support, along with a fresh perspective, has proved invaluable to the students as well as to Danny and me.

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

<i>Excellent Attendance</i>	Jess Ramsden Kira Maloney Alexander Castello
<i>Best and Fairest</i>	Kira Maloney
<i>Most Improved</i>	Luke Stephenson
<i>Excellent Effort</i>	Rick Alford Vijeta Venkataraman Jarrad Fragnito Demi Fort

*Contact:* Sensei Mick Cowey  
*Phone:* 02 6291 0140 (home)  
*Email:* [isabellaplains@petermortonjijitsu.org.au](mailto:isabellaplains@petermortonjijitsu.org.au)  
Isabella Plains Primary School  
Wednesday: Jr 6:30-7:30pm, Sr 7:30-9:30pm

## **Kaleen**

*Renshi Peter Wilson, Chief Instructor*

Kaleen had another successful year in 2004. We finished the year with 25 seniors and 36 juniors.

Senseis Cameron Owers and Julie Streeter put in an excellent effort over the year with both juniors and seniors.

We had two junior gradings during the year with all the children grading up to the next belt. The seniors also did well in the combined gradings throughout the year.

Kaleen held a junior seminar in March and had a good attendance of 50–60 children. Renshi Scott Teys and Sensei Col Essery had a great response from the students in their segments of the program and, of course, Shihans David Rowley and Edward Scharrer kept things going along with their first-class instructing abilities.

The Kaleen branch had eight seniors go down to Batemans Bay for the Annual National Seminar. Mother Julie Streeter had the job of keeping an eye on some of our female students and they all stayed in the same unit. Julie was also assisted by Sensei Danielle Woods who sat as shotgun at the front door. Sensei Woods kept most of the young fellas at bay, but I think one of them might have slipped in the back door.

In the meantime, Sensei Owers spent most of the weekend in bed being nursed by Sensei Woods—the things some people will do to get out of attending training.

Meanwhile, in my cabin we had Shihan Rowley running things. Shihan Rowley used his martial arts expertise to evict a couple from our spa bath at 1:30am on the Sunday morning. Well done Rolls, but next time please keep your snoring down a bit so the rest of us can get some sleep (*Ummm, Renshi W. Who was snoring so loud that Shihan Rowley ended up moving out of your room and sleeping on the couch and the rest of us closed our bedroom doors?—Editor*). A great weekend was had by all.

Phil Townsend didn't make the seminar. He was busy running around China for a few weeks—I suppose we can let him off this time.

We have a new person looking after our attendance sheets and collecting the money. Graham Taylor started at the beginning of the 4th term. He applies himself very efficiently and has put forward some good ideas to help improve the running of the branch. Look out anyone who doesn't bow in or out at the door.

Graham is replacing Rhonda who has been having trouble with her hip. She is to have an operation in January 2005 to fix the problem.

Late in December 2004, our seniors had an end-of-year party at Renshi Wilson's home. Everyone had a great night. We didn't have a BBQ because there wasn't any one qualified enough to cook on the barby. We had cold meats and salads, which was good for a change.

As usual, on the last training night we presented some trophies:

<i>Chief Instructors Award</i>	Vinnie Nguyen
<i>Most Consistent Girl</i>	Stephanie Tran
<i>Most Consistent Boy</i>	Jarrold Taylor
<i>Most Improved Girl</i>	Ellen Levett
<i>Most Improved Boy</i>	Morgan Conroy

Luke Riches and Chloe Riches received a medallion for their etiquette.

That's it for now. Everyone have a great year.

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St Michaels Primary School  
Thursday: Jr 6:60–8pm / Sr 8–9:30pm

## **St Edmunds**

*Shihan Edward Scharrer, Chief Instructor*

This year was a little unusual in that the ladies were the majority of my membership. An encouraging trend that I hope continues. I consider that it's the ladies that potentially draw greater benefit from learning a self-defence art.

St Edmunds College also upgraded our mats. For the last twenty years I have been using the school's gym mats, but they have been depleted through age to the point of only having about fifteen square metres of mat to train on. I'd like to thank the Queanbeyan branch for loaning us their set. Now we have thirty-six wonderful square metres to train on.

I would also like to thank Sensei Colin Essery and Chris Reynolds for all their teaching assistance this year.

Well, instead of me prattling on, I managed to get a couple of students to write about their impressions and experiences of training at the branch this year.

Wishing all our members a prosperous and healthy New Year.

**By Erin Taylor.** When beginning martial arts with the Peter Morton Academy just a few short months ago, I didn't realise what I was getting myself into. I attended the class expecting to find a room full of lined-up students doing complex patterns, with me standing at the door with a look of confusion on my face.

I was pleasantly surprised when, in the first lesson, I was taught to punch, kick, block and do a few techniques with the other students, and having only one mention of a pattern called "Basic Steps". The class was looking and sounding even more promising when I saw some of the older students throwing each other around and I was told that I would be allowed to do that "*all in good time, as we wouldn't want to scare you off*". Well I was far from being scared off.

After that first lesson, I was enthralled. I couldn't resist coming back to the next class, and the next, just to find out what new things I would be learning. Throughout the time that I have been a member of the Peter Morton Academy, I have had the privilege of meeting many new people, some of which leave me in awe at the skills that they know and are willing to pass on.

Recently I also attended the senior seminar in Batemans Bay and, by going along to the seminar, I found myself in the company of many fun, smiling, friendly people who were only too happy to help out with anything you were having trouble with. I am happy to say that I have become a member of not only a self-defence club, but also a friendly community that I look forward to meeting again at next year's seminar and other functions up until that time!

**By Adrian Hawley.** Beginning to attend classes at the St Edmunds branch part-way through 2004 was the first exposure I had to the differences between the various branches. It was encouraging though and rapidly proved a great way to not only learn new things but strengthen everything taught elsewhere as well. Learning a little of the history and philosophy behind the club was certainly an interesting part of this and the opportunity to train with different groups of equally-dedicated people is one of the many things I have enjoyed about being a student with the Peter Morton Academy.

*Contact: Shihan Eddie Scharrer  
Phone: 02 6249 8676 (home)  
Email: stedmunds@petermortonjijitsu.org.au  
St Edmunds College  
Wednesday: 4:45-6:30pm*

## Turner

*Sensei David Dalla Costa, Chief Instructor  
Sensei David Burgemeister, Chief Instructor  
Sensei Danielle Woods, Assistant Instructor*

Another hard year has come to pass...

Firstly, we suspect there is something in the PCYC water as Dave and Sharon Dalla Costa have had their first baby, Kaitlyn, and Dave and Michelle Burgemeister are expecting their first baby in January. We suspect Danielle brings her own drink-bottle!



*The Turner Gang*

The first half of the year saw Pia, Paul and Adrian grade. Pia graded to blue, Paul graded to orange and Adrian graded to yellow.

People have obviously been hearing, along the grapevine, about training at Turner as many students have been turning up to share the experience of icy cold concrete floors compounded with the love of the pain and suffering of actually falling onto the mats. Are these people crazy?? (Burgie said that. He must be getting old!).

Over the course of the year we have been making full use of the PCYC amenities. We have used the boxing ring, punching bags, wrestling room, kick pads, focus mitts, skipping ropes and medicine ball. Everyone has been getting lots of variety and great enjoyment out of the different sessions.



Renshi Dave Burgemeister has continued to train with the Marist Club to develop his skills in judo, which he has been able to use to help with our training sessions.

We have been working hard on judo and ground work this year. The students are enjoying developing their fitness in boxing, techniques and take-downs.

Our final grading for the year has come to pass and Paul Dalla Costa was successful in grading to his green belt.

Thanks to the Batemans Bay branch for putting on a good seminar. Congratulations to Pia Rowe who took out the National Self-Defence Trophy (two-man attack). The way we remember it is: she took out two huge, burly, giant, wrestling-looking men (that's our story and we're sticking to it).

We are looking forward to a relaxing summer holiday break and we wish everyone a Happy Christmas. See you in 2005.

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



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## New South Wales



### Batemans Bay

*Sensei Adam Duke, Assistant Instructor*

It has been a big year at Batemans Bay. We hosted a junior seminar and also the Annual National Seminar, with thanks to Wayne and Katrina Duke and everyone involved for all their hard work.

This year we had Renshi Ben Innes come back to join us where he has taken the role as chief instructor.

We have had great success with the women's self defence course as it has been very popular. Also different schools and community organisations have been contacting us to come and do demonstrations. One of our latest ones was at the Carroll College during Futures Week, where many showed keen interest in our style of martial arts. So it has been decided that we will be forming a demonstration team.

When Frog was the head of this branch, he used to raise money to donate to a charity organisation at the end of each year. This year we are trying to raise some money for those in need. Many thanks to some of our junior members who took the initiative and raised their hands to try and help a good cause by doing odd jobs for friends and family and donating it to our fundraising efforts.

Throughout the year our numbers have been constant with many more seniors showing more interest this year. From all of us at the Batemans Bay branch, we wish everyone a happy and safe new year.

*Contact:* Renshi Tracy Innes  
*Phone:* 02 4472 8475 (home)  
*Email:* [batemansbay@petermortonjjujitsu.org.au](mailto:batemansbay@petermortonjjujitsu.org.au)  
Batemans Bay Primary School, Surfside  
Tuesday: Jr 5.30-6.30pm, Sr 6.30-8pm

### Queanbeyan

*Sensei Scott Teys, Chief Instructor*

Well, we had a change of leadership half way through the year. Jeroen stood down as Chief Instructor and I took over (paper work is in the post, Rolls).

I would like to take this opportunity to thank Jeroen for his many years of service as Chief Instructor of the Queanbeyan branch.

Our numbers have remained constant this year and, in November, six of the juniors graded to yellow belt. They all put in a lot of effort and did very well on the night. Congratulations to Ben Richards, David Ryan, Kurt Michl, Gabriella Michl, Nadine Teys and Rebeka Perry.



Seniors is also going well with constant numbers this year and regular visitors from other branches, particularly when they are getting close to grading.

I would also like to thank Ed for all his work throughout the year. He puts in a lot of work for the branch and it is great to have him there each week.

Soke Morton presented the annual awards for juniors on 13 December. The trophies for Best and Fairest Boy and Girl date back to 1964 when the academy first started. It was a great honour to have Soke Morton present the kids their trophies and I would like to thank him for coming along to the presentation.

I look forward to another good year, with more gradings in both juniors and seniors.

Contact: Sensei Scott Teys

Phone: 0408 248 040

Email: queanbeyan@petermortonjutsu.org.au  
YMCA Centre, Karabar

Monday: Jr 6-7pm, Sr 7-8:30pm



*Queanbeyan End of Year Presentations—Juniors  
Front (L to R): Rebecca Leck (Most Improved Girl); William Tregoe (Hardest Tryer); Kurt Michl (Best and Fairest Boy); Rebeka Perry (Best and Fairest Girl)  
Back (L to R): Shihan Edward Scharrer and Renshi Scott Teys*

## **Radcliffe**

*Sensei Alan Maconachie, Assistant Instructor*

For an out-of-the-way location, Radcliffe certainly has a good junior student base, it is easily on a par with all other branches in the Canberra region.

The number hovers around 25 almost every week and it is basically the same group of kids that we have been training for years, so we must be doing something right because they keep coming back.

Seniors? Well, they come and go. A few stay, maybe 4 or 5; it all depends on the weather.

What has struck me recently is how much some of the junior students have shot up like weeds. I swear that some have grown over half a metre in a week—well it feels like they have. I keep telling their parents not to feed them.

You know they are getting taller when they tell you that you must be shrinking and you find yourself now staring at their middle instead of down at them. Dave and I definitely look up to a lot of our students now and that is saying something, as I am a whopping 166cm tall and Dave is near the same!

Speaking of junior students, Radcliffe had some attend both the Kaleen and Batemans Bay junior seminars. They brought home some awards from Batemans Bay. We had Dave's group win the Basic Steps competition, James Davey was best at kicking and Bridgit McIntyre was best at belt tying. Radcliffe! Radcliffe! Yeah! Yeah! Yeah!

While on the subject of excellent students, the management and staff at Radcliffe congratulates the Brown brothers (not the booze makers!) on their combined win of the Leonie Corey Trophy for 2004. For your enjoyment (also so we can gloat a bit more, because we can), here is what Dave wrote about them:

### **The Brown Brothers**

Leonie Corey Trophy—Michael & Patrick Brown, Radcliffe

*Both Michael and Patrick started out as shy kids in the junior ranks. Their confidence has been boosted by their involvement in demonstrations at Queanbeyan East Primary School, the Canberra show and the Queanbeyan Bicentennial Hall. After their first demonstration, at the Queanbeyan East Primary School, they were very eager to participate in the next two.*

*You can see that they practice their techniques, as this stands out in their sessions in the senior group and Michael's breakfalls have improved overall.*

*They have been assisting with the junior classes at Radcliffe. I have been watching them and they both have proven to be excellent in their instruction and interaction with the junior students.*

*They have been up as attackers for the juniors in two-man attack. Watching them, you would think that they had been doing it for sometime, they seem to have this ability of not being rough on the juniors but at the same time being firm with their attacks.*

*These boys are eager to help out wherever they can and you never have to ask them a second time to do things. They both have respect for their Senseis and other students. They both have a good attitude to learning, they rarely miss a training night and because of this the other students look up to both of these boys as role models.*

*I have thought long and hard as to which of these junior students I would nominate for the Leonie Corey Trophy. These two students are excellent candidates and as there is not much difference between them, I have decided to nominate them both.*

Not a bad rap and well deserved for both students and instructors.

Radcliffe over the year has been the hub for a first aid course, black belt training nights and this year's black belt grading. Not bad for an out-of-the-way little spot, is it viewers? Or could this be due to the fact that the Honourable Principal lives just down the road and he likes to keep things close to home?

Anyway enough of the self-praise and Principal stirring. It's been another enjoyable, enlightening and fun year out here, even though I do miss the rats and the pong of past, but I think that the mosquitoes and little black bugs of summer will keep us happy. Come and visit us, you might not come back but you'll get a night to remember and you'll never forget us!

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

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## Queensland

### Nambour

*Renshi Mark Tomasich, Chief Instructor*

It's been another big year for the Nambour branch. All year Mark Humphris and Petra Clark have been training tirelessly for their Shodan grading. The trip down to Canberra started in a big way—there were many blonde moments (too many to mention), but that is what makes trips away memorable.

They were both successful and their first night back on the coast with their belts was an extremely proud time for both of them and for us. Senior and junior grades asked them all about the grading and if they could touch their new belts. Congratulations Mark and Petra on a job well done.

### Sawtell

*Renshi Brian Clark, Chief Instructor*

The Sawtell branch has had a very busy 2004.

We held two gradings this year with all students passing well.

Our end-of-year grading went well with two students grading to brown belt.

We still train twice a week (Mondays and Thursdays, 6:30-8:30pm).

Our Thursday session is our fitness and boxing night under the direction of Sensei Tony Dries.

We attended the Batemans Bay seminar and enjoyed it very much. We look forward to seeing everybody at the next one in Coffs Harbour.

We will be supplying information early in the new year once we obtain more information from the venue.

Wishing everybody a safe and happy Christmas.

*Contact: Renshi Brian Clark  
Phone: 02 6652 8607 (home)  
Sawtell Scout Hall, Monday: 6:30-8:30pm  
Sawtell Caravan Park, Thursday: 6:30-8:30pm*



Many thanks to Frog, Rolls, Eddie, Colin, Mick, Danny, Tanya and Alan who helped with the grading.

Six members of the Nambour branch travelled to the Annual National Seminar in October.

December gradings were completed and congratulations to all the new coloured belts within the ranks. There were some great fights. I was very impressed with the junior grades this year; they showed more determination in their gradings, well done!



Congratulations to Michael Pointing (Junior of the Year) and Mark Humphris (Senior of the Year).

Mark Humphris has been with us for over five years and never misses a training session. He is always willing to take a class and will help students with their training. He never gives up when training and always gives 110%.

Michael Pointing always arrives early, helping students with their breakfalls and techniques. He is always well behaved and will help out when asked. Keep up the good work. Michael was also our nomination for the Leonie Corey Trophy.

To Mark Warrick and Dave Pointing: Thank you for all your efforts during the year. Gentlemen, it has been a pleasure training with you.

A big thank you to all the parents who put their hand up and cooked the BBQ and helped out on the day and through the year. Further to

the parents, thanks for ensuring that the juniors are at training on time. As a parent myself, I know how difficult it is transporting children to their sporting activities after school and work, as well as fitting in the other daily activities, so a big thank you to the parents.

To Frog and Laraine: Thank you for making us feel welcome when we travel to Canberra.

To Rolls and Eddie and all members of the Board of Directors: I would like to thank you for all your efforts and the wonderful job you did during the year.

To all members of the Peter Morton Academy: I would like to take this opportunity to wish you a merry Christmas and safe New Year.

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

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## South Australia

A small graphic logo for South Australia, featuring the letters 'SA' in white on a dark grey background, with a white silhouette of the state of South Australia to the right.

### Golden Grove

*Neil & Ben Jeffries*

The time has come to reflect on another year as 2004 draws to a close.

Numbers on Tuesday evenings at the Golden Grove branch have been reasonably consistent and we currently enjoy an excellent balance of instructors to students.

We have seen a number of students grade successfully, leading to a fairly even spread across belt groups.

I am sure Mike's records, which seemingly go back to when dinosaurs roamed the Earth, can provide a more accurate picture of attendance and grading success rates throughout the year.

Tom and his loyal band of instructors have attempted to provide some variety to training throughout the year to break up the normal routine. This included a session on the oval, primarily consisting of sprints, where the majority of us realised how much winter padding we had gained!

We were also fortunate enough to have Eddie, the academy's Deputy Principal, run a session during the year. Eddie's flexibility and balance alone left most in total awe.

We consider 2004 to be another successful year of intense training for the Golden Grove branch and are all looking forward to a few weeks off over Christmas, but even more to when we return in 2005.

*Contact:* Renshi Tom Atterton  
*Phone:* 0427 182 311  
*Email:* goldengrove@petermortonjijitsu.org.au  
Gleeson High School  
Tuesday/Wednesday: Jr 7-9pm, Sr 7-9pm

### Walkerville

*Sensei Tanya Ellis, Chief Instructor*

Another good year of training has flown past yet again. I wish to thank my second in command, David Clayton, for a recent marketing push. From that we got three very eager new students to swell our numbers, which were already fairly respectable. Now we need more mat space but we make do at the moment taking it in turns on the mats.

I am very pleased with the standard our students have achieved this year. The level of commitment they have shown to training, the branch and the Y at the various fundraisers has been commendable. We had a junior grading late in November; the juniors put in a

lot of effort to get to the level needed for a junior yellow belt. We had four juniors grading and three passed. I was pleased to see the last junior put in extra effort and concentration and in a short period of time he had re-graded and passed to obtain his junior yellow belt.

I had a month off from training this year and I would like to thank Greg Fox and Aaron Turner for helping David out during this time. Aaron liked it so much he is now fairly regularly training with us.

Congrats to the three browns who graded for their sparring. Their efforts, and the efforts of David, Aaron and visiting blacks, ensured they passed their prerequisite for black, achieving a high standard in a short training period.

Thanks to James, Phil and Lannon, our brown belt instructors. Without them classes would be harder to teach and the blacks couldn't have as much fun.

I wish Robert luck in the New Year. He is training for his brown belt and despite his enthusiasm, or maybe because of it, his grading has been delayed through injury and study.

Just a quick note on our Christmas break up. Craig Swingler was finally presented with his 6th Dan by Ginny Pysden. When I left much later those two were STILL bowling. It was great to have a dan presentation in such a family environment and I am sure not only Craig's family but other students and their families appreciated the opportunity to be there for this special occasion.

I'd like to welcome all new students and past ones returning after a break and wish them all the best in the New Year. Also our old faithfuls, we are glad you keep wanting to come back.

Seasons greetings to you all and enjoy the break.

*Contact:* Sensei Tanya Ellis

*Phone:* 08 8262 1557 (home)

*Email:* walkerville@petermortonjijitsu.org.au  
Walkerville YMCA

*Friday:* Jr 6:15-7:45pm, Sr 6:15-7:45pm

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## Feature Articles

### *Measuring a piece of string*

*Shihan Edward Scharrer*

*Shihan Scharrer is a 7th Dan black belt and is the Deputy Principal of the academy. He is also one of two National Chief Instructors and is the Chief Instructor of the St Edmunds branch.*

I have this discussion every so often with students and instructors about variations, permutations and new techniques we should include into our syllabus. This discussion usually happens at our national seminar or when I visit other branches.

While I don't wish to question the validity of some of the techniques and variations I see, rather I'd like to put these suggested additions into perspective and also weigh this up against what I see the academy is trying to teach.

The whole point of the national seminar is to ensure that all instructors and students maintain a level of standardisation with all techniques in the academy syllabus. Without this, only confusion will be standard, which will ultimately jeopardise a student's ability to intrinsically understand the martial art they are training in, not to mention the problems this causes at grading time.

The 2004 seminar at Batemans Bay was the 14th in my recollection of our history. It would be fair to say that we would have had on average 25 black belt instructors at each seminar. If we

were to adopt one change from each black belt at these seminars, after 14 years we would have had 350 changes and/or additions to our syllabus.

This is clearly an untenable situation because no one would be able to master a system changing so rapidly. Confusion would reign as to what is the latest variation to a technique. I experienced this first hand in the final years when we were still a part of the Jishukan Ryu. Needless to say, this was very unsettling. Furthermore, this number is more than the total number of techniques in our current syllabus! Learning the current syllabus is hard enough but to suggest that the syllabus doubles in size every 14 years is...well let me put it this way, Frog started with about 250 in 1962, doubling every 14 years means we would now have 2000 in the syllabus!

But enough of the mathematics, the number of techniques in the syllabus is not what's really important. The process of training and learning and the discipline that comes from it is the important part. Learning discipline is probably more important than the knowledge itself

because once entrenched this skill can be applied to anything in one's life to achieve goals.

Come grading time, an examiner must somehow measure a student's knowledge. To do this the student must perform a technique with the correct sequence of movements that the examiner can recognise. This recognition of techniques encompasses a number of different aspects: physical movement done with coordination, timing, rhythm, balance, breath control; and mental aspects of focus, conviction and reflex action. When an examiner sees this, they know that a student has not only learnt the physical skills but the mental ones as well.

If a student was to merely make up their own techniques or demonstrates a technique that has a major departure of move sequence, then the examiner is left to wonder if the student has indeed applied himself or herself in the discipline of learning.

In our fast-paced western society, we seem to have this perceived need to always do something new and different, to revisit and train with techniques we "know" is boring. But unfortunately, to really master a technique this is exactly what we must do.

To quote an old Chinese proverb:

*I hear and I forget  
I see and I remember  
I do and I understand.*

There are many skills that need to be taught and every instructor has a different way of presenting and teaching them. All instructors will do different things to add variety in the class and, in the end, hopefully achieve the same result as the next instructor.

Advanced students, and this includes black belt grades, are better able to cope with analysis by making minor modifications to a technique to make it suit their body and to compensate for the changing angles and stances of an attack. Eventually everyone must do this and it is a very natural progression in the learning of a martial art. Certainly this is one of the enjoyable aspects I find with training. To play and experiment with a technique and to discover what it does and how it feels in the body is immensely satisfying. Everybody's experience of this is different and it must be discovered by the individual.

Over the many years of teaching and training I have come to discover that the techniques will work with only minor adjustments to allow for body size. However I have seen on countless occasions students making dramatic changes only because they are missing a vital move in a technique, lack the understanding of the importance of various moves or, conversely, compensating for a poor attack or an uncooperative partner. Even with a level playing field, it still takes many years of training before intrinsic understanding happens. All I can say is practice, practice, practice, or as the Japanese say: Renshu, Keiko, Shugyo!

I still have much to learn about our art and I unfortunately have taught incorrect technique. But, there is absolutely no point in trying to lay blame on myself or my teachers—instead this is a reflection of life itself. We should all ensure we keep our minds open to facilitate continuous learning, to constantly challenge and improve our mind, body and spirit. After all this is what Soke Shuho Sugita through Soke Morton is teaching us:

**Be Master of Yourself!**

## Annual National Seminar

30 September – 2 October 2005  
Sawtell, NSW

The Annual National Seminar in 2005 will be held in Sawtell, New South Wales.

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



## Power-Ranger-Michelin-Man

*Sensei Michael Cowey, Motorbike Rider Fanatic*

*Mick is a 3rd Dan black belt and is the Chief Instructor of the Isabella Plains branch of the academy.*

It seemed like a good idea at the time.

*"The seminar at the Bay is coming up Mick, we've gotta take the bikes,"* said Scott.

*"Yep Scotty, it'll be good practice for the trip to the Moto GP at Phillip Island a few weeks later,"* I replied.

And, with very little coercion, we convinced Cameron and Danny that it would be a good idea too. We had a route planned that would take us to Batemans Bay via the shortest distance possible (as long as you don't count the King's Highway as a possible route). So the plan was to head down the Monaro Highway, which to quote Cam is *"...as boring as bats###..."*, to Nimmitabel for a coffee, down Brown Mountain to Bega for lunch, then up the Princes Highway to Batemans Bay in time to check in and have a relaxing evening before the seminar started in earnest. All up a pleasant little trip with some nice corners cos that's what riding a bike is all about.

Come Friday morning and suddenly it doesn't seem such a great idea. The weather forecast for rain has been fulfilled and there is a steady drizzle, which the Bureau radar shows is covering the whole region. A call from my brother who's stayed down at Malua Bay overnight reports *"...it's pouring down here mate..."*. Time to make a few calls I guess.

*"Hi Scotty, are you still going?"*

*"Yeah mate, of course I am!"* (Scott never lets rain get in the way of a good ride.)

*"Hi Danny, Scott and I are still going. Can you make it?"*

*"No mate, my babysitter has let me down, I can't leave 'till the afternoon."* (Bugger, one down one to go.)

*"Hi Cam, Scott and I are still going, are you going to be a girly wuss and not ride in the rain?"* (Well he had been knocked off his bike in the rain a few years back and had to get two vertebra fused together with a groovy-looking titanium doohickie, you've got to cut him a little slack.)

*"Bugger off, it's probably going to rain on the Phillip Island trip, I may as well get used to it now."* That's my boy!

So off we go with all the wet weather gear on, although I didn't get the teary farewell from the wife that I was hoping for. Strange that. For

some reason she was laughing and shaking her head. She obviously didn't understand what rugged tough guys we were, braving the elements in the pursuit of motorcycle nirvana. Or maybe it was because my one-piece rainsuit makes me look like the love child of the Blue Power Ranger and the Michelin Man.

So what is it about motorcyclists with frostbite that attracts a crowd? I mean, the ride to Cooma was pretty uneventful but as we gained more altitude getting into Nimmitabel things started to get a little nippy. Obviously there is some entertainment to be gained watching a bunch of rugged tough guys dismounting their high-powered steeds, but wasn't it obvious we knew how cold it was? I swear I had every single old bloke in Nimmitabel come up and comment on how chilly that wind was before I had even peeled my sodden gloves off. They left Scott alone though, must have been that glare that had frozen itself onto his face.

A pie, a coffee and a quick pee-stop later (as quick as a pee-stop with cold hands, cold nether regions and about five layers of clothing, leather and rainsuit for the necessary parts to be hiding in can be...the boys will know what I'm talking about) we were heading towards the Brown.

If things were getting a little nippy before, they were getting downright freezing now as we got closer to the top of the mountain. Then we started the descent and I swear that the temperature increased at least a degree every 20 metres of road we covered. The rain hadn't stopped yet though, and Cameron had the dubious honour of being tailgated by an idiot in a ute the whole way down. I think I spent more time watching him in the mirror than I did looking where I was going, imagining how I was going to explain it to his mum if he got knocked off again.

The continuing rain caused another problem too. Up until then my One-Piece-Power-Ranger-Michelin-Man suit had done a fantastic job of keeping me dry, but as we headed towards Bega I had an unpleasant feeling. A very unpleasant feeling. And it didn't stop as the storm flap on the zip had filled up with a fair bit of water by this stage and had decided that my crotch was the best place to get rid of it all. Not all at once, mind you, it kept it at a nice trickle. So next time you see a Blue-Power-Ranger-Michelin-Man riding in the rain with one leg sticking out remember, he's not lost the plot at all—he's smart enough to know that it's a good idea to let the water drain out of the zip every now and then. He learns from his mistakes.

The advantage of one of the guys working for the NSW ambo's is that they'll let you park your bikes out of the rain at the back of the station when you get to Bega. The disadvantage is that you have to walk around town looking for a warm spot to have lunch in all the gear, without any obvious bike or paraphernalia to explain why you are dressed in such a strange fashion.

After an entertaining lunch, with a waitress at the café who could only be described as a "personality", we were back at the station trying to get our gear back on. Now this is where we hit a bit of a snag.

"We need to find a bike shop," says Scott.

"Huh," I said.

"I can't get these farkin' gloves back on, they're too farkin' wet, the farkin' liner has moved around, and my fingers won't go in...and they are farkin' cold. I have to buy some new ones."

"Me too," says Cam.

The guy at the shop was surprisingly understanding. I would have laughed my head off at us if I were him. I didn't need to get new gloves myself as I had been able to get mine on. The only problem was I wasn't game to take them off again in the shop, so I couldn't get my helmet off either. I guess he thought we were all a bit strange and just wanted us out of his shop.

Once we were on our way again the rest of the trip was pretty uneventful, aside from some young idiots in a Falcon thinking we wanted to race them along the highway. I mean seriously, it was still raining, we had bags hanging off the bikes everywhere and we were soaking wet. It must have been the Power-Ranger-Michelin-Man bringing out the hoon in them. There was



also the mandatory "let's rip up a bit of road and leave it as dirt for a few months so it turns into an incredibly-slippery-pothole-ridden-quagmire" that seems to be the norm for the NSW RTA. They must love us motorcyclists so much to provide such interesting challenges for us.

As we roll into the park after grabbing the keys to our cabin, who do we spot? Danny looking very dry standing next to a Magna that looks remarkably like the one he owns. Luckily for him it was a coincidence and he was saved from some unpleasantness that was headed his way when we saw his bike parked in front of the cabin. A cabin which became a Turkish bath house very soon afterwards with the heater turned up full bore and bike clothing hanging off every available chair, sofa, curtain rail, light fitting and ceiling fan. Then we just had to explain to everyone firstly why we rode down in the rain, and secondly why we came the long way.

Well, it seemed like a good idea at the time...





## Kaleen from afar—UK 2004

Email: [naomi.foote@petermortonjujitsu.org.au](mailto:naomi.foote@petermortonjujitsu.org.au)

*Senseis Naomi & Ian Scamp, World Travelers*

*Naomi (Nim) and Ian (Scamp) are both Shodans with the Kaleen branch. They took off to see the world in 2003...*

Wow, well it's been more than a year since we bid the mats and members at Kaleen bon voyage, and now it's time to fill you in on our year of training UK-style.

What can we say...it started slowly. On our arrival things work-wise were tough—Sensei Scamp worked for a parcel delivery company, while Sensei Nim worked for the National Health Service interviewing doctors for jobs in hospitals. Needless to say we were very careful when we trained because we really didn't want to end up in Accident and Emergency having one of those doctors putting us back together!

We moved up north in Feb 04 and after trying out three martial arts clubs decided, much to our disappointment, that training PMAJJK-style on the grass in our backyard was the way to go (although Sensei Nim always had her techniques in mind while working in the hospital and medical centre at the local prison!). In short the first two clubs were bad, with big, fat, 20-year-old "Senseis" watching new students collapse awkwardly onto their collarbones ("oh that was meant to be a front breakfall").



*Stonehenge*



*Big Ben, London*

We also did a lot of running through the English countryside and played squash weekly at the local fitness centre. We tried out the boxercise class but, after a couple of lessons, realised it just didn't live up to Renshi Burgemeister's fitness sessions, so gave that a miss and went back to running through the countryside!

Since summer travels through Scandinavia and relocating down south (just outside London), we've found a club to call our own. It's still not quite the same as Kaleen and Turner branches, but we're learning a lot of interesting jujitsu/aikido techniques, which are a lot kinder to our battered bodies.

Soke Brian Dossett is our instructor and has invited us along to a number of senior grade courses. We attended an Aikido course at the end of November and, in October, a Kick Boxing and Jujitsu course which gave us a great introduction into their style and what they do.

As far as travelling goes we have also had a rather eventful year, though we do hope to do lots more in 2005.

So are we staying??? Well, we've decided to brave the winter once again and travel through summer before heading home in time for another summer next year.

This year we've been to Scotland and Denmark three times each, Egypt, Spain, Sweden, Finland, Norway, Italy, Northern Ireland, and of course have done lots and lots of local UK trips. We will spend Christmas in the alps of an Italian ski resort (a really European Christmas!), before meeting up with Sensei Ramsden somewhere for a huge, cold new year.

Well must dash, feel free to drop us a line anytime, keep training and bye for now.



*The Bridge of Sighs, Venice*



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