

“Be master of yourself”

# The Academy

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Non-profit organisation - Founded 1962



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

## **The Academy**

*Volume 19*

An annual publication of the Peter Morton Academy of Judo Jujitsu Karate Incorporated containing reports and news items for members of the Academy.

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## As I Saw It

*Sensei Alan Maconachie, Editor*

I bought a new washing machine the other day, not because I wanted to but rather out of necessity as the old one got to a stage where it was no longer viable to fix it.

So twentieth century mechanical was replaced with twenty-first century electronic bells and whistles. It does everything automatically except hang the washing out. That is if one can find the right multi-functional switch to turn or push or yell at or whatever.

Those of you who were brought up on the mechanical and not the electronic will understand that when I went to use this new fandangled machine I took one look at it and its accompanying operation manual and said, "what in the hell was someone thinking when they designed this thing?"

With a few unprintable words thrown in and a many times RTFMing, I overcame the age gap, twentieth century verses the twenty-first, and the language barrier, manual verses electronic, to successfully complete the task at hand: washing clothes.

It's not that I do not like change but why does everything have to come with multi-functional switches and a multi-language manual where the bits one needs takes up only one sixth of the pages? In times past most things were self explanatory, one did not need a two and a half centimetre thick manual to work out how to turn it on. But what does all of this have to do with martial arts I hear you say?

Well, like my old 1979-vintage washing machine, martial arts of the past were much simpler and all aspects were passed on from person to person. Today, like the new 2007-replacement machine, it is not so simple. Today,



leaving the actual physical aspects aside, it appears that everyone is trying to control how our art operates and, like it or not, these controls are here to stay.

There are so many controls, rules and regulations that have to be adhered to if the Academy is to survive the next forty-five years it makes one's head spin faster than the spin cycle on my new washer. It now takes an army of people and work to handle all of these extra tasks to ensure that nothing is missed and that every action is for the benefit of Academy members overall.

Unlike the old washing machine, the new one works quietly and efficiently, just sitting there seemingly doing nothing but actually achieving more than anyone notices with less noise and shaking. So it is with the Academy's administration. It does its job as best as it can but sometimes, like it or not, old ways have to be replaced and new ones taken on to survive.

So embrace change but retain some of the old just to remind you of how you got to today. Change out of necessity is not the enemy, even though sometimes it has to be experienced to win one over to a new way.

The administration of the Academy and its ways may change, but as long as those that are charged with overseeing all functions of the Academy are alive and kicking, then the physical aspects of our martial art will remain as true as humanly possible to the ways of our art's Founder, Soke Sugita, and to the wishes of the Academy's Founder, Soke Morton. This, like taxes and death, is a certainty.

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## Message From Soke

*Soke Peter Morton BEM, Founder*

I wish to thank all branches for their support during 2006.

I also thank all CIs for their hard work and control of their respective branches.

A special thank you to Dave Rowley, Eddie Scharrer and Peter Wilson for their extra work and fine instruction during the year.

If any student has any complaint, please come to me so we can sort these complaints out. Our club has always been a happy club and I want it to stay this way.

We have been operating now for almost 50 years and I would like to see it go on for another 50.



Congratulations to our new black belts.

Laraine and I wish everyone a very merry Christmas and a happy new year. See you all in 2007.



# Principal Overview

Shihan David Rowley, Principal

2006 was certainly an eventful year, bringing with it some unexpected challenges that should help to strengthen our club and improve the cohesiveness amongst club members. As a result, we elected a new Board of Directors, chaired now by Peter Wilson who took over from Scott Teys who stood down as a result of family commitments.

The Annual National Seminar was again very successful and my thanks go to those tireless workers who facilitated it. We concentrated on safety aspects of breakfalling and safely coming out of techniques. We hope these new skills will be used in every training session.

I have incorporated some of these in my junior class and have noted the confidence gained by my students. The trouble they had before in falling out of certain techniques has now disappeared.

Just a reminder about seminars, the more people that support them by attending, the lower the cost. Some of the branches have said that if they don't get the numbers it is not worth their while putting them on, especially if they are out of the Canberra region.

We hope that many complete our survey regarding the seminars, as the information obtained will be used to make our seminars suit the majority of club members.

We now have, or will have, five new branches. They are:

1. **Scotland** run by Jamie Sumsion. Ed and I have viewed the disk that Jamie sent over of his students grading and all have passed. We have sent a cd over to Jamie with a few things that we would like fixed up in the techniques. These are minor things that we have noted, just like our senior combined gradings here. This has a twofold purpose: in the cd that he sent us Jamie has introduced his students and a bit of background information about his students; and on our cd, sent back, they get to know who we are and the techniques with comment will ensure that there are no big differences.
2. Our second new branch is **Charnwood** run by Danielle Woods. Danielle held a junior grading before Christmas and all students passed. Her students are a credit to her, or should it be that Danielle is a credit to her students?



3. Ben Innes has started a branch at **South Durras**, Batemans Bay. We did a grading for Ben before Christmas. The class consisted of juniors and seniors and all passed and are a credit to Ben as well.
4. Greg Maunder will be starting a branch at **Moonee Beach**, NSW.
5. Tony Dries will be starting a branch at **Sawtell**, NSW.

As most know, Turner closed down mid-2006 due to the building being demolished. Burgie moved that branch to the PCYC at Erindale.

Congratulations to the black belt team. The grading was of a very high standard and Burgie, Danielle and Scampi must be very happy with themselves at the standard of technique that was taught and demonstrated by their team on the day.

I would like to thank all the black belts for the support they showed on the day and to the Queensland, Coffs Harbour and Batemans Bay groups who made the journey to attend the grading.

Thanks must go to Darbs who did a lot of ringing around to ensure that there were plenty of attackers for the grading.

Thank you to Scott Kelly who gave up his time on the day to be our ambulance officer. From what I heard, Scott had to do some juggling with his work to attend and the academy greatly appreciates this.

I would like to remind everyone to use the Academy's web site, as this has all the information needed for gradings and seminars and other articles of interest. If you have any articles or things that are going on in your branch that you would like published send it in to Alan and Gail.

Lastly, I would particularly like to thank Clive Corey for his generous monetary donation towards the Leonie Corey Trophy.





# Treasury Notes

*Sensei Alan Maconachie, National Treasurer*

Other than some branches getting caught a little by the insurance fee, the financial year once again has been quiet. The Academy has not incurred any financial debt and it still holds a cash float of around \$4,000.

## Insurance

Insurance costs to the Academy remained about the same as for last year.

There were some enquiries from chief instructors as to why the requirement for insurance money was three dollars per member up on last year. This increase was due to the fact that membership registration with the Academy was around eighty less members than last year.

Because the Academy buys insurance cover in blocks, fewer members can mean, and this year it did mean, more costs for all. That is, the insurance cost per member is calculated by dividing the total amount charged by the insurance company by the number of registered members. So it is in the interest of all members for chief instructors to ensure that all members that have paid a membership fee have been registered with the Academy, even if they no longer train. In fact, a student after a trial period and a renewing member, including Dan belts, must pay all required monies if they wish to train: no fees paid, no putting a foot on the tatami.

## Advertising

Money is available from the central financial fund to branches for reasonable advertising costs. To be eligible for some advertising financial help, a chief instructor can send a copy of their branch's advertising invoice to me. The request will be passed on for consideration and the requesting chief instructor will be notified whether their request is successful or not. If unsuccessful, a reason will be given.

The cost of advertising in the Canberra region Yellow Pages has been reduced for 2007. This was achieved by buying a smaller advertising space with no extras.

## Message to Chief Instructors

Because of the legal obligations of an incorporated body and as one of the duties of National Treasurer, I will conduct an audit of the Academy's central finance account and the finance accounts and assets of each branch of the Academy sometime during 2007 before the next annual general meeting.

To comply with these obligations, chief instructors should be aware of some of their responsibilities concerning branch monies and assets:



- All monies and assets acquired in the name of the Academy are the property of the Academy.
- Any monies or assets donated directly or through its branches to the Academy forms part of the assets of the Academy.
- All monies in a branch of the Academy finance account forms part of the assets of the Academy.
- All assets purchased with Academy member funds by a branch of the Academy are and shall remain the property of the Academy.
- Except by way of bona fide remuneration for services actually rendered to a branch of the Academy, or by way of reimbursement for authorised expenses incurred on its behalf, the income and assets of a branch of the Academy shall be applied exclusively to the promotion of the Academy's objects and no portion thereof shall be paid or applied to any member or non-member.
- Branches and assets are held in trust for Academy members and a chief instructor or an Academy member, no matter what their rank, can not take these with them when they retire, resign or are expelled from the Academy.

## Profit and loss statement

### 1 July 2005–30 June 2006

TOTAL INCOME:	\$15,285.35
TOTAL EXPENSE:	\$11,016.00
NET PROFIT:	\$ 4,269.35

## Summary

The Academy is a non-profit organisation, so if there is a branch in need of some financial assistance, whether it is a cash flow problem or the financial requirement for a legitimate Academy project, then come forward and put in a request for help. If it is necessary, viable or for the good of Academy members then it will be done.



# Black Belt Bit

## Shodan grading 2006

Four students graded for Shodan this year. The class started with five hopefuls but unfortunately one student had to forego the rigours of the year-and-a-half of Shodan training due to knees of an older age than the average Shodan trainee that could not take the punishing demands requested of them during training.

It was a better idea to choose to be able to walk rather than to have a black belt and face the possibility of a lifelong injury. Nothing is worth one's health

As part of the Academy's revamped risk management policy and guidelines, increased safety rules were enforced this grading and a standby medic was in attendance.

Having a medic on hand was fortunate for one of the dan belts when, during a hold down test, he, as the attacker, moved wrongly and his body responded by popping a couple of cartilages out of place between his ribs. A very painful but not life threatening injury that eventually heals itself, so long as the victim does not laugh. Mind you the injured dan belt turned up, under medication, to the presentation dinner that night. He said that he was not going to miss it, even if people made him laugh.

Special mention must be made of the dan belts that travelled from the Sunshine Coast QLD, Sawtell NSW and Batemans Bay NSW to take part in the attack-side of the grading and the following dinner that evening. These people show true devotion to the Academy and its teachings.



The final result of the grading was three passes to Shodan, one to re-grade on the boxing component and one injured dan belt attacker. Not a bad day's work.

At a presentation dinner that evening sixty members and guests chose to celebrate, witness the official belt presentation ceremony and welcome the newest Shodans into the folds of the Academy.



## Black and brown on Tuesday nights

'First Tuesday of the month' training will be on again in 2007 at the Radcliffe dojo starting at 7:00pm.

Open to senior brown belts and dan belts, it is a good opportunity to iron out any problems you may have with techniques, throw around an adult body and learn advanced techniques.

These sessions are also a chance to keep up with the latest training methods and to revise and practise techniques that you may not have touched on for quite a while.

# Promotions, Awards & Appointments 2006



## Promotions

Name	Branch	Promoted to
Graham Darby	Evatt, ACT	6th Dan
Ian Scamp	Kaleen, ACT	2nd Dan

## Awards

### Peter Morton Perpetual Trophy

#### Basic Steps Kata

St Edmunds, ACT

### National Self-Defence Trophy

#### Two-man attack

Batemans Bay, NSW – won by Cody Barton

### Leonie Corey Trophy

#### Most outstanding academy junior member

Chloe Riches, Kaleen, ACT

## Appointments

### National Executive

Secretary	Position vacant	
Treasurer	Alan Maconachie	29 September

## Leonie Corey Trophy 2006

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

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

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

The 2006 winner was **Chloe Riches**, Kaleen, ACT. The following is the nomination submitted by her chief instructor.

**Chloe Riches**, Kaleen branch, Age: 8

*Chloe Riches began judo in February 2004 at the age of six and in the short time she has been enjoying the sport, has progressed to a green belt. Chloe has achieved this through her dedication and enthusiasm and despite a very busy schedule of other sporting commitments.*

*Over the past two years Chloe has also worked hard to improve her swimming and has gone from a beginners 25m certificate to swimming 3kms a week as part of her swim squad training. In Chloe's first swimming carnival in March of this year, she won her heat in the Belconnen regional competition and recorded the third fastest time for her age group.*

*Chloe also shows enormous dedication to her other chosen sport, Calisthenics—a uniquely Australian sport that blends the flexibility and acrobatics of gymnastics, with the grace of ballet and rhythm of dance. Chloe was selected at the end of 2004 for the ACT representative team to compete in the 2005 Nationals, becoming the youngest ever team member in an ACT calisthenics representative side. This brought an immediate increase in her training schedule from once to three times a week as well as being required to perform at short notice in promotional routines. Having noted that many of her rep team colleagues were performing calisthenics solos in 2005, Chloe also decided to add this to her calisthenics repertoire and with just 10 days rehearsal time, Chloe competed in the preliminary ACT calisthenics solo competition in April 2005 where she was placed third. A month later she competed in the ACT championships which she won and became ACT's Under 7 calisthenics solo champion for 2005. Chloe's contribution to the team assisted them in achieving the highest ever result by an ACT team in a National competition.*

*In January 2006, Chloe again chose to enter the ACT calisthenics solo competition (this time with a little more notice!) and began her solo training in the school holidays with her coach. In May she successfully defended her title to become ACT Under 8 calisthenics solo champion.*

*Chloe continues to show a drive and commitment to all that she does and never wavers in her practice and perfection of her technique. She does so with an ever-present smile and warmth toward her class mates and instructors.*



# Seminars

## Junior seminars

### ACT region—4 March

The 2006 ACT region junior seminar was hosted by the Kaleen branch and held at St Michael's Primary School, Kaleen, ACT.



This year's seminar kicked off at 9am with an introduction of dan belts and a quick run down of the agenda, followed by the allocation of the thirty-six attending students into teams.

Warm-up exercises were a prelude to a session on Tsuki with Shihan David Rowley. To demonstrate his point on how to develop an effective punch he used an analogy of a **flat piece of metal and a round metal ball** accompanied with the question of "Which does more damage?"



Shihan went on to make a point. If your fist and application of a punch are loose and not right then, like a flat piece of metal, the strike is not as effective as when your fist is tight and your application is right and on target, like a metal ball.

Shihan Edward Scharrer ran the students through basic kicks with special attention to **body position and the way it relates to balance**. The focus was on correct stance and weight distribution. Like in the story of *Goldilocks and the Three Bears*, body weight should not be too far forward nor too far back but just right.



After the morning tea break, Shihan Scharrer had the students demonstrate the Basic Steps Kata, then he corrected inaccuracies, the main point being **focus and the Basic Steps Kata**.

When doing the Basic Steps Kata students were looking in a different direction to where they should, so Shihan Scharrer used a tennis ball as an example of focus.

Shihan looked in one direction and threw the ball in another direction. This demonstrated how most times you would miss the target that you wanted to hit. He then looked in the

direction he wanted the ball to go, threw the ball and hit his target. So when doing the Basic Steps Kata you look at the target, focus and aim, just the same as when you throw or catch a ball. After some more kata practice the students formed into groups of three and a Basic Steps Kata competition took place, with the winner being the one that took the shortest time with the least amount of errors. A time penalty was added for each error made. Nobody beat Shihan Scharrer's time of 25.92 seconds with only two mistakes.

Renshi Scott Teys took the students through a warm-up and then went into **why we do breakfalls**, explaining that a breakfall's main purpose is to minimise damage when we fall.

After some explaining and practice of breakfalls, Renshi Teys asked "Who learnt something from that?" There was not much reply, so he asked "Did anyone learn anything

from that?" "Yes! Yes! Yes!" Echoed around the dojo.

Lunch came and went down then it was time for some more learnin'.

Renshi Peggy O'Malley held a session on **how to punch and block correctly** while training in self-defence. She stressed that a student must execute blocks and punches properly when doing technique training and in the two-man attack. If you do not train in the punching and blocking techniques properly every time, then in a real situation these basic elements will not be as effective as they should and could be. She then put the students through some rigorous training in these techniques.

After everybody had blocked until their arms hurt, Renshi O'Malley put on a two-man attack demonstration against two male attackers, proving once again that a female can put up a good defence against a male attacker.

Next came the **Self-defence competition** with **Jordan Nguyan** of the **Kaleen** ACT branch emerging as the winner.

The **Basic Steps Kata competition** followed closely on the heels of the Self-defence competition, with this year's winning honours going to the **Queanbeyan** NSW branch. Equal second place went to Batemans Bay NSW,



Hughes ACT and Radcliffe NSW. The judges could not separate these three.

To add some fun and to put the brain into relax-mode, a game of tunnel ball commenced. For some reason this soon erupted into chaos and confusion as to who was winning what! Could this have been aided by the Sensei that stole the ball from an opposing team and then proceeded to take off and evade the pursuers of the ball? (*By any chance that would not have been Sensei Alan M, the same Sensei that usually causes chaos every year at these seminars? - Editor*)

Finally sanity ruled and John Bear, with the aid of three of his students, demonstrated his

art of **Kokusai Jujutsu** with a good show of ooh! and aaah! throws. Questions about and requests for more of these types of throws followed. A presentation of a *Certificate of Appreciation* of attendance was given to John Bear at the completion of his demonstration.

Afternoon tea was downed then it was into balance in throws with Shihan Scharrer and Renshi Teys. Again weight distribution, balance and correct position were demonstrated and stressed, then it was on to practice these by inflicting *Ogoshi* on each other.

Finally everybody lost interest and the seminar drew to a close at 4.10pm with the usual formalities.

### NSW South Coast region—28 October

The 2006 South Coast region junior seminar was hosted by the Batemans Bay branch and held at the Batemans Bay Primary School, Surfside, NSW.

This seminar, like the Annual National Seminar, had the theme of techniques taught by the Academy with an emphasis on safety in training.

This year's seminar commenced at 9:20am with an introduction of dan belts and a quick run down of the agenda, followed by the allocation of over fifty attending students into teams.

#### **Session 1: Kicks** with Shihans Rowley and Scharrer

Basic kicks were practiced moving along the tatami and moving kicks into a kick bag. This provided students with a feel for a kick and what happens to a stance when something solid is brought into play as opposed to kicking into thin air.

#### **Session 2: Breakfalls** with Shihan Scharrer

The big questions were asked: *Why do we do breakfalls? When do we do breakfalls? How do we do breakfalls?* The answer is not always obvious but, basically, in junior speak it is to land properly when thrown.

Shihan Scharrer demonstrated how to land properly from a *Round Kick* and *Ippon Seoi Nage*.

Demonstrating a breakfall from a *Double Lapel Hold*, Shihan Scharrer did a flip and asked what type of breakfall he had done. The reply from students was "side". Shihan answered this with "but I did a flip" to which someone replied, "so?" To this Shihan had a little fun with the students by encouraging them to yell out answers and opinions to his question. This stirred up the students to a very rowdy crescendo.



Shihan's final comment on this subject was that no matter how a fall happens, whenever a body hits the ground a breakfall should be happening.

#### **Breakfall drill**

- Shoulder roll into a side breakfall—chest on knee, leading hand level with leading foot, look through legs, roll and stop as feet hit the ground.
- Zip start side breakfall—the student kneels on their hands and knees. The instructor holds one of the student's hands from the opposite side to that of the instructor under the student's body. Pull the student's arm rolling the student in a barrel roll circular motion (zip start). The falling student turns their head and looks in the direction of the throw and to where they are going to strike the ground in a side breakfall. The instructor does not hold or pull the hand too hard. Guide and let the student unwind into a side breakfall.



#### **Session 3: Breakfalls randori style** with Senseis Baronowski and Tobin

Senseis Baronowski and Tobin demonstrated the practical side of breakfalls by throwing each other in a fairly fast randori style throw-for-throw.

#### **Session 4: Grappling** with Senseis Baronowski and Tobin

A few grappling holds were shown to students then it was each for themselves as they put into action what they had been shown.

#### **Session 5: Breakfalls** with Shihans Rowley and Scharrer

##### **Arms Around Body Feet Apart**

- Attacker comes out of the throw in a side breakfall.

### **Side breakfall drill**

- Student holds the instructor's lapel and lifts one foot off the ground or jumps so both feet are off the ground. Keeping hold of the lapel, the student does a side breakfall and the instructor drops their body and guides the student to the floor.
- Throw the student into a breakfall from *Ogoshi* or a related throw.
- When applying a throw, don't guide the student to the ground with the thrower's right hand. For drill training, hold only on to the student's right arm. This helps the thrower control the throw and it will force the student to side breakfall properly.

### **13:00 with Sensei Patrick**

The students were feeling full of energy after being fed so, to bring some order back into the dojo, Sensei Patrick managed to get all the students down on the tatami lying flat out on their backs yoga-style.

This relaxation mode worked very well with the young students and it not only calmed them down but it also put them into a more relaxed frame of mind.

### **Session 6: Punching and wrestling with Shihan Darby**

This session involved a review and practice of the correct way to punch with emphasis on the twisting motion of the arm then students were shown how to wrestle with each other from a kneeling position.

### **Session 7: Safety when coming out of a technique with Shihan Rowley**

#### **Kidney Karate drill**

- Defender places a foot behind the attacker's leading foot. Keep the foot stationary and do not sweep.
- Defender pushes on the attacker's shoulder.
- Bring attacker off balance.
- Take attacker to ground in a controlled push.
- Attacker does a side breakfall.

### **Arms Around Body from Behind Feet Together**

- The attacker falls into a side breakfall, not flat on their back.

### **Side Choke**

This can be done in all techniques. The defender should always:

- Put their hands up in a guard position to protect the head.
- Keep their guard up.
- Block all attacks.

### **Side breakfall off a horse**

- Side breakfall off a kneeling horse with a partner holding the student's hand as a guide.



### **Session 8: Basic Steps Kata competition**

To show that instructors are not all talk and no action, those present were called upon to show students how a kata should be performed.

Inspired by the instructor demonstration, Team Green, led by Andrew Wright, won the BSK competition.

### **Session 9: Two Man Attack competition Winners**

- Boy: Jesse Howard from Kaleen, ACT, age 7.
- Girl: Tiana Barenaba from Batemans Bay, NSW, age 11.



### **Session 10: Correct application of techniques with Shihans Rowley and Scharrer**

#### **Side Choke**

- The choke break is a big swing followed by a turn of the body.
- The head attack is a double ear-slap, as in *Double Lapel Hold*, then the head is held.

### **Session 11: British Bulldog and sausage break**

After beating the instructors at a vigorous game of British Bulldog, the students were let loose on a heap of sausages and drinks that would have made a king proud.

### **Session 12: Slide show**

The participants were treated to a slide show look at the history of the Batemans Bay branch. Set to music, it showed some shots of Frog and current and past members of the branch.

### **Session 13: Presentations and thanks**

The end of the day's activities brought about the presentation of certificates and medals followed by a thank you with Sensei Patrick to all involved. Laraine Morton was presented with a bouquet of flowers and Frog was presented with a hand-crafted walking stick forged from an old tree root.

## Annual National Seminar

### Canberra, ACT—29 September–1 October

The seminar was hosted by the Queanbeyan branch and held at the Birragai Outdoor School, Paddy's River, Tidbinbilla Rd, Tharwa ACT.

Any Academy member should be able to go into another branch and see that all techniques are being taught in a standardised way. A member should not come away confused as to just what the moves of a particular technique are and how that technique is to be executed or taught.

When the Academy was small and based in Queanbeyan, with some branches in Canberra, the Founder Peter Morton (Frog) was able to visit branches and hold a training session for instructors. As the Academy expanded around Queanbeyan and the Canberra region as well as interstate, Frog could see that branches had developed variations in techniques and that over time these variations could change an original technique entirely.

To get branch instructors together and so that techniques could be standardised, Frog introduced a once-a-year training session for instructors. These training sessions were later opened up to senior Kyu belts and over time they have developed into the Annual National Seminar, as we know it today.

So getting back to Frog's original intention and following on from last year's seminar, this year's Annual National Seminar continued with the theme of techniques taught by the Academy with an emphasis on safety in training.

### Friday

The masses are fed with a barbecue followed by a site induction and safety talk.

7:00pm the Annual General Meeting and then an Executive meeting.

### Saturday

#### **Session 1: Six o'clock in the morning yoga with Tina Scharrer**

The class had an amazing attendance considering the ungodly hour at which it took place. Who gets up in the middle of the night to



put their body through torturous physical manipulations when that body's alarm clock does not normally go off until about 8am? A heck of a lot of people did and I suspect that they did so only because it was under duress brought about by a not-so-anonymous bell ringer, door knocker and heckler of Shihan status doing the rounds forty-five minutes before the yoga class was to start.

#### **Session 2: Safety in training—striking control and breakfalls with Shihans Rowley and Scharrer**

A series of drills, when done regularly, improves a student's control over their movements and balance and lowers the risk of physical injury. Drills also increase a student's understanding and awareness of the technique they are practicing.

**Kicking drills** teach a student correct balance, which part of the foot does the strike, what a body does as a kick is executed and how to perform a kick in one smooth motion as opposed to a move that has a series of stops and starts. Always be aware that whether a kick is practised fast or slow it is 10 sets of one kick and not one set of 10 kicks. Make every practised kick purposeful and not just a movement.

- **Side Snap Kick and Round Snap Kick**—partners face each other almost side by side. Lightly hold on to each other's shoulder for balance. Do not lean on each other. Keep a kick deliberately slow and flowing with no stopping between changes in direction as the body pivots on the ball of the support foot. Kick with the heel.
- Walk down the tatami doing free kicks into the air and then swap to kicking a kick bag. Kick slowly and deliberately at first so that distance judgement, strike area, power of a kick, carry through motion and balance can be learnt.

**Side breakfall drills** teach a student how to get a feeling for a side breakfall and how to fall into a correct body position without hurting themselves.

- Student holds the instructor's lapel and lifts one foot or both feet off the ground. Keeping hold of the lapel, the student does a side breakfall and the instructor drops their body and guides the student to the floor.
- Instructor kneels down on one knee and grabs the student's judogi near the shoulder with one hand and the student's same-side trouser near knee with the other. In a circular motion push back on the shoulder and pull forward on the knee of the student. Throw the student to the ground into a side breakfall position.



- The student kneels on their hands and knees. The instructor holds one of the student's hands from the opposite side to that of the instructor under the student's body. Pull the student's arm, rolling the student in a barrel roll circular motion (zip start). The falling student turns their head and looks in the direction of the throw and to where they are going to strike the ground in a side breakfall. The instructor does not hold or pull the hand too hard. Guide and let the student unwind into a side breakfall.
- The instructor throws the student from the hip while kneeling down.
- For a full *Ogoshi*, *Koshi Guruma* and other related throws, don't guide the student to the ground with the thrower's right hand. For drill training hold only the student's right arm. This will force the student to side breakfall properly.
- Side breakfall off a kneeling horse with a partner holding the student's hand as a guide.

### **Session 3: Yoga Nidra** with Tina Scharrer

This session of yoga had a full house and the moment was seized by Tina as she had a captive audience left over from the previous sessions and nobody was leaving the dojo for lunch until they had contorted their body for almost an hour. The last part of this session involved relaxation. With everybody lying flat out on their back, the sea of motionless bodies lying on floor looked like a mass suicide.

Near the end of the relaxation session, several bodies could be heard either softly snoring or vibrating their nasal passages very loudly. Of course, when these bodies were subtly commented to about their little indiscretion they denied it with conviction.

### **Session 4: Restraint and removal** with Renshi Tomasich

Renshi Tomasich demonstrated and took the class through a series of techniques as taught and used by the Queensland police force and, by the reaction of participants, the restraint and removal section proved to be a big hit.



### **Session 5: Breakfalls in slow motion** with Renshi Teys

This was an experimental session in which a slow motion video display showed Shihan Scharrer demonstrating breakfalls from various angles.

The video was paused at various points so that the falls could be studied and discussed in detail. This provided the class with an insight into correct breakfall technique and a chance to view a proper breakfall in a totally different medium.

### **Session 6: Peter Morton Perpetual Trophy**

As in seminars from times now past, the Basic Steps Kata was hotly contested and, as usual, only one branch could emerge victorious. This time it was the St Edmunds, ACT, team.

### **Session 7: National Self-Defence Trophy**

With Cody Barton fighting for the honour of his branch, the trophy for the two-man attack went to the Batemans Bay, NSW, branch.



### **Dinner and presentations**

Saturday ended with a dinner and presentation of trophies and awards where all ate, drank and were merry. The merriment carried on into the wee hours when a contingent decided to make a raid on the nightclubs of Canberra where they partied like it was 1999.

### **Sunday**

### **Session 8: Six o'clock in the morning yoga** with Tina Scharrer

What a session to have first thing in the morning on the day after the night before.

That same heckler from early Saturday morning once again did his rounds before the sun had time to have its first morning cup of dew. So it was no surprise that only five people turned up for another round of pre-seminar body bending.

Mind you, as some rested in their bed like a lump of wood mentally abusing the heckler and refusing to budge, they should have spared a thought for our honourable Principal.

Our honourable Principal had been allocated to the same cabin as Tina and the early morning heckler so he really did not have much choice but to drag himself from the warm comfort of his place of sleep and crawl to the dojo for that first session of the day.

It is good to see that our honourable Principal is prepared to set an example even if it is at the expense of his own personal comfort. Good onya boss.

### **Session 9: Safety in training—strikes and breakfalls with Shihans Rowley and Scharrer Strikes**

- Knuckle: arms are to be fairly straight and not excessively bent.
- Hand palm: palm up until just before the strike then twist on the strike.

#### **Breakfall drills**

For all falls where a person will most likely end up on their back, fall to one side in a side breakfall.

- *Arms Around Body From Behind Feet Apart*
- *Full Nelson 1*
- *Arms Around Body From Behind Feet Together*
- *Side breakfall from a horse*

### **Session 10: Clarification and hints with Shihan Scharrer**

#### **Kidney Karate**

- The sweep is to be followed right through; do not stop the sweep at the floor.
- The counter block is a punch-type deflective block in an upward motion.
- The defensive fall is a side breakfall with the attacker's body landing in a position across and almost in front of the defender.

#### **Front Kick**

- Defensive fall—tuck the support leg under and fall into a back breakfall rolling over the shoulder.

#### **Single Lapel 1 Control**

- Keep arm locked and swing arm down onto attacker's elbow forcing attacker to ground. Do not put arm on attacker's arm and then try to push down.

#### **Single Lapel 2 Break**

- Strike downward with the elbow and break the attacker's elbow joint.

#### **Collar Hold**

- Lock is applied to the attacker's elbow. Jump forward a little just before the arm lock is applied, drop and drive the fist through.

#### **Double Lapel**

- Defender draws their arms in a circular motion across the attacker's elbows and into their chest.

#### **Harai Goshi**

- Take a half step on the turn, come almost heel to heel similar to *Kosoto Gari*.
- The sweep is to be followed right through; do not stop the sweep at the floor.

#### **Tai Otoshi**

- Step across, like in *Ogoshi*.
- Defender lifts their left arm in a 'look at me' type position.
- Defender holds their left arm up and executes a throw, moving their arms like the ninth way of breaking balance.

#### **Tomoe Nage**

- From a double punch before executing the throw, the moves are: block, block, double slap to ears.

**Session 11: Questions, answers and the golden olden days** with the Founder Peter Morton Seated on a chair on the tatami, Frog reminisced about his early days of training, some of the unconventional training methods he has used on past Shodan trainees, personal stories and his thoughts on the Academy through the years past.

# Annual National Seminar

28 – 30 September 2007  
Canberra, ACT



The Annual National Seminar in 2007 will be held in Canberra, Australian Capital Territory.

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

# Club Matters

## Events calendar

### South-east region

#### Junior Seminar

Sat 10 Mar	Kaleen	9:00am
Sat 27 Oct	Batemans Bay	9:00am

#### Combined Senior Grading

Tue 3 Apr	Radcliffe	TBA
Wed 27 Jun	Evatt	TBA
Thu 20 Sep	Kaleen	TBA
Mon 10 Dec	Queanbeyan	TBA

#### Black Belt Forum (all meetings start 7:30pm)

Fri 9 Feb	Kaleen Sports Club
Fri 29 Jun	Kaleen Sports Club
Fri 9 Nov	Kaleen Sports Club

### Annual National Seminar

TBA (Fri–Sun)  
Canberra, ACT  
Venue TBA

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

## Membership

### Membership reminder

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

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

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

### Membership register

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

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

### Annual fees & levies

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

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

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

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

### Academy membership card

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

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

## Academy items for sale

### Badges

Contact Peter Wilson

- *Academy badges*: \$10.00
- *Chief Instructor badges*: \$10.00
- *Assistant Instructor badges*: \$15.00
- *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

### Belts

Contact Peter Wilson

- *Black belts*: New or replacement dan belts. \$50.00 approx

### Books

Contact Alan Maconachie

- *Many Mountain Summits*: 40th anniversary Academy history book. \$15.00

### DVD

Contact Rod Patrick

- *Batemans Bay branch history*: Set to music, a quick trip down memory lane with a slide show look at the history of the Batemans Bay branch showing current and past members of the branch including some shots of Frog. Running time approximately 20 minutes. \$5.00



## Branch news

The Turner ACT branch trained for its last time on Saturday 8 April 2006 when the Police & Citizens Youth Club in Turner closed.

Following the Turner branch closure, Renshi David Burgemeister opened a new branch at Erindale ACT a couple of weeks later and Sensei Danielle Woods opened a new branch at Charnwood ACT.

Mid-year, Renshi Ben Innes opened a new branch at Durras, Batemans Bay, NSW.

Sensei Jamie Sumsion opened a new branch in Scotland UK. Official approval was given by the Academy on 14 June 2006.

## New policy and guidelines

Three new documents were completed and accepted this year.

The *Risk Management Policy* and the *Risk Management Guidelines* are to be read in conjunction with each other.

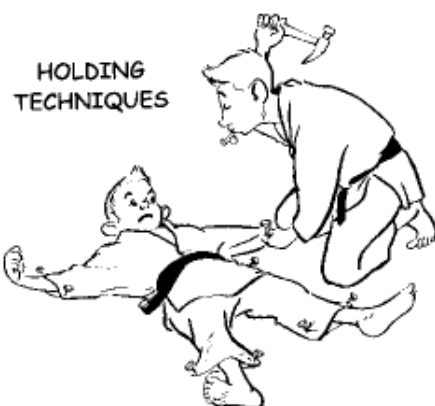
All documents are available on the web site and every instructor should familiarise themselves with the contents of these documents.

### Risk management policy

The need for a safety policy is an important factor for the Academy, so the Academy has introduced this *Risk Management Policy* to satisfy the safety requirements of members of the Academy and to encourage a safe training environment for all concerned.

Risk management is used to identify hazards, analyse and evaluate risk and then to treat the risks associated with these activities via elimination and/or control.

Risk management is an ongoing process applied to all aspects of the Academy's operations. There are a number of mechanisms already in place that address the issues of health and safety, with particular emphasis on injury risk



management, such as the Risk Management Guidelines, Academy syllabus, standards, and teaching methodology.

### Risk management guidelines

The scope of risk assessment is to provide a tool by which Academy instructors can undertake a risk assessment to identify hazards in training and the training environment, whether it is a venue at branch level or an Academy event, such as the Annual National Seminar or a Shodan grading.

The outcome of a risk assessment provides a safe and healthy training environment for Academy members and a path to devise a risk management plan to effectively deal with any risks that may arise.

### Adult self-defence

It has been recognised by the Academy that many people wish to practice a martial art or learn self-defence but are deterred by the overt physical nature, dynamics and pressure to perform to a certain standard in gradings.

Students start training but, due to the Academy's syllabus and grading system or the impression that one needs to perform to a certain standard, they become confused and frustrated in their progression and learning of further techniques.

- *Take A.E.i.M*  
*Take A.E.i.M* (Adult Education in Martial Arts) is a guide for instructors. It is a way of teaching the Academy's style of self-defence so that the lessons encourage participation by putting emphasis on gaining awareness, confidence and enjoyment through the practice of martial arts rather than emphasising higher levels of performance through a structured course and grading.

It will suit people who may want to learn for the sake of learning or have age, mobility, mental disability or injury concerns. Students are encouraged to only attempt techniques that they feel comfortable they can achieve and to progress to other techniques at their own pace.

Techniques taught are left to the discretion of a chief instructor and they can be any selection from the Academy's syllabus or where necessary a slightly modified technique.

## Communications

### In the print media

In 2006, the academy had 1 article published 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. **Please help us to keep the web site up-to-date.** All people in charge of branches and information need to develop the habit of regularly using the web site and keeping the information about their branch up-to-date. It doesn't have to be the CI of the branch, as long as someone does it!

The information on the site is still very "Canberra-heavy" because not much information from "out of Canberra" branches has been received. All branches need to send information regularly on any subject, particularly for the Events & Gradings section of the site.

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

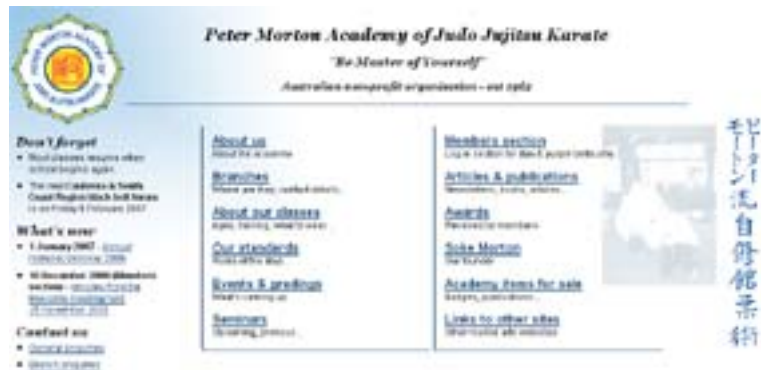
### Email lists

In 2004 we set up some email lists through Yahoo. They were supposed to make it easier to send messages to specific categories of members so that the sender didn't need to know everyone's current email address and no one was missed when general messages were sent out.

However, due to lack of use these lists have now been removed.

If you want to contact individual members of the academy, please use the contact details that are on the members section of the academy's website. This list is as up-to-date as possible.

If you want to contact groups of members (for example, all CIs or CIs in the ACT region), you can email [info@petermortonjujitsu.org.au](mailto:info@petermortonjujitsu.org.au) with the details of the group that you want the information to go to and include the text and any attachments. Your information will then be emailed to the appropriate members.



**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



### Charnwood

*Sensei Danielle Woods, Chief Instructor*

Merry Christmas and a Happy New Year from the Charnwood branch.

In case you didn't hear...after many years of training the Turner branch has closed due to the PCYC closing. So, after a year of assisting with black belt training, I left to go and begin my own branch at Charnwood (PCYC). Dave Burgemeister started up a branch at Erindale (PCYC). Even though one branch closed, two other branches opened, so all worked out well in the end.

I would like to say a special thank you to Dave Burgemeister and Dave Dalla Costa who worked with me, trained me and looked after me for the past seven years at Turner. Speaking of Dave Dalla Costa...his wife Sharon gave birth to twins recently: a boy, Bryce, and a girl, Morgan—congratulations to you both.

There was a black belt grading on 25 November, held at the Radcliffe branch, and the following people graded; Sarah Luck, Tim Michaelis, Phil Townsend and Mick McKell. Three of the four passed on the day; Sarah just having to try the take-down of a boxer one more time (in February). All four worked hard on the day, they were clearly fit and well trained and certainly focussed. Once again, well done to Dave Burgemeister who trained them, even when there were training location changes three-quarters of the way through the course.

Charnwood branch started with three students! Robert Johnson had just started with us at Turner and decided to come over to Charnwood. Mila and Annalise Lopes joined up at the PCYC open day. After our first training session, Mila told her friend Laura Deaves and she joined up too. The four have worked hard and have been eager to learn. Recently, we gained two more students: Daniel Hammond and Jay O'Neil. Robert, Mila, Annalise and Laura have been so focussed and so keen that I decided to grade Robert and have a mock grading for the other three. On Thursday night, 14 December 2006, Shihan Dave Rowley came out and graded them all and I am proud to say they all passed. Frog had even prepared the certificates for the students, which was a great honour. Thank you Frog for making the certificates; the students were speechless and the parents too!

A special thank you to Julie Streeter, Phil and Erin Townsend, Eddie Scharrer and Dave

Rowley who came and helped at the branch this year. Thank you Peter and Rhonda Wilson who helped me get the branch started—including paperwork, booklets, McDonald's certificates, sewing on club patches etc—you were very generous and helpful. Finally, thank you to Cameron Owers who helped me get on the Internet so I could do this newsletter report.

Keep safe over the holidays, see you next year.

*Contact: Sensei Danielle Woods*

*Email: [charnwood@petermortonjulistu.org.au](mailto:charnwood@petermortonjulistu.org.au)*

*Police & Citizens Youth Club*

*Thursday: Jr 7-8pm, Sr 8-9pm*

### Erindale

*Renshi David Burgemeister, Chief Instructor*

G'day to one and all.

Well it was a sad ending for the Turner branch early 2006. After many, many years providing a great community service, the old faithful Turner PCYC has finally closed its doors for the last time due to safety reasons.

Over 50 years the Turner PCYC has produced some great champions of sport ranging from boxing, wrestling, even weight lifting. Even the one-and-only Frog Morton trained at the club for a period of time. So it was a real pleasure and an honour to have the opportunity to train at the Turner PCYC for those 10 years and a real shame to see it close.

However, as one era ends a new one begins; the ending of Turner opened a new door, not only at the Erindale PCYC (Tuggeranong ACT), but also at Charnwood (Charny as we like to call it). With the closure of the Turner branch, instructors and students divided due to the change in location. Danielle Woods kindly offered to expand the Empire and open a new successful branch at PCYC Charnwood. We are sorry to see Danielle go, but wish her the very best of luck with the new Charny venture.

We would also like to congratulate Dave Dalla Costa for successfully becoming a father to not one, but two new enrolments, Bryce and Morgan, a boy and a girl. Congratulations Dave and Sharon and good luck, that's a handful. Dave has put training on hold for a period of time (and rightly so!) due to family commitments, but we hope he will return one day with his three juniors to keep that Dalla Costa tradition going.



Anyway back to Erindale. Well it certainly doesn't have the ambience or the size of Turner, but what it lacks in ambience it makes up for in style. The small, modest dojo is ideal for those small, intimate classes, but large enough with the added boxing room next door to hold a decent-sized class. It's a good training venue. Mr Ian Scamp has kindly put up his hand to jointly run the Erindale branch. His knowledge of judo, boxing and kick boxing will be very valuable to the branch.

The closure of Turner happened right in the middle of the 2006 black belt class, so having Erindale was a real lifesaver. Although the changes threw us into turmoil, the four black belt trainees did not even blink, even after changing the venue to Radcliffe (which by the way is a good venue, it's just a bit out of the way). That just says something about the determination of Sarah, Timbo, Mikey and Phildo, because I am absolutely proud of their achievements this year, and for their great effort to get them to the grading.

Tim, Mike and Phil were successful in gaining their black belts, however it chokes me to say that Sarah did not. I would like to say Sarah showed great courage and determination, and it certainly was not through a lack of guts, for there were very few smiles that day (Sarah is never short of a smile). Sarah managed to face-off against a very formidable opponent when it came to the dreaded Defence against a Boxer and, although she gave him hell, it didn't get her across the line. So we are sorry it wasn't to be for the Smiling Assassin but she has vowed to come back in 2007 and wipe the floor.

So now black belt commitments are out of the way, Scampy and I are out to revamp the branch with advertising and a first for me and our branch, namely, to introduce juniors. Next year we shall be starting with juniors on Wednesdays from 6-7pm and continue afterwards with seniors from 7-9pm. Currently with seniors we have one new starter, John Fisher, four ex-pats from Turner Paul, Tom, Erin, Phildo and the black belt crew. So a small intimate group who are very fit and determined.

Well I think that is about it from us at Erindale, so on behalf of Ian Scamp and the Erindale branch, Merry Christmas and a Happy New Year.

*Contact:* Renshi David Burgemeister  
*Email:* erindale@petermortonjujitsu.org.au  
Police & Citizens Youth Club  
Wednesday: Jr 6-7pm Sr 7-9am

## Evatt

Report not submitted.

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

## Hughes

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

It was another very successful year for Hughes branch, with many successes throughout the year, and of course plenty of challenges to keep life interesting.

## Juniors

We continued to have more juniors than we had mat space for—they seemed to be popping up out of nowhere throughout the year. A large thank you to the many assistant instructors who turned up to lend Tuck a hand each week.

We had two great gradings in 2006, with a range of newer and older students moving ahead. Meghan Smith and Matthew Zeitlhofer graded to their blue belts—our first junior blues in almost 10 years—a great achievement! Alexander Fenton, Natasha Fenton, Alex McAlister and Jack Bartlett successfully graded to green; Ellen Swann, Hillary Swann, Hugh Swann, Evan Garguild and Mickayla delaRue reached orange; and, Nicholas Doody emphatically gained his yellow belt.

Our Junior awards this year were well contested, with the winners very much deserving their awards. The following achievements were recognised:

<i>Excellence in Tsuki &amp; Keri</i>	Ellen Swann
<i>Excellence in Basic Steps</i>	Meghan Smith
<i>Excellence in Breakfalls</i>	Hillary Swann
<i>Excellence in Techniques</i>	Jack Bartlett
<i>Most Improved</i>	Alexander Fenton
<i>Best Overall Performance</i>	Alex McAlister

Congratulations to all of you, the effort you put in throughout the year was excellent.

We now have a solid core of students throughout the junior grades, and 2007 will only grow from here. There should be two gradings held next year, and we'd like to have at least one demonstration at some stage. We'll be looking to increase our involvement with the Hughes Primary School, and hopefully see a boost in new starters. We also hope to have some of the off-mat organisation helped along by our enthusiastic parents.

### **Our outposted members**

Our most remote members of Hughes branch have been keeping their training and fitness up at the Hughes II training ground, based at our North Sydney dojo. 2006 has been a great year for our little North Sydney training group. Obviously getting ourselves out of bed on a Sunday morning to do a little jujitsu hasn't always been easy, yet somehow we manage it.

For those who don't already know, we are Hughes branch members living in Sydney and training unofficially on a Sunday morning at the North Sydney PCYC. Our intention is to maintain our techniques and enjoy the exercise and friendships that the Peter Morton Academy has shown us. We quite often have visits from K, Toy, Sensei Maca and Sensei Tuck, who are always keen to show Damo and the group a thing or two. So for anyone passing through Sydney on a Sunday, give us a hoiy. We'd love you to join us for training and our traditional post-session breakfast!

Our numbers at North Sydney have slowly been building, with Hughes branch members who've shifted to Sydney over the past number of years clearing their Sunday mornings. We started the year with just the two active members—Jeffo and Damo. Pretty soon though, we managed to convince Damo's old Hughes training partner, Simon, to join us! It certainly didn't take long to dust the cobwebs off his techniques either. And now we have even convinced Nige, who was out of action due to work commitments, to rejoin our ranks. Unfortunately, our new additions have come not a minute too soon. Jeffo, our number one member and two-man attack specialist, will be heading back to Canberra in 2007. This is fantastic for him as it means he can rejoin the Hughes (proper) ranks and advance his skills, however I can honestly say that he will be sorely missed up here. For me, he has been the bloke I've seen almost every Sunday, a training partner who has never let me down. So, thanks for all your help, mate.

All in all, our group has had a lot of fun up here in 2006, and we are all looking forward to an exciting 2007. Hopefully we'll attract a few other Academy members who've relocated to Sydney, and of course anyone who's visiting who may be keen for a Sunday morning training session—and breakfast!

### **Seniors**

The senior class had more of what we have come to expect from the Hughes dojo, with an increase in our core training group, and the usual arrival of visitors from other dojos. Visitors are always welcome, whether joining us for our extended school holiday training sessions or throughout standard terms for some technique refinement. This year we renewed our strong relationship with Evatt dojo, hosting their group one

Wednesday when their hall was double-booked, and reciprocating the visit later in the year.

We had a number of seniors progress at gradings this year. We hosted the Academy's ACT region senior grading earlier in the year, where K and Toy (Kris & Sam) finally graded for their brown belts after putting in a massive pre-grading training program. It was a shame we didn't have the video camera rolling to capture what was an exceptional demonstration of our techniques, topped off with impressive defences against a boxer. Burgy didn't lay a punch on K, and only managed a short burst on Toy before she subdued him. Dante also achieved his brown belt later in the year in a grueling grading which resulted in a decent amount of blood loss. Ingrid graded to green after recovering from a number of injuries (not caused by jujitsu). Our two brothers, James and Andrew, graded to their orange belts, and now plan for green in the next year, or two... Luke, Neil, Stripy (Natasha), Lisa, Denise, Victor and Declan all achieved their yellow belts, at three separate gradings. A special grading was held for Lisa and Denise, and Maca is still echoing Eddie's words that it was the best grading seen for quite a while.

Special thanks need to be given to Eddie for visiting our dojo twice this year. Once for a couple of gradings, and the other to spend the entire night taking K & Toy through the sparring techniques. Much appreciated by all concerned and we look forward to another visit next year. Thanks also to Burgy who graciously provided additional training for K and Toy at the sadly-missed Turner dojo for months before their grading.

We again had a strong contingent at the Academy's annual national seminar in October, although we didn't quite manage to win the Basic Steps competition again this year. Yes, we handed our much-loved trophy over to the worthy winners, but be warned—we fully intend to win it back next year! A highlight was definitely K's home-brewed ginger beer and the AFL grand final on the BIG screen on Saturday night. To all the organisers of the weekend, and particularly Scott's other half (the sad Swan supporter who recorded the match for us), a huge thank you for all your efforts.

2007 looks to be a particularly huge year for Hughes branch. We plan on increasing numbers at both Hughes and Hughes II in North Sydney, and look forward to some good sessions at K & Toy's home dojo (Hughes III?). Tuck's involvement with the new Board of Directors, Maca's drive with the Academy's marketing plan, and increased responsibility-sharing with our senior members and parents will see a new spin on the professionalism Hughes branch prides itself with. We are particularly excited

that Damo, K and Toy want to commence their Shodan training in 2007...hopefully it won't be long before Hughes branch produces our fifth, sixth and seventh black belts in our 30-year history. Thanks to K, Toy and Damo for writing the bulk of this year's branch report, and apologies for our editorial hacking, it comes with the job. We hope everyone has a great break for the holidays and returns safely, and full of energy, for training in 2007.

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

## Isabella Plains

Craig Grant, Green Belt

### Junior class

The junior class started the year with the standard ebb and flow of children from the previous year and finally settled into a consistent class of 4–5 with able assistance from Ric. After much hard work throughout the year Isobel and Mitch graded to yellow belt, Jayden graded to orange belt and Jess graded to green belt.

### Senior class

At the end of 2005 the senior class (with gentle persuasion from Renshi Cowey) decided to keep our elite fitness up with Sensei Ramsden's Saturday morning boot camps. This was a fantastic way to make sure that you did not consume any alcohol on a Friday night. The sight of various elite PMAJJK athletes doing push-ups on irrigated grass areas and carrying one another for hill sprints in Lake Tuggeranong Park was surely an awesome sight.

At the start of official training for 2006 we had one yellow belt, five newly-crowned orange belts, one green belt, a blue belt with a dodgy knee and a recently promoted junior blue belt who seems to flog us all. Term 1 meant lots of new techniques with the odd Commando fitness test (run very efficiently by Sensei Ramsden who seems to have a very strange perversion for beep tests).

The end of term 1 grading saw Jarrod grade to orange belt to join the rest of the motley orange crew. Hard training continued on through terms 2 & 3 with the same old same old, bend the knees, elbows in, the 'horse' is not for pushing off from!!! (Why put it there if you can't push off it?).

Term 3 grading saw Scott and I off to Radcliffe to have a shot at green belt. The night started well for us until two-man attack when Renshi Cowey and Renshi Teys flogged us with smiles on their faces. Anyway, the good news was that

Shihan Rowley and Shihan Scharrer gave both of us the official nod but with a small lecture of needing to get fitter (reading between the lines I interpreted this to mean "*hey fat boys lose some weight*"). **Now for all of you reading this report this is the critical part:** *If you have a grading at Radcliffe don't offer to take your CI in your car because even when you pass you will get a captive lecture for 40 minutes of where you went wrong. In addition, when you want to stop at Hungry Jacks at 10:30pm your CI will not approve.*

The 2006 annual national seminar saw the equally largest attendance at a national seminar from Isabella Plains. This was a fantastic time of learning and socialising with fellow PMAJJK practitioners and all with very little sleep. Thank you to Renshi Teys for waking me at 2:00am with front snap kicks (do I really snore that much?). I am still trying to work out what Renshi Cowey meant by telling us how big the basic steps trophy is in comparison to his lounge room.

Term 4 started with Sensei Ramsden advising us (with a smile) to get a mouth guard. Keen as I am, I obliged the next week—this was a big mistake. Just when you thought that being thrown by Renshi Cowey hurt, try boxing. The start of term 4 also brought Euan back to the fold. This was fantastic as now the bruising that Scott and I were getting could be shared by a third green belt.

Shihan Scharrer visited us early in term 4 and provided us with some excellent technique refinement. He also discovered that the average size of Isabella Plains students and senseis was 90–110kg and that the preferred method of warm up is grappling. Somehow Shihan's amazing flexibility saved the day, but I think he made a mental note about participating in grappling at Isabella Plains. Shihan Scharrer is probably still looking for the 'just sit on him' technique in the syllabus.

The end of term 4 grading saw Gil and Ryan grade to yellow belt, which is a fantastic result, and will give Sensei Ramsden even more justification to get us all fitter in 2007.

2006 has been a very consistent teaching year at Isabella Plains and with students coming back from overseas and the announcement that the ACT Government is keeping Isabella Plains school open will launch us into another fantastic year.

Special thanks to Renshi Cowey and Sensei Ramsden who week in week out maintain their professionalism, temper and high standards, teaching students of all sizes and abilities the craft of martial arts. We have certainly all enjoyed their teaching and humour during the year.



PS. Additional thanks also to Renshi Teys for his able assistance during the year.

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

## **Kaleen**

Report not submitted.

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

## **St Edmunds**

Report not submitted.

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



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How the academy came to be where it is today;  
Soke Morton; Structure; Membership; Standards;  
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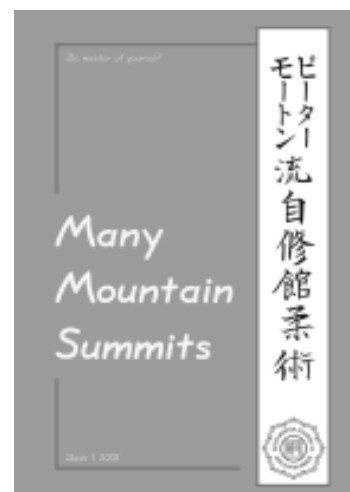
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## New South Wales



### Batemans Bay

Report not submitted.

*Contact:* Sensei Rod Patrick  
*Email:* batemansbay@petermortonjijitsu.org.au  
Batemans Bay Primary School, Surfside  
Tuesday: Jr 5.30–6.30pm, Sr 6.30–8pm

### Durras

Report not submitted.

*Contact:* Renshi Ben Innes

### Queanbeyan

Report not submitted.

*Contact:* Renshi Scott Teys  
*Email:* queanbeyan@petermortonjijitsu.org.au  
YMCA Centre, Karabar  
Monday: Jr 6–7pm, Sr 7–8:30pm

### Radcliffe

*Sensei Alan Maconachie, Assistant Instructor*

Student numbers have been fairly consistent this year with most continuing training from previous years.

Because we train our junior students so thoroughly here at Radcliffe, we only had one junior grading for the year. Shihan Scharrer oversaw the grading and I am pleased to report that Shihan saw fit to pass all students.

What of our senior students one might ask? Sadly by year's end Radcliffe had only one active senior student and he has made us proud by achieving his 2nd kyu blue belt. Not bad for a senior citizen around the half-century mark!

We look forward to him tackling the brown belt course. I am sure that, as his Chief Instructor and Sensei, our beloved Principal and his ancient body is keen to be slammed into the tatami once again. A good incentive to make sure that our senior grades as soon as possible methinks. Well done Garry.

As an aside, I have heard on the wind that for 2007 one of our senior students from earlier this year may make a return to the fold and that we may have an adult contender to test run the new *Take A.E.i.M* way of training.

Near the end of the final term for 2006, Renshi O'Malley decided that she needed a break from routine. Not one to do things by half measure, she boarded a plane and ended up in Egypt for about six weeks. She thoroughly enjoyed the experience and returned highly recommending a visit.

Not to be out done, near the end of Renshi O'Malley's disappearing act, Sensei Vavasour got in his car and ended up somewhere around Byron Bay in northern NSW at a spiritual retreat for a couple of weeks. We thought that we had lost him but he missed us so much that like a boomerang he came back.

All this globetrotting left Radcliffe a little short on instructors for a short while but we managed to fake our way through training nights without injury, death or being sued.

It may seem that Radcliffe members do not do anything but gallivant around the world and train, train, train. Au contraire, students and instructors have attended both the ACT and South Coast junior seminars. Seniors attended the Annual National Seminar and instructors attended nearly every one of the once-a-month Tuesday night black and brown belt training sessions.

Even though Radcliffe is a slightly outer satellite suburb of Queanbeyan, our dojo somewhat rustic and our training can be very informal, I, and I am sure all those that attend this dojo, thoroughly enjoy the training and students that make up this branch of the Academy. I look forward to some new and not-so-new faces in 2007.

***Radcliffe***  
***Visit us, you'll like us.***

*Contact:* Shihan Dave Rowley  
*Email:* radcliffe@petermortonjijitsu.org.au  
Stoney Creek Hall  
Wednesday: Jr 6:30–7:30pm, Sr 7:30–9:30pm

# Queensland

## Nambour

*Renshi Mark Tomasich, Chief Instructor*

Well another year has passed us and the Sunshine Coast branch has had another big, eventful year.

This year's junior camp was filled with lots of fun and games. We had a wonderful time with a karaoke machine, singing and dancing, which was kindly donated by Ian Leigh and also lots to eat and drink.

We have a lot of future singing stars in the making. I must say that the juniors were well behaved and put in a big effort in the competitions and practice. I would like to thank Crispin, Ian and Linda for all the help with camp.

Ten students and instructors from the Sunshine Coast and Brisbane branch made their way to this year's annual seminar. I would like to thank this year's organisers for a fun time and our chaperone Graham "Twinkle Toes" Darby. Again, we partied till late with the support from Batemans Bay's Rod "I will show you how to party" Patrick and the "Stayer from South Australia" Craig Swingler. We had a great time wrestling and working together with the other branches, practicing wrist and arm locks, grappling and takedowns drills. It was good to see Craig Swingler at this year's seminar, I hope he will become more involved with the academy again.

Petra Clark, Mark Humphris and I travelled down to Canberra to this year's black belt grading. All grading students did a great job displaying their throws, techniques and judo. I must mention they never took in a backward



*Sempai Justine Tomasich giving Tom Dicks some helpful pointers on breakfalls*

step in the boxing and fighting in a hard but fair bout. Well done! Again I would like to thank Graham Darby and Janet for looking after us over the weekend. I would like to apologise to Janet as one of our instructors (won't mention who) broke the shower handle in two whilst turning off the shower, SORRY.



At our end of year Christmas party and grading we had a number of juniors and seniors grading to their next belt. Congratulations to all. This year's Senior of the Year was awarded to Justine Tomasich who attends every training session and always gives 100%. It was a surprise to me also, as this year's selection committee consisted of Petra Clark, Mark Humphris and Dave Pointing.

Our Junior of the Year was Kiara Shepard. She is the smallest member of our group. She is a wonderful kid who loves to train, is always polite and puts in a big effort at every training session. Both students were presented with a trophy and names engraved on our Junior and Senior shields.



*Kiara Shepard 'Junior of the Year'*

I would like to thank all my instructors: Sensei Dave Pointing, Sensei Mark Warrick, Sensei Mark Humphris and Sensei Petra Clark for all the efforts they put in at the branch and organising the gradings, camps etc.

I would like also to thank Justine Tomasich, Klaus Geng, John Mosley for help with training the juniors. Linda Rossiter, Crispin Pascoe, Ian Leigh for all their help during the year and help with the junior camp.

On behalf of the Sunshine Coast branch, I would like to take this opportunity to thank Frog, Dave Rowley and Eddie Scharrer, Board of Directors, committee members and administration for the wonderful job they have done during the year.

*Contact:* Renshi Mark Tomasich  
*Email:* [nambour@petermortonjujitsu.org.au](mailto:nambour@petermortonjujitsu.org.au)  
Nambour Police Youth Club  
Tuesday: Jr 6-7:30pm, Sr 6-8pm



## South Australia



### Golden Grove

*Renshi Tom Atterton, Chief Instructor*

2006 has been a steady year for the Golden Grove branch. We have had some new students come and go, but what has held the branch strong this year has been the dedication and commitment shown by our regular group of students. What is more rewarding is the progress we have seen from these students. With all of them progressing through their belts, some have now achieved their brown belt and have become a vital part of the branch's instructor team.

This year has not been without its difficulties. We have seen a few instructors drift away to pursue other interests or leave due to other commitments, which has left the remaining instructor(s) short-handed. However, our new brown belts have helped out a great deal with this.

We are also currently dealing with our mats being graffitied week in week out from school

students. This will be corrected over the Christmas break and not only will we come back recuperated and fresh, but the mats should look it too. A fresh start for us and the branch.

I hope everyone has a relaxing, safe Christmas break and are looking forward to getting back into training in January.

*Contact:* Renshi Tom Atterton

*Email:* goldengrove@petermortonjijitsu.org.au  
Gleeson High School

Tuesday: Jr 7–9pm, Sr 7–9pm

### Walkerville

Report not submitted.

*Contact:* Sensei David Clayton

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

Friday: Jr 6:15–7:45pm, Sr 6:15–7:45pm

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## A moment in Academy history

On Sunday 1 October 2006, chief instructors present at the Annual National Seminar held a meeting to voice their concerns about the future direction of the Academy and the role of chief instructors in the running of the Academy.

### Proposed committee restructure

Voting members:

- Principal
- Deputy Principal
- All Chief Instructors

Non-voting members:

- National Treasurer
- National Secretary
- Web site coordinator
- Advisers

### Proposed committee role

- Academy direction and growth
- Administration
- Marketing
- Policies

The traditional, educational, technical and quality control aspects of the martial art taught by the Academy will remain wholly with the Principal, Deputy Principal and their selected assistants.

The proposal was accepted by unanimous vote of the chief instructors.

# Bits 'n' Pieces

## Purple Belt—what is it and how is it awarded?

To recognise the long standing support given by a dedicated senior 1st Kyu brown belt member that chooses not to attempt the rigours of a Shodan course and grading, due to age and/or medical reasons, a rank of Purple Belt was introduced into the Academy on 17 November 1992.

As an honorary Shodan level, the holder of a rank of Purple Belt is an instructor capable of conducting a class in their own right and with this rank comes constitutional rights and responsibilities.

### Conditions

- Under the terms and conditions of insurance, it is only people over 18 years of age, the legal age of adulthood, who can legally qualify and bear the responsibility of being an instructor.
- The nominating chief instructor must inform the nominee of the conditions and requirements for promotion to Purple Belt.
- A nominee must fully understand the conditions and requirements of a purple belt and agree to abide by them.
- The nominee must have a five-year teaching record based on one night per week training and teaching with the Academy.
- A teaching period may commence before the applicant has graded to senior 1st kyu.
- The Academy may consider an early nomination for Purple Belt depending on its merits.
- The recipient is ineligible to be nominated for an Academy Shodan course.
- Once a purple belt has been awarded, the recipient is ineligible to be a chief instructor of an Academy branch.

### Standards

The nominee must have:

- Trained and graded up to a senior 1st kyu brown belt level.
- Demonstrated proficient skill and a very high level of knowledge and teaching ability of the syllabus up to and including the senior 1st kyu brown belt level.
- Obtained an Academy-approved first aid certificate.
- Obtained an Academy-approved coaching accreditation.
- Attended annual national and technique seminars.

### Entitlements

The recipient is entitled to:

- Teach up to and including senior 1st kyu brown belt level.
- Train and grade on the *Sparring Techniques* course.
- Teach up to and including, if qualified, the *Sparring Techniques* course.
- Attend Shodan gradings.
- Attend dan belt meetings.
- Vote at meetings of the Academy.
- Hold an administrative office.
- A certificate of teaching.
- Use the title of *Sensei*.
- Wear a purple belt.

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## Hall of fame honours for local talent

*Sensei Alan Maconachie*

*This article was published in the Queanbeyan Age on 30 June 2006.*

Local martial artists from Queanbeyan and Canberra joined their Australasian peers at the Wrest Point Casino and Convention Complex in Hobart, Tasmania, on 10 June 2006 for the tenth anniversary of the Australasian Martial Arts Hall of Fame (AMAHOF) and its annual awards presentations.

Founder of the Peter Morton Academy of Judo Jujitsu Karate and local sporting and 10th dan martial arts legend, Peter Morton BEM (Frog) has been a member and supporter of the AMAHOF since his induction in 1997.

Peter has impressive credentials and stature within the martial arts and local sports community and he is a leader when it comes to

supporting instructors who demonstrate commitment, integrity and honesty in their coaching endeavours.

This year, with the support of founder Peter Morton, the Peter Morton Academy of Judo Jujitsu Karate nominated Virginia Edgerley, a pioneer with the Peter Morton Academy of Judo Jujitsu Karate, and John Bear, head and principal instructor of Kokusai Jujitsu Ryu, for induction into the AMAHOF.

Virginia was inducted into the AMAHOF as a Pioneer - Peter Morton Academy of Judo Jujitsu Karate (South Australia) and John was inducted into the AMAHOF as Instructor of the Year - Kokusai Jujitsu Ryu.

Both Virginia and John were also inducted into the World Karate Union Hall of Fame, and the Australian Shihan Kai awarded a Master Certificate in Jujitsu to John.

Virginia Edgerley (nee Pysden) began her martial arts training with Peter Morton in Queanbeyan in 1965 and trained up to and received her 4th Dan black belt in 1999. She instructed at the Queanbeyan branch of the academy from 1967 to 1975.



Virginia moved to South Australia in 1976 and opened a local branch of the Peter Morton Academy of Judo Jujitsu Karate in 1978.

Virginia, a school teacher and community volunteer, has dedicated her life to teaching and helping children in her local community.

John Bear began his martial arts training in 1968 and holds black belt ranks in several martial arts. He has taught Kokusai Jujitsu,

Shotokan Karate, Japanese sword and other Japanese martial arts in Canberra and Queanbeyan since 1970.

John is regularly invited to conduct international and national martial arts seminars and he has been a regular guest at the Peter Morton Academy of Judo Jujitsu Karate local seminars, which over the past eighteen years has led to a close association with Peter Morton.



John is also an official martial arts coach with the Canberra Police and Citizen Youth Club and supports the Youth at Risk initiatives of the Australian Federal Police.

Martial arts have become an important and growing recreational industry in recent years and the type of recognition that the AMAHOF awards presents for leading Australasian martial artists acknowledges their contribution and commitment to their art, local youth and the community.

## Diary of a skeptic—yoga knight

Sensei Alan Maconachie

### Introduction, Tuesday 11 April 2006

I looked, taken slightly by surprise. The first thing that struck me about Tina as I entered the community hall was the red dot upon her forehead almost between her eyes, then the saffron coloured clothing that she had on formed an image in my mind. I slowly took in her appearance as I asked if this was the yoghurt class. She laughed and said that it sure was.

I have known Tina for some years and usually when I see her it is in a social situation where everyone has his or her best clobber on. To see her dressed as a trainee Swami was foreign to me and quite unexpected. Usually I was the instructor with students around me but suddenly it dawned that I would be the student that night in, what was for me, a totally unexplored and non-experienced subject.

Some weeks earlier Tina had asked if anyone would be interested in a beginner's yoga class. She needed to conduct a course to further her training and development as a yoga instructor so, as I had never tried yoga, I volunteered to participate and support her in her endeavours.

The class started with the first half-hour taken up with an introduction as to what yoga is and

a spiel about achieving a higher spiritual plane. Then for the next hour we were shown and performed different

exercises or positions. I can not recall the foreign words used but I do recall their English equivalent of pose, chant, exercise and position.

The class was informed that when doing yoga it is all done with one's eyes closed. As a trained martial artist, with many years of experience under my belt, this idea did not sit very comfortably with me; it went against my training of always being observant and en guard, so instead I picked a point of focus as I performed each yoga element. This was quite acceptable with Tina.

Another thing I found uncomfortable was the chant. I could not perform this out loud so instead I followed it in my mind and let the "ommm" reverberate through my consciousness. It was a living sound as a few voices unified as one engulfed those present.





At one stage all were lying on their back. As I relaxed with my eyes closed I was fantasising that if I could levitate up to the ceiling what a stir it would create.

When the class had finished I was quite relaxed and ready to do some martial arts training. Pity it was not a training night as I felt that I could put in a great training effort. Something gained I guess.

### **Lesson 1, Tuesday 18 April 2006**

This week Tina was dressed in brown yoga attire and as people entered they knew what to expect. The thing that struck me was that as each person came and took up a position on the mat, without thinking they settled in the same spot that they had occupied during the previous lesson, myself included, as I was the second last person to arrive. While strange, I have found this to be normal human behaviour. People find their own place and stay with it, a comfort zone thing and not wanting to intrude on others I guess. I bet all will be in the same position next lesson.

The lesson concentrated on exercises for the joints in the feet and knees. I found these to be of use and I tried to commit them to memory.

We were doing the 'lying on the back' thing when a soft snoring broke the rhythmic sounds of controlled breathing. Gerry had fallen asleep! After class I asked Gerry, "*was that you snoring?*" He strongly denied that it was he, but others in the group confirmed my question. To this, Gerry, who is an unquestioning believer in all things mystical, replied that he could hear the snoring and he thought that it was another person in the room. He then told us that he had an out of body experience as this snoring took place. Tina was interested in this comment by Gerry.

My opinion is that he was in that physical state between being awake and asleep where the mind wanders and is in two states at once. This usually ends with a feeling of falling and a sudden body jerk (this is probably where Gerry thought that he came back to his body) just before sleep takes hold or one becomes totally awake. You know the feeling. As for the spiritual it still had not visited me.

### **Lesson 2, Tuesday 25 April 2006**

Well, I was right about one thing and that is that this week people placed themselves in the same spot on the mat as they had previously. Maybe for the next lesson I will move to a different place, sort of put everybody out of whack and observe what takes place.

We recapped some of the things that we did in previous lessons then we executed exercises for the feet, hands and shoulder joints. I found these exercises very easy and effective.

Following joint movements, we sat in one of the three positions used for meditation or, in my case, a moment of mind drift.

Next followed a period of lying on one's back, just like previous lessons. I find this goes on for too long for me, it gets boring for me and I want to get up and move. As I know of the power of the mind over one's physical being, I decided to get some use out of this segment.

I relaxed on the floor and strongly used my mind to set into motion a cure for my bodily woes. This is very exhausting and requires extreme concentration and blocking out everything around one. I can only do this for about fifteen minutes at best for the moment, providing that there are no distractions.

As I lay there, for the first time in any of the lessons my body core temperature dropped to a point that I did not feel cold but my body must have. Like random involuntary muscle movements it inadvertently moved by itself, a twitch here, a twitch there. I guess it was trying to move and warm itself. I find it difficult to stay inactive physically for very long so I am not sure if this reaction was due to inactivity, core cooling or my mental state, probably all three.

This last section once again claimed not one but two snorers this lesson. Joining Gerry this week was Maria. It is strange because when we mentioned her snoring Maria said, "*Was I?*" Her reaction was as if she was not aware that she had fallen asleep. How peculiar! Is not one usually aware when one falls asleep? Maybe she drifted off for a short while to that higher spiritual plane that still eludes me.

### **Lesson 3, Tuesday 9 May 2006**

I walked into the hall and, as I was not the last student to enter, I decided to occupy a place on the other side of the mat to that of previous lessons. This happened to be David's usual place and I selected it on the basis that it was the only other place that was not occupied. Nothing personal there.

When David came in he came over to me and jokingly said that it was his spot and asked what was I doing. I did not give up this spot and told him that I had chosen to put the whole mat out of balance so he parked himself in the place that I had been in for the past lessons.



Even though David was joking, I think that he hoped and wanted me to move so that he could have his usual place. The whole event unfolded just as I thought it probably would. Talk about human predictability. Next lesson I will revert to my previously chosen place on the mat.

This lesson followed pretty much the path of previous ones with a couple of new exercises and balance poses, like the butterfly and the palm tree, thrown in.

As in the previous lesson I used the lying on the floor segment to rid my body of its unwanted invaders. Results? Too early to make an assessment yet as this type of mental physical manipulation of mind over matter takes time to show itself.

#### **Lesson 4, Tuesday 16 May 2006**

A fairly mediocre lesson. Nothing worth mentioning happened and the lesson followed the format of previous lessons with new exercises being introduced at a more difficult level and Gerry doing his usual snoring session.

Do not get me wrong—I always come away from each lesson relaxed and feeling good and the exercises that we do are excellent, just what I want. It is a pity though that I could not spend more time on each as I find that I am just getting into a particular exercise when we have to move on to something else. Ah well, that is what happens when time is limited and, after all, these lessons are basically an introduction to the art of yoga.

#### **Lesson 5, Tuesday 23 May 2006**

On this night it was cold, wet and windy. At the start of the lesson I lay on the mat flat out on my back relaxing and listening to Tina relay relaxation thoughts to the group. Tina asked the group to listen to the sounds that were happening outside the room in which we were. As if right on cue, a jet plane passed quietly overhead. As I lay there my mind wandered to that plane and I decided to imagine that I was in that plane.

I could, in my mind's eye, see the passengers, some engaged in conversation, some looking out of a window and others reading. There were a couple of female stewards sitting in conversation off to one side behind a partition at the rear of the plane. All had their seatbelts on and the plane appeared to be making a landing approach to an airport.

I turned around and headed to the front of the plane to take a look at the pilots, passing various passengers as I did. The plane was about half occupied. Just as I was almost at the cockpit I heard Tina asking the group to come back into the room. This is as far as I got in that plane.

After the lesson I remarked jokingly to the group that I was having a lovely ride in that plane that had passed overhead until Tina brought us back. Their response was a hearty laugh. For me it was all in my imagination and not an out of body experience nor was it remote viewing. Or was it? *Doo, doo, doo, doo, doo, doo, doo*. Welcome to the twilight zone, no skeptics allowed.

It was still raining as I came back to reality after my imagined visit to that plane and, as suggestions to listen to the sounds within the surrounding room filtered into my brain, I found myself listening to the sounds of the falling rain upon the tin roof. These sounds were very relaxing, I just wanted to stay lying there a little longer, feeling and absorbing the rhythm of the falling drops as they settled upon the roof, each telling a tale of their journey from the heavens.

Although Gerry was not at this lesson, his essence was. Tina informed the group at the start of the lesson that Gerry would not be present that night as he had too much energy to practice yoga! I do not comprehend this, as is not yoga a relaxation art? I would have thought that if one has *too much energy* then would not yoga be an ideal way to come back to earth? What is too much energy anyway?

After a slow start in the first few lessons, now we are getting into the harder, more physical stuff, although I still can not take a lot of, or get used to, the lying around and motionless stuff. The rest of the lesson went along and we stretched, bent and folded ourselves into more advanced positions than in previous lessons. Bring on the Physical!

#### **Lesson 6, Tuesday 30 May 2006**

Slow, slow, slow is the only way to describe this lesson. Nothing new except that the exercises are a little more advanced and I was able to handle them with my eyes closed. Pun intended.

I still have a problem with all the lying around and the meditation. A little is OK but when one has to lay flat out on one's back for around twenty minutes then one is inclined to become a little anxious and want to get up and move. I do not fall asleep; I end up thinking, "*can I get up yet?*"

During these periods of mind wandering I still try to focus on my own bodily woes. I am trying to eliminate them with visualisation techniques, although it is hard to concentrate because Tina's voice is running in the background and it penetrates my concentration more than I would like.

Lying on the mat supposedly in a meditative state and hearing Tina suggesting that we concentrate on our bones and see them in certain parts of the body, my ever-active mind started to amuse me by singing "*dem bones, dem bones, dem dry bones...*" and so on. I guess this activity was meant to focus the mind, I was not in the mood at this early stage of the lesson.

### **Lesson 7, Tuesday 20 June 2006**

Another average lesson with some different exercises thrown in, which was good because I like the exercise and stretching sections the most.

Nothing to speak of happened during this lesson, we just did our thing without any drama and had a short chat afterward. Because it was very cold and the hall heating system was not working once again, we went home.

### **Lesson 8, Tuesday 27 June 2006**

This was the final lesson of the course. The heating system was not working and the temperature outside plummeted below zero, so by the lesson's end I found my body shivering with cold as its core temperature dropped.

An exercise of interest, and one that I found extremely good, is where one goes into a full squat and pretends to chop wood, stretching the arms up as high as they will reach then bringing them down to the floor.

True to form, Gerry again nodded off to sleep and was snoring. I am sure that he spent two thirds of every lesson asleep.

During the last section, where we lay on the floor, heads in Tina's direction, eyes closed and in a relaxed state, Tina was relaying instructions to the group when her voice changed and she lost control of herself. Tina's voice trailed off with a slight giggle then all was quiet for some time. I remember thinking to myself, "*is she going to leave us here?*" And then, "*what is she up to?*" I resisted the temptation to sit up, turn around and see what she was doing. After the lesson had finished we all wanted to know what had happened.

Apparently, while we were lying on the floor a mouse had appeared. As it scuttled around, it made its way towards David and came right up to his feet, had a sniff and then it disappeared back to where it had come from. Tina said that she was not sure what to do so she just watched as it went about its business. Even though it was very quiet in the hall, none of us had heard the mouse.

After the mouse interlude, Tina was instructing the group to visualise some white clouds and then some red clouds. All was quiet as this took place when from out of the silence, like a

whisper on the wind, drifted the words *Saint George* (reference to the colours of a Sydney football team). This sound had flowed from Gerry. A small exhalation of amusement escaped through my lips.

Lesson ended, the group settled into conversation around a table laden with food where we talked of many things and about our views of the yoga course.

### **Conclusion**

I do not follow any religion or cult nor do I believe in ceremony or tradition to any great extent and I do not believe in anything without basic evidence. My feeling about yoga before experiencing it was one of yoga being more of a cult thing with exercise thrown in for good measure.

It is not that I do not get what yoga is on about but I feel that I do not need this type of an activity in my life, especially the overemphasis, in my opinion, on the spiritual.

Because I chose to be there, I took my participation in this series of yoga classes as seriously as a skeptic could. I was there for knowledge of yoga, the exercise and because I wanted to experience something very foreign to my way of thinking, although I already believed in the use of theory and the power of one's mind over one's body.

When Tina spoke about achieving a higher level of spiritual being, rather than switching off I listened with the open mind of a skeptic and not with the mind of a believer. From the start the interest to achieve a *higher plane*, for me, was not there and by the last lesson I had not changed my views about achieving a higher spiritual level. On the other hand I enjoyed the physical exercises and I must admit, as foreign as it was, the relaxation techniques, although drawn out, did put me in a relaxed frame both in body and mind, most times.

What did I gain from the yoga experience? I found the exercises extremely good and learnt how to apply proper breathing to movement. I would love to commit the exercises to memory. After each lesson I was relaxed, albeit sometimes cold, in body and happy in mind, I was energetic and in the mood to do martial arts training.

Was I won over to yoga? Not really but I might have been if the balance between the spiritual and the physical were reversed, that is if the emphasis consisted of mostly the physical and not the spiritual aspects.

Overall I was able to add another experience to my life.



