

## In Memory of Two Aikido Brothers

[Thoughts of bygone days with these two Aikido Brothers]

[Tetsuro Nariyama Shihan  
, Japan Aikido Association]

The two, Nakai Sensei and Shingo Koshiyama sensei, who were my dependable and honored seniors as well as irreplaceable supporters to me having taken up Aikido as my profession, passed away 1st Oct. '99 and 4th Feb. 2000, respectively. Nakai Sensei made efforts of ir-resistable force to form the Kansai Kyogi Renmei [West Japan Competition Society (Aikido, )] and worked towards the nurturing of Aikido for University students. He and I tried to research and master Aikido together. Koshiyama Sensei and I also had tried to research and master Aikido together ever since we were students and he put his heart and soul into training and the spreading of Aikido in Switzerland.

Thinking of their accomplishments, I would like to look back over the past memories.

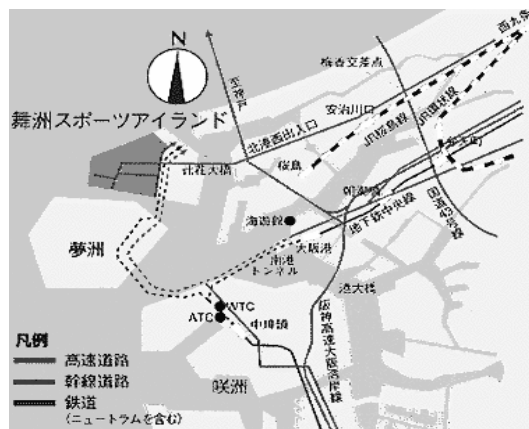
## The 4th International Aikido Festival

The details of the 4th-International Aikido Festival held in Osaka are as follows

- Date (Schedule): 25th ~ 28th October, 2001
- First 2 days are seminars, last 2 days are competitions.
- Place: Maishima Arena
- Address: 2 Hokko-Ryokuchi Konohana-Ku, Osaka (Inside Maishima Sport Island)
- Transportation: 20 minutes from Nishi-Kujo Station, JR Kanjo-Sen, By bus.

This Festival is to celebrate Tomiki Shihan's 100th Birthday Anniversary as well.

Let's have a celebration!



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### HIGHLIGHTS

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### ## Questions of Dan grading ##

Here are the questions that were asked to the people who took their Dan grading on September 24th.  
Do you know the answers?

- 2 Dan: shuhari, sechusen, and kaeshiwaza were asked about.
- 3 Dan: How should Aikido progress in the future?
- 4 Dan: Aikido and Mushin Mugamae were asked about.

### The memories of Nakai sensei

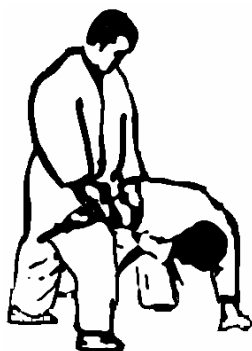
It was 30 years ago, 1970, when I met Nakai Sensei for the first time. He was practicing hard at Kobayashi Shihan's dojo. Since then we had been practicing together, but both of us were so competitive at that time that we could not ask to stop so we just continued practicing. Nakai Sensei was good at Ukemi and I remember he was called 'Silent Kiiyan' because he did not make any noise when he was thrown.

He joined the Aikido Club at Kwansei Gakuin University Sport Society (association) in the same year when it was set up and he was the main member. After he graduated he became a coach of the Aikido Club, since then he tried his best for the club for 35 years until he died. He used to say not to become an Aikido Baka (a fool for Aikido) I think that was because he wanted his students to utilize the knowledge they learnt from Aikido in everyday life.

Nakai Sensei played the main role in laying the groundwork not only for Kwansei Gakuin University but also for Kansai university students' Aikido. He was always worried about the future of university students' Aikido and put all his energy into the development and spreading of university students' Aikido in the Kansai Area until he died, as the second Kaicho of the Kansai University Students Aikido Kyogi Renmei. As you know that he was very fond of sake we often talked over sake about the future of Students Aikido, that is what I longingly recall. In every Competition he gave a speech with great verve, I was encouraged as well. He was a kind person who never forgot to give encouraging words to students coming from a distance.

He was dynamic, kind hearted, with a sense of humor and passion, and Kobayashi shihan had had confidence in him for those qualities since he was a student, and, he chaired as vice president of Osaka Buiku Kai for a long rime.

He mentioned the words 'thankfulness/ sincerity/ fighting spirit' all the time, and true to the words without requiring anything in return he really staked his life on the development and spread of Aikido.



### The memories of Koshiyama Sensei

In 1964 he entered Kokushikan University and became a member of the Aikido Club.

At first Koshiyama sensei had hoped to join Waseda University where his father had studied. His father had been a member of the Waseda Judo Club and was a close friend of Tomiki Sensei. I believe it was Tomiki Sensei who advised Koshiyama Sensei to join Kokushikan University and become a member of the Aikido Club there.

Making the most of his Judo background he soon distinguished himself in the newly formed Aikido Club. By the time that I joined the club in 1966, Koshiyama Sensei was already in his 3rd year. Right from the start he looked after and helped me. At that time the discipline and training at Kokushikan University was very strict and the Aikido Club was no exception. The relationship between students in my year and the one above was one of severe respect but the students who were already in their 3rd year were like gods to us. Nevertheless Koshiyama Sensei used to talk to me in a lighthearted and friendly manner. He was truly warm-hearted and very giving of himself. Koshiyama Sensei had a strong desire to improve himself. Together we frequently did extra training by attending lessons and special training camps at Waseda University; at that time Waseda was at the forefront of our sport. Now I look back on those days as fond memories and realize that they were part of the reason why I myself decided to make Aikido my profession.

Koshiyama Sensei graduated from University in March 1968 and immediately took over responsibility of his father's shipping business. He became busy representing his father's firm all over S.E.Asia. However he couldn't shake off the enthusiasm for Aikido that he had built up during his university days and in the end gave up his position in the family business to his younger brother Shogo and in 1973, following Tomiki Sensei's advice, travelled to Switzerland to take over from Kunihiro Amakura Sensei an old boy of the Waseda Aikido club who had graduated in 1971.

Since then, spanning a period of some 27 years, he has been making efforts to teach young Swiss people Aikido. At the beginning apparently there were a lot of difficulties however his cheerful and easygoing character carried him over the obstacles. More recently in 1997, thanks to his enthusiasm and likeable character, Koshiyama Sensei succeeded in bringing together Aikido instructors from various parts of

Switzerland to form The Swiss Aikido Federation. Now, those 5 Dojos where Koshiyama Sensei was teaching have been taken over by his favorite pupils respectively and the combined membership of these 5 clubs is well over 100 students. So you can see that Koshiyama Sensei's achievement was really wonderful.

This too-early separation from these two people is a big loss for the world of Aikido, and means losing their close associate for me and the matter for deep regret. However, thinking of their enthusiasm and ambition for Aikido, it must be the tribute to the memory of the deceased to redouble my exertions to spread and develop Aikido carrying out their intention. I believe that it will be a return favor to stay with Aikido pledging to make effort and devote myself from this time on.

## Q & A

### Q. Depending on the opponent what is the most effective way to use sumiotoshi?

This question will be answered by Yamagata sensei.

**A.** The waza, sumiotoshi, is done by grabbing hold of your opponent's hand and/or arm and forcing him off balance by quickly bringing the opponent's hand to the point behind the opponent's body where in a sense a triangle is formed. This triangle is formed with the opponent's hand being the top part of the triangle and the opponent's feet being the base. However if your opponent is able to take his foot which is in the forward position and step back, the waza will not work. During the basic practice of this waza you should practice trying to place your opponent's weight onto the little toe of his forward foot. As you are doing this be sure not to release the pressure on your opponent's arm. As you come around from the front to the back you have to concentrate on keeping the opponent's weight on that front foot throughout the whole technique. By doing so when you step behind your opponent he will lose his balance. Of course when a person is striking with a tanto the moment the strike occurs, all of the opponent's weight is on the forward foot so there is no need to worry so much about this part of the technique..

Following this reasoning, if your opponent has long arms you should keep the distance between the two of you a little bit wider. By twisting your waist you will bring your opponent's weight onto his front foot. Because your movement will continue to the rear of your opponent, it is very important that you do not release the pressure from the opponent's arm. Of course

## Are You Healthy A Report on First Aid

As this report was being written it was still a warm, summer-like temperature outside but before this article could even be finished, the cold temperatures of winter were suddenly here! It is this time of the year in particular when if you don't properly warm up and stretch before starting practice you can easily injure yourself.

Of course the most important thing is to not injure yourself but in case you do the next most important thing to do is to properly treat the injury. Depending on the injury the treatment will be different.

In this article we will discuss how to properly take care of sprains. When doing a forward ukemi sometimes people land on their elbows incorrectly and twist them or turn an ankle when landing. There are various ways sprains occur but in any case here is the basic method for treatment.

The term commonly used for this type of treatment is called "RICE". It stands for Raise, Ice, Compression, Elevation. The following is an explanation of each of these terms and how they apply to treating sprains.

1. Rest: Soon after the injury occurs one should stop using that injured part of the body in order to give it a chance to heal and to ensure that the injury doesn't get worse.
2. Ice: To stop the swelling of the injury one should place ice on the injured part of the body. You should ice down for about 30 minutes and then stop for 15. This should be repeated for about 3 hours.
3. Compression: In order to relieve the pain an ace bandage should be wrapped around the injured part of the body. However be careful not to wrap the ace bandage too tightly.
4. Elevation: You should try to place the injury at a level higher than your heart.
5. 3 to 4 times a day for a period of about 20 minutes you should ice down the injury. You should place a towel over the injury and then place the ice pack onto the towel.
6. 72 hours after the injury, if the injury has improved you should try to warm the injury by taking a hot shower, using a heating pad etc.
7. If the swelling continues light massage might be necessary.
8. When you decide to continue, a brace or bandage of some sort should be worn in order to give support to the injury.

These are just the basic steps in the case of a sudden injury. It is always best to see a doctor in the case of any injury.

depending on the amount of strength you have, the hardness of your shoulders and the amount of flexibility of your body, the technique will feel different for different people. However if you follow the fundamentals of this waza it will work.

However in the case that your opponent doesn't attack, there is no need for moving your body out of the way. It is important for not only the uke to correctly practice the waza but also the tori. must attack properly if the practice is to have any true meaning.



## The interviews

[--- Abe Sensei and Fujimoto Sensei ---]



### Interview with Abe Sensei

Q. What is your favorite waza?

A. Hikiotoshi. When I see my teachers perform this technique understanding how precise the timing has to be in order to do it correctly, I think to myself "That's how I want to do it."

Q. Why did you start Aikido?

A. A friend asked me to join

Q. What is your impression of Nariyama Shihan

A. At first he seemed like a very strict, important figure to me. Now what strikes me is his ability to remember the finest of details, especially when telling jokes.

Q. What about Fujimoto sensei?

A. He is a very strong willed person.

Q. Tell us about yourself

A. It is said that I am a very calm person but actually I sometimes get very nervous.

I like to get a good seat at drinking parties and receive as many beers as I can. I like sweets except for Japanese sweets.

### Questions for Fujimoto

Q. What's your favorite waza?

A. Gedan Ate. I love the refreshing feeling after when it works.

Q. Why did you start Aikido

A. I wanted to try martial arts.

Q. What do you think about Shihan?

A At first I thought that everything from his waza to whatever was great. Now I think that everything from his techniques to cleaning and various other things are great!

Q. What about Abe sensei?

A. It's scary just how much he likes sweets!

Q. Tell us about yourself.

A. I was born on January 26, 1977. I'm 160 or so centimeters tall and I weigh 55 kilos. People are always surprised when they hear that I am 23 years old. My blood type is A.

### *From the editors*

*To our readers. Every edition of this newsletter will contain an interview of someone within or outside the Honbu dojo. If you have any requests of people you'd like to know more about please let us know. We will also try to answer any questions you may have concerning Aikido waza by going directly to the source, the teachers, in this newsletter so again please let us know what you want to know. If you have any suggestions or ideas as to how to make this newsletter better or if you are interested in lending a hand your help is always welcomed. Contact Kumiko Mantani, at [mancha@f8.dion.ne.jp](mailto:mancha@f8.dion.ne.jp), David Graves at [daybedoe@hotmail.com](mailto:daybedoe@hotmail.com), or Alan Higgs. We eagerly await your messages.*

