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The Academy
2007



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

The Academy

Volume 20

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 See It

Sensei Alan Maconachie, Editor

When it came down to planning The Academy newsletter for 2007, I decided that, for my part anyway, it would be positive. I actually wrote a piece about positive and negative attitudes in the Academy and how to build on the positive but when I read it through it did not feel right for this column. It was a little more negative than I had intended. My remedy for this was the frequently-used delete key, which sent it to cyber-death, never to return, unless you rummage in the bin thingy to retrieve it before it finally does completely kark it.

The thing about positives is that they always seem to take a back seat to detrimental negatives. There was no point in me writing anything negative, no matter how short, as looking back over Academy newsletters for the past twenty years the same old negatives appeared then as they do now.

This year the Academy hosted an Annual National Seminar that, by all accounts, had an atmosphere that just made a person feel good. The food was good, the entertainment was good and the response to training was so electric that it could have powered Canberra for a week. If you do not believe me than ask anyone that attended.

Because of the last minute no-live-band oversight, we thought that we might have to revert to karaoke with Dave Rowley and call the night "so you think you know the words?" However, our seminar arranger rectified this little oversight and the last minute redneck band turned out to be a winner.

The two junior seminars held in this region were once again fun and games with a bit of edumacation tossed in.

There are heaps of branches around, including one in Scotland UK, that any member can attend if they feel inclined to expand their knowledge and training and there is a training

night on the first Tuesday of each month that gives instructors a chance to learn and fine-tune techniques.

For those that made the out of town trek to Radcliffe on the first Tuesday of each month, there was a heap of learn'n to be had via the experience of our Principal and Vice Principal.

Speaking of our Principal and Vice Principal, Frog certainly made the correct choice when he chose these two to succeed him. While their aims are the same, their methods are at times different but the end result 99% of the time is the right one for all members. Mind you, I will soon tell them if I don't agree with what they are proposing. When I do disagree, I always have an alternative idea to set them off in another direction of thought. The Academy is lucky to have these two in charge because,

unknown to most members, so much good labour takes place behind that which is seen. Without this effort by them the Academy would have dissipated long ago.

There are a lot more positive attributes to the Academy that are obvious, like the great syllabus and training opportunities, the teaching, the friendships and, probably the most important, the belonging to such a great organisation.

The permanent positives far outweigh the temporary negatives of the Academy. All members of every standing should remember that you only get out of something what you put into it and that the only person that can motivate you is you.

So, if there is something that you want changed in the Academy, if it is for the good of all members and not just an ego trip then do something about it and do it the right way.

See, there is a heap of positives to the Academy and we must keep building on these.



Principal Overview

Shihan David Rowley, Principal

Another year has ended.

Firstly, on behalf of the academy I would like to wish Craig Swingler a speedy recovery after his sky diving mishap. Our thoughts are with you and your family. [Also see p33]

I would like to thank all those who attended the black belt grading to support their Queensland counterparts on the day.

Congratulations to Justine on her successful day and to Jon until he dislocated his knee which was mighty unlucky, for he had been doing so well up to that point. Jon will finish his grading once his knee recovers.

Congratulations to Petra Peiren and Mark Humphris on a fine job on preparing them for their grading. I was unsure who was the most nervous on the day, Dad (Mark Tomisch) who was shadowing all the moves or his daughter Justine while she graded.

Our thanks and appreciation to paramedic Brett Leves who gave up his free time to attend the grading. Your efforts are greatly appreciated by the academy.

As you will see in this newsletter, we now have a new branch in Sydney run by Jen Thomas. I am certain that we will be hearing more from them and wish them well.

Congratulations to all those who have received promotions in 2007, well done.

This year's Annual National Seminar was a great success and we received plenty of positive feedback. Thanks to Ed Scharrer, his helpers and all participants.

As we move into 2008 there will be plenty for us all to do organising classes, looking at ways we can improve on what we did last year and motivating students to give their best.

This year we have the children's seminars at Kaleen and Batemans Bay, which I know my students always enjoy, as well as the Annual National Seminar. Let's spread the word and get an early start by reminding all juniors and seniors of these exciting events.

Darbs is organising the 2008 senior seminar and is looking for ideas from students on what they would like to have included.

At the last ACT region black belt meeting it was suggested

that we have an interclub junior competition with the *San Ryu Do* (rubber type swords). This should cause some excitement among the kids. More information will be put out when a date is set.

This has been taken to at the seminars with great enthusiasm; yes, even the big kids at the senior seminar.

I would like to thank Clive Corey for coming out to the Radcliffe branch to present the Leonie Corey trophy to our winning student and for talking about the background of this trophy. I also wish to thank Frog and Red for attending a number of training days at our branch and offering their support.

I might just remind everyone that Alan and Gail are updating the Academy's web site all the time and they are always looking for articles to put up on the site through the year, so if you have something you would like on the web, send it to them.

On a final note I would like to thank everyone on the pride that you all take in running your branches and to all the people in the background that help out with the many things that the majority of branches do that we do not hear about.



Message From Soke

Soke Peter Morton BEM, Founder

I would like to thank all Chief Instructors and their assistant instructors for all their help over the past twelve months in keeping our club going and being the club it is.

I also would like to congratulate all Black Belts who were promoted this year.

Congratulations to:

- Dave Rowley on your promotion to 9th Dan
- Eddie Scharrer on your promotion to 8th Dan
- Peter Wilson on your promotion to 6th Dan

Also, a special thank you to these three for all their dedication and hard work they give to our club and to me. I know at times they wish me to hell.

I hope the coming year is a great success for all Black Belts and their students.

It is great news that our former Chief instructor from Adelaide, Craig Swingler, is on the mend and we wish him and his family all the best for the coming year.

I must also thank Laraine for the help she gives me.



David Rowley and Frog



Frog and Edward Scharrer



Peter Wilson, Frog, John Bear

Treasury Notes

Sensei Alan Maconachie, Academy Treasurer

As elected treasurer of the Academy, my key priority of financial solvency of the Academy remains on track.

With a main focus of running an efficient financial system that complies with the Academy's legal and moral obligations, I will continue to heavily police and keep a tight rein on the financial wellbeing of the Academy.

In my last report, in the Academy's 2006 annual newsletter, I outlined and reminded Chief Instructors about some of their obligations and responsibilities concerning branch monies and assets. These still apply and again this year I will be requesting the same information from Chief Instructors.

In the past there has been a little confusion by some Chief Instructors about increases in and the structure of membership fees. This was causing a shortfall for some branches and as a result I put considerable time and effort into a solution.

At the 2007 Annual General Meeting I tabled a proposal for an annual membership fee restructure which was accepted and is now in force.

I have simplified this fee so that only one set amount is payable by a branch for each branch member instead of the old two tier variable system. This makes it easier as Chief Instructors will know at the start of a year how much money they need to collect from their branch members. This will also make it easier for Chief Instructors to plan their own branch's financial needs.

With overall expenses up by about \$800 and our operating surplus up by just over \$2,000 for the financial year, the Academy is still

financially stable. The income increase is due to extra income from new branches, a slight decrease in insurance premiums and by cutting advertising costs by almost \$1100.

Estimating that the Academy's upcoming expenses will be around the same, or slightly higher, as those for the last financial year, I see no need to increase membership fees for some time to come.

If there is a branch that needs financial help for a special project, advertising, equipment or whatever, then submit a request to the Board of Directors for a finance grant, as we are a non-profit organisation and surplus money is there to be used for the benefit of Academy members.

If you want more detailed financial information, there is an operating statement as an appendix to the Annual General Meeting minutes of 2007 available on the web site and if you are really concerned about Academy finances then all financial records are open for inspection to Academy members. Remember, if you want to know something all you have to do is ask.

As a point of interest the annual membership fee at the end of the 1970s was \$30. I think that \$40 for 2008 is extremely generous considering that it is the primary source of income for the Academy. This equates to \$1 a week for most members, or 50 cents a week if you are an Ordinary Member training at a PCYC, for all that the Academy has to offer. Pretty good value for your money, don't you think?



Academy membership fee structure

General

- Membership period: 1 Jan to 31 Dec
- Membership fee is called for during August.
- Membership fee is a flat rate per member, both junior and senior.
- Membership fee is reviewed annually.

Membership fee

Membership fee for 2008 is:

- \$40 Dan and Purple Belt Membership
- \$40 Ordinary Membership
- \$20 Ordinary Membership when a member is a Police and Citizens Youth Club member.
- \$00 Life Membership

Notes

1. The \$40 membership fee includes an insurance component and branches will not be required to contribute a separate insurance levy.
2. To receive the \$20 membership rate (which doesn't include an insurance component) a person must be:
 - an Ordinary Member of an Academy branch that operates at a PCYC, and
 - a Police and Citizens Youth Club (PCYC) member.
3. Because Dan and Purple belts are able to train and teach at any Academy branch or event, all Dan and Purple Belt Membership is charged at the full rate. The Academy has to cover these members. This is a requirement under the Academy's insurance.

Black Belt Bit

Our newest black belts

November 2006

Note: Apologies to the successful 2006 gradees but we somehow missed including your names in the 2006 newsletter.

Michael McKell Kaleen, ACT
Tim Michaelis Queanbeyan, ACT
Phil Townsend Kaleen, ACT

February 2007

Sarah Luck Evatt, ACT

November 2007

Justine Tomasich Sunshine Coast, QLD

Shodan grading 2007

Because there were just two gradees, both hailing from the Sunshine Coast, QLD, branch, the Shodan grading this year was, for a change, quicker than usual.

The gradees, Justine Tomasich and John Mosley, were kept on the go for most of the grading due to the fact that they were the only two under scrutiny.

Despite a few minor asthma attacks, Justine fought tooth and nail against her attackers. She demonstrated heaps of what Shihan Scharrer terms 'fighting spirit'.

The same can be said of John when it came to determination and he demonstrated this when he suffered an unfortunate injury to one of his knees that put him out of the grading.

Although in excruciating pain and lying on the floor, he said that he was not leaving the dojo



*2007 black belt presentation
Sensei Justine Tomasich receiving her black belt
from Shihan Edward Scharrer*



without his black belt. His mind was extremely willing but as he tried to stand his body won out and said "you are finished". After a couple of attempts at standing, he was unable to continue and, under protest, he had to put the rest of his grading off to a future date.

The injury was fairly serious and apparently it is going to take him most of 2008 to make a comeback. This was most disappointing for him and he commented that he was a failure. He was quickly reminded that he had not failed and to look at what he had achieved. He only has a small amount of the grading to complete, something like four minutes, so basically he is all but there. He was also reminded that this was just one of those things that occasionally happens and that it was no reflection on him or his ability.

Mishaps aside the two gradees more than earned the title of Shodan. Well done.

Black and brown on Tuesday nights

'First Tuesday of the month' training will be on again in 2008 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 a while.



*2007 black belt presentation dinner
L-R: Renshi Mark Tomasich, Sensei Justine Tomasich,
Shihan Peter Morton*

Promotions, Awards & Appointments 2007



Promotions

Name	Branch	Promoted to
David Rowley (Principal)	Radcliffe	9th Dan
Edward Scharrer (Dep Principal)	St Edmunds	8th Dan
Peter Wilson	Kaleen	6th Dan
Mark Tomasich	Sunshine Coast	6th Dan
Jamie Sumsion	Kinloss	5th Dan
David Burgemeister	Erindale	5th Dan
Tom Atterton	Golden Grove	5th Dan
Mark Tobin	Batemans Bay	3rd Dan
David Dalla Costa	Kaleen	3rd Dan
Adam Duke	Batemans Bay	3rd Dan
Zeb Roberts	Batemans Bay	2nd Dan
Gareth Kramer	Golden Grove	2nd Dan

Awards

Peter Morton Perpetual Trophy

Basic Steps Kata

Kaleen, ACT

National Self-Defence Trophy

Two-man attack

Isabella Plains, ACT

Leonie Corey Trophy

Most outstanding Academy junior member

Lewin Hodgman, Radcliffe, NSW

Appointments

Elected positions

Academy Secretary	position vacant	12 October 2007
Academy Treasurer	Alan Maconachie	12 October 2007

Leonie Corey Trophy 2007

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 Leonie Corey Trophy for 2007 was awarded to Lewin Hodgman, 6th Kyu, from the Radcliffe, NSW, branch. The following is the nomination submitted by his chief instructor.

Lewin Hodgman, Radcliffe branch, Age: 15

Lewin has been training at the Radcliffe branch for about a year. He regularly attends training and attended this year's junior seminar at Kaleen where he won the junior competition in the combat sport of San Ryu Do.

During lessons Lewin is very enthusiastic. He listens to his instructor and then puts into practice what he has been told. He will practice a technique several times to get it right and because of this keenness his control of a technique has improved considerably.

When Lewin is not supervised he keeps training and encourages and helps his training partner with techniques.

He is always polite and thanks his instructors at the end of class for training him.

Considering that Lewin is a white belt, the short time he has been training and that he was quite uncoordinated when he started, Lewin has developed overall control and style both in his coordination and technique training.

Because of these qualities and his commitment, Lewin definitely has potential to advance further through the kyu belts.

Seminars

Junior seminars

ACT region—10 March

The 2007 ACT region junior seminar was hosted by the Kaleen branch and held at St Michael's Primary School, Kaleen, ACT.



The seminar kicked off at 9:15 with an introduction and a bow in, then the 50-plus students were formed into coloured teams.

Next up Sensei Phil Townsend limbered up bodies with a series of exercises so that Shihan Ed Scharrer could get students into a training frame of mind. This was achieved by getting each student to introduce themselves to other students around them by stating their name and the branch that they were representing followed by a short chat. Shihan Scharrer then got students moving in a kata-style tsuki and keri drill.

Normally our martial art, being a defensive style, does not involve the use of any type of weapon, however as an attraction for this seminar Renshi Peter Wilson and Sensei Cameron Owers, with Shihan Edward Scharrer as judge, demonstrated a combative sport, known as *San Ryu Do*, using weaponry.

The sport uses swords made of soft rubber and, combined with a full-face helmet and thickly padded gloves, the blows inflicted leave very little impact physically on a body.

Points in a bout are scored for strikes to various parts of the opponent's body. The first combatant to score five points, or the combatant with the highest score when the time limit runs out, wins the bout.

This demonstration, which by the way was to show students how to play the game, started



out sedately and within the rules but somehow, to the delight of the watching students, deteriorated into to a no holds barred slugging match. The judge lost control of the combatants and with men being boys the two combatants forgot to be master of themselves.

No permanent harm was done and the judge, with the help of a wooden stick, finally managed to gain control. The following applause and laughter from the audience, and the two out-of-control combatants, were a fair indicator of just how much students were going to enjoy their bouts.

Finally it was time for rounds of combat for students and, judging by the high decibel sounds of emanating enjoyment, it was a great hit with students, even with those that did not win a bout. Just having the experience was sheer pleasure alone.

A demonstration of Japanese sword and *Kokusai Jujutsu* by John Bear and his team was full of tradition and the oohh! ahhh! techniques that would make a stuntman wince in admiration.



After the demonstration had finished John asked if students had any questions. Most interest was in the swords that John and his team had brought along for the demonstration but one young fan was more interested in the gruesome side of the art. His question was: "Have you cut anyone's arm off?" To this John replied, "I'll take the 5th on that." He then went on to explain his answer (American-speak for remaining silent in case an answer incriminates one's self) and that he had cut himself a few times but never anyone else.

One keen student just had to have one of John's swords and made a serious offer of \$50 that he had at home, to his thinking, as a fair means of exchange. Taken in good humour John explained simply that it was not possible for someone of such tender years to purchase or own a sword.

The thinking child has a totally different way of looking at the world around them. This was demonstrated when the question of: “*Do your partners ever talk?*” was posed to John. John’s tongue in cheek reply was that, looking in the direction of his female student, Patricia was dumb. The trigger behind the question arose from the fact that both of John’s students had hardly uttered a sound during their demonstration.

This answer must have played on the child’s mind as later on he confronted David, the other member of the team, and asked very seriously, “*Do you talk, really?*” David’s response was “*no*”, to which the child just stared at him as if he was waiting for David to elaborate on the answer.

When Shihans Rowley and Scharrer entered the arena for a bout of combat neither was out to lose face. This shaped up to be a serious few rounds of fun. As the bouts moved on the attacks increased in force and somehow at one stage the judge, Renshi Wilson, was struck with a hard blow that knocked him out of the fighting area. He was not hurt and came back to exact revenge on both by attacking with a spare sword that he had on hand.

As with seminars last year, and to ensure that all are aware and have not missed out on an important issue, this seminar covered safety in training. This session, with Shihans Rowley and

Scharrer, covered the safe and correct way to hit the ground from a throw with minimum impact on the body. A breakfall drill was demonstrated using various techniques from the Syllabus and students followed up with some supervised practice.

Competition results

Two-man Attack

- Queanbeyan, NSW, won by Rebecca Leck

Basic Steps Kata

- Queanbeyan, NSW

Combat Sports Junior competition

- Winner: Lewin Hodgman, Radcliffe, NSW
- Runner up: Thomas Ellwood, Kaleen, ACT

Combat Sports Midgets competition

- Winner: Billy Briggs, Kaleen, ACT
- Runner up: Jordan Croke, Batemans Bay, NSW

It was good to see that there was a student representing a new branch of the Academy: Durras, NSW. This proud student stood up and competed by herself in the *Basic Steps Kata* competition to the cheers of those watching. This is the type of spirit that the Academy hopes it is instilling in people through its teachings. Well done to all.

NSW South Coast region—27 October

The 2007 South Coast region junior seminar was hosted by the Batemans Bay branch and held at the Batemans Bay Primary School, Surfside, NSW.



9am Introduction & bow-in

Fifty students from various NSW and ACT branches were in attendance.

Warm-up exercises—Sensei Rod Patrick



Tsuki—Shihan Edward Scharrer

The focus in the section was:

- aim to increase the power of a strike
- correct use of the arms and fist in *Kempo*
- how to deliver an effective punch

Students were shown how to:

- form a fist
- hold arms and relax
- focus, look at the target and punch through
- breathe in and breathe out as a punch is delivered (*kiah!*)

Drill: Practice strikes slowly and deliberately.

Hints

- Practice ten sets of one strike, not one set of ten strikes.
- Nice smooth strokes, relax shoulders.
- Breathe out on last part of strike.
- Breathe in as the arm moves back.
- Relax arms through each movement.

Out of the mouths of babes

Shihan Scharrer was doing his bit on tsuki and I guess it was a little above this young student's ability to concentrate. Maybe she was seeking more action and less word or was this just an unbiased appraisal of Shihan's presentation for the age group?

Girl, about eight, all in one breath: "Excuse me. How long are we going to be doing this for because me and my friend are bored?"

Shihan's casual reply: "I don't know, I'm not the boss. Maybe you should keep trying. It will end (slight pause) eventually."

She returned to her place in line and participated with vague interest and an occasional comment to her friend.

Keri—Sensei Mark Tobin

How to:

- strike with the correct part of the striking foot
- time and judge distance for an effective kick
- retain balance between kicks

Drill: Using various kicks, move up and down the tatami striking a kick bag.

Ask Dave—Shihan David Rowley, Principal of the Academy

Question from a minor: "Why did you take up jujitsu?"

Reply from Shihan: "According to my father, Frog used to have an end-of-year party (at the dojo) and at the time I had three brothers doing jujitsu. I heard about the party and wanted to go. My father said that I could go (to the party) only if I stuck to it (meaning jujitsu). I liked what I saw."

"My father said that he thought that I would not stick to it but I continued."

We all know what happened to little Durell (AKA David) Rowley don't we?

Demonstration of judo throws—Shihans David Rowley and Edward Scharrer

The section covered a short person against a tall person and how to feel comfortable in a stance and in the execution of a technique.

Techniques in general

Jujitsu is a close up art. Just like in real life, an attacker is not concerned about personal space.

We use a strike to soften up an attacker. Whenever an opportunity arises, grab the attacker's arm or part of their body rather than their clothing, especially when applying a judo throw.

Orange Belt course—Shihans David Rowley and Edward Scharrer

Techniques covered: *Front Kick, Round Kick, Equiliser, Kidney Karate, Ippon Seoi Nage, Arms Around Body From The Front, Handshake 2, Full Nelson 1, Walking Side by Side Hip Throw, Hammerlock, Rear Strangles 1 & 2, Arms Around Body Feet Apart, 9 Ways of Breaking Balance.*

Hints

- *Front Kick:* make the attack kick a realistic kick. When the kick is short the defender tends to over-stretch, making the defence ineffective.
- *Kidney Karate:* the defender attack punch is aimed through the head of the attacker.
- *Arms Around Body From The Front:* the defender's attack thumb is placed up under the attacker's nose above the top lip.
- *Handshake 2 (tight grip):* spin around, do not just turn around. The spin does the work.
- *Walking Side By Side Hip Throw:* defender play up to the attacker.
- *Hammerlock:* defender elbow strikes the attacker's jaw, then the attacker's wrist is grabbed. Take the attacker down toward the ground far enough so that the defender's leg can be comfortably moved up and over the attacker's neck.
- *Rear Strangle 1:* used against a taller attacker.
- *Rear Strangle 2:* used against a shorter attacker.
- *Arms Around Body From Behind Feet Apart:* grab around the attacker's ankle.
- *9 Ways of Breaking Balance:*
 - use a short stick to demonstrate arm position and direction of movement.
 - #9: opponent's right elbow up and left lapel down.

Game—San Ryu Do

San Ryu Do is combat sport weaponry using rubber swords, head protection and hand protection. The rules are simple: points are scored for a strike to the head, limbs or torso. Needless to say, the kids had a ball beating the living daylights out of each other with this, in a controlled manner of course.

Green Belt course—Shihans David Rowley and Edward Scharrer

The need for a proper attack was reinforced throughout this section.

Techniques covered: *Kempos 1,2,3,4.*

Competitions

Basic Steps Kata

Students demonstrated the *Basic Steps Kata* as individual kyu level groups, then they reformed into their team groups for the competition demonstration. Winner: team 4.

Dan belts also performed a demonstration of the *Basic Steps Kata* to resounding applause and amusement of students.

Two-Man Attack

All students participated in a two-man attack. The judges selected a winner by process of elimination.

Winners



- **Boy:** Tom Elwood, Green belt, Age 13, Kaleen, ACT
- **Girl:** Tiana Barenaba, Orange belt, Age 12, Batemans Bay, NSW
- **Special mention:**
 - Jimmy from Batemans Bay, NSW
 - Katerina from Durras, NSW

Annual National Seminar Canberra, ACT—12–14 October

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



Friday

Arrival and barbecue tea.

Annual General Meeting.

Saturday

Session 1: Warm up and stretch with Sam Godwin

This session started at the ungodly hour of 6:00am. A body did not even have a chance to

Encouragement awards

Girls

Braetta Barenaba
Emma Howard
Stephanie Lord
Meg McCallum
Jamie-Anne Ray
Daina Stove
Sandra Williams

Boys

Jacob Gallafassi
Corey Goodberg
Toby Speck

Game

British Bulldog. I do not know who has the most fun with this game, the instructors or the students that relish getting even with instructors. I do know that the students form a plan as to whom they will gang up on and because of the overwhelming odds of sheer number and the size of a couple of the junior students, when this happens a poor instructor usually ends up looking like a pancake. No serious injuries for either side so far.



4pm Seminar end and bow out

partake of the legal drug that goes under the common name of coffee. Those of us that are the Academy elders and over the half-century mark need a heart starter first thing in the morning, not to mention plenty of beauty sleep.

Now Sam is of the female persuasion and one who has taken a course or two in *How to Torture Through Stretching 101*.

We all know that the majority of the female race can bend their body into unnatural positions that make a mere male cringe, something to do with the female ability to bear future generations I have been told. Therefore it was with some amusement, and of no surprise, when Sam's male partner and fellow training dummy expelled a slightly controlled but painful 'owwww' as Sam demonstrated on him a stretch for that part of a leg string named after a pig meat product.



To give credit where credit is due, this session was, despite the early hour, extremely beneficial and conducted in a professional way that even a slow-activating brain and body could comprehend and translate into movement. Now, if only I could remember the exercises so that I could inflict them upon my students; why should only a few have all the fun?

Breakfast and an opening ceremony followed the loose-limb-waking-up session then it was heads down and bottoms up as students were thrown into the serious stuff.

Session 2: Judo drills with Renshi David Burgemeister

Dave is one of those people that seem to appear and disappear from a room in the tradition of a Ninja. One minute he is there, then in the blink of an eye he is nowhere to be seen.

He can be quite unassuming and low key but once captured on the tatami he transforms into a person that all students, no matter what rank, cannot help but admire. He is very adept at judo, boxing and the whole Academy syllabus.

There is nothing like having a few rounds of judo with Dave, if one can survive more than one round and experiencing the power of his throws. When training with Dave one never feels afraid of being broken because there is an intangible confidence conveyed as soon as Dave puts a hand on one's judogi. Usually 'oh shi...' flashes through one's mind. Just kidding. The truth is that before a breath is taken, one's body is on the tatami, in a perfect breakfall position and the left hand is numb.

Uchikomi (non-throwing attack drills)

In the initial stages it is essential that throws be practised using non-throwing attack drills where a throw is never actually completed. Usually the same technique is repeated many times, for example ten at a time taking turns without actually throwing the opponent to ground.

Uchikomi drill is done incorporating all moves except the throw. A full throw is executed on the tenth move. A partner-change takes place at the end of each drill. Throw used: *Ogoshi*.

Randori (free practice)

This is where students learn to go with an opponent's attack and where breakfalls are practised.

Using throws and counter throws, a student fakes out then throws. Throws used: *Ogoshi*, *Ippon Seoi Nage*, *Harai Goshi*.

Session 3: Reading a boxer in defence with Renshi David Burgemeister

Boxing: the act or art of fighting with the fists; a combat with the fists.

Boxer: one who boxes or is skilled in boxing.

Although boxing is not a major part of the Academy's syllabus, it is touched upon so that a student can experience another common



fighting discipline and have some idea of what to expect if they are ever in a situation where their opponent has some skill in this art.

Anything and everything can happen against a boxer; the main aim is to wrap up the boxer and stop the arms, which are a boxer's weapon.

Types of boxer & defence against each type:

- **Stand off:** Let the boxer come to you but move, move your head, move around, draw them in to you.
Use a decoy, fake kick, dummy punch or hand swipe to draw the boxer in to you.
- **Aggressive:** Get out of the way, let the boxer come through, wrap the boxer up and take the boxer down.
- **Methodological right-handed and left-handed:** Get around and behind. Slip or get around and take down with a judo throw or hold.

Hints

- A good boxer will wait for you to strike.
- Keep your guard up.
- Tap your nose with your thumb to remind you to keep your guard up.
- Keep your head up, do not look away.
- With all basic punches in boxing, simply rewind your motion after you have landed (or missed) a punch.
- You need to train for all types of bodies, both in takedowns and attack-boxing styles.
- To become proficient at boxing defence, it is a case of repetitive training in all boxer types and takedowns.
- *Straight punch:* keep defence tight. Stop a punch in front of your face just out of the attacker's reach; your blocking hand returns back to just outside the temple. Slip head to side of hands for a straight punch.
- *Uppercut:* block punch with the arms and a turn of the body.
- *Duck and weave:* follow up with a punch to the body.

Boxing drill

This drill gives an instructor insight into how students behave against each type of boxer.

- **Shadow boxing:** use combinations while moving around.
- **Partner training:** non-sparring preparation for boxing using combinations with a partner.

This teaches how to block a punch and maintain a good defence.

- **Group rotation:** students form into groups (four if practical).
 - Four different boxers, one for each type, move around each group.
 - Each group has to defend against the boxer using a defence style that is appropriate to the type of boxer.
 - The defence rule is 'no aggression' but to use method only.

Session 4: Guest martial artists with John Bear and troupe

Kokusai Jujutsu practitioners John Bear and troupe once again demonstrated their art, showing basic moves and strikes with a 1.3 metre long, 5 centimetre thick, wooden staff (Jo) as used in *Jojutsu*.

Students were lucky enough to practice these moves with and against John and his students.

In a normal class situation, John's students train with minimal conversation but working with our mob they quickly discovered that silence in training is not our way. It did not take them long to adapt and a smile was quite often seen upon the face of their master.

The Academy has a way of inspiring students to relax when they train and I guess, by the reaction of the guest martial artists, that this effect was irresistible. Resistance was futile and infectious enjoyment was the rule.

Competitions

- **Peter Morton Perpetual Trophy** (Basic Steps Kata) won by Kaleen, ACT, branch.
- **National Self-Defence Trophy** (Two-man Attack) won by Gill Alava, 3rd Kyu green belt, Isabella Plains, ACT, branch.



Peter Morton Perpetual Trophy winner



National Self-Defence Trophy winner

Saturday night

Frivolity and a wild night of creative dancing to a live band followed the Saturday night formal dinner and presentations.

Sunday

Session 5: San Ryu Do

San Ryu Do is combat sport weaponry using rubber swords, head protection and hand protection. The rules are simple: points are scored for a strike to the head, limbs or torso. As you can imagine the rules soon dissipated into the Universal Ether and free-for-all became the rule.

Rules stifle fun and, since serious injury or loss of limb could not be inflicted on a body, the fun factor soon rose to a point where combatants and onlookers could no longer function due to excessive laughter. Talk about getting in touch with the inner child.

An interesting approach to this little game was a Kendo attack style and war cry by a blue belt. Using this controlled approach, he, surprisingly with little effort, scored a number of accurate strikes to his opponent's head. There is a lesson there for everyone me thinks.

Session 6: Techniques review

- Change training partners on a regular basis to obtain experience at attacking and defending a variety of body sizes.
- When blocking a straight punch, twist the body as you block so that the punch misses the head.
- Do not over-block.
- Wait for the attacker to react.
- An attacker is to act in a realistic way, both in the attack and as a technique is being delivered to them.
- General point for all techniques that involve a punch or a kick: throw a proper punch and deliver a proper kick.

Kempo, Kyu belt level: all straight-punch block defence is one hand only, block and grab. Do not block with two hands but block only with one then grab with one or two hands.

Kempos 1,2,3,4

Hints

- As the defender's foot is returned to the ground, apply the defence attack punch at the same moment.
- Defender adjusts the returning foot position on the ground according to defender leg size and attacker position.

Kempo 4: one hand block, two hands grab arm, kick to ribs, punch to ribs, drop down on knee, hand on ankle, lean back, two hands grip ankle, stand, flip, flip back, drop to knee, chop to ankle.

Hints

- Right hand pistol grip to heel, do not grip hard.
- Keep your knee at the attacker's ankle and your body tight against the attacker's leg.
- Lean back; do not try to lift the attacker.
- Let the attacker do the fall for you.

Kempo 5: one hand block, two hands grab arm, two kicks, knee on arm, take to ground.

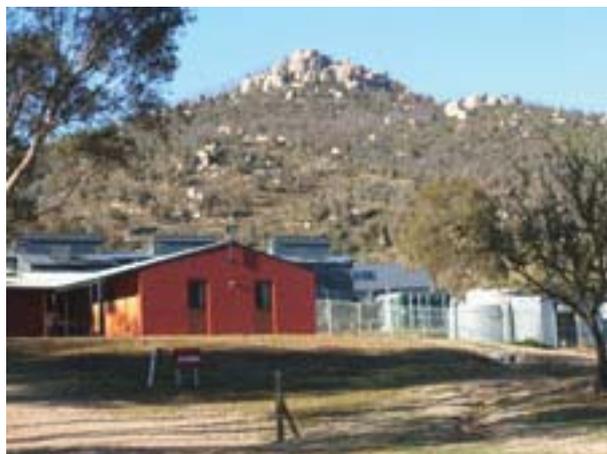
Hints

- Keep trapped arm close to your body.
- Once the knee is on the arm, look at the ground and roll your hips over the attacker's arm, your hips are **not** circling.
- Keep your toes in the hip as long as possible.
- Once fall is committed and the attacker hits the ground, to maintain your balance, take your foot off the attacker's hips and to the ground.
- Attacker to fall into a front breakfall.

Forearm Hold: Raise hand (*stop* motion), turn and grab the wrist, hand on elbow, arm bar, push elbow, take to ground.

Hints

- Depending on whether the attacker is near or away from you, step back or forward as you move your arm in a *stop* motion.
- To lock the attacker's elbow, keep your trapped arm close to your body as you move it in a *stop* motion.
- Drive your hand onto the attacker's elbow. It is not a push but a drive right through the arm to the ground.



Round Kick: drop your arm, catch the attacker's leg, your forearm behind the attacker's knee, take to ground, pressure on knee with your body.

Hints

- Defender's arm moves up in a *hook* motion to get the attacker's leg to the defender's shoulder.
- Attacker's foot must be right up on the defender's shoulder almost on the defender's neck.
- Drive the wrist in tight behind the attacker's knee.
- Attack kick should be between the defender's elbow and shoulder aiming for the ribs.

Session 7

As the last session of the day, and the seminar, students were treated to a course in games hosted by Renshi Graham Darby.

At the same time, for the less active and more cerebrally-inclined students, Shihan Edward Scharrer conducted a seminar entitled *Isaac Newton in Martial Arts (biomechanics)*.





Annual National Seminar

October 2008
Canberra, ACT



The Annual National Seminar in 2008 will be hosted by the Evatt branch and will again 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.





ABN 84 915 115 495

PETER MORTON ACADEMY OF JUDO JUJITSU KARATE

www.petermortonjujitsu.org.au
info@petermortonjujitsu.org.au

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Open letter to the Academy - National Seminar 2007

Dear Members,

At the end of the National Seminar at Birrigai this year I received a tremendous amount of positive feedback from both students and instructors, saying they all had a great weekend and thanked me for organising such a great event.

Firstly I wish to acknowledge and thank everyone for their comments. I also personally enjoyed the event and I sensed a great deal of camaraderie from everyone there.

But it was much more than a one-man show. What made this event memorable was the fantastic team spirit that everyone brought with them to the seminar. So really, all the congratulations I received must be shared with everyone because it was a team effort.

I tried to encapsulate the contributions that individuals had made during the closing ceremony, but it's difficult to mention everyone, particularly when there were many who contributed to the overall organisation by their willingness to do tasks even without me asking.

I wish to extend my gratitude and appreciation to (in no particular order)

- The Canberra committee for setting the events they wanted to see in the program.
- Graham Darby for organising the band, ringing and chasing people, running the games session, organising the movie camera, projector and boom box, general mover and shaker and overall Mr Nice Guy!
- David Rowley for contacting several instructors to forward information about the seminar.
- To the CIs and members of Sunshine Coast, Hughes and Evatt branches who between them provided about 75% of the seminar attendees.
- The presenters (who I might add had very little input from me on the content they presented):
 - Dave Burgemeister for a creating and presenting a great Boxing and Judo session.
 - John Bear and his team, David, Patricia and Rishni for a great Jo taking session.
 - Peter Wilson for the loan of the San Ryu Do sports weapons equipment.
 - Judges, Line judges, timekeepers, scorers etc for the San Ryu Do session.
 - David Rowley for the technique review and for running the Two Man Attack and Basic Steps competitions.
 - Sam Godwin and Kris Arnold for the morning stretch session.
 - Mark Tomasich for showing us how grappling should really be done.
 - The Canberra Shodan Trainees for all their assistance in helping with the Two Man Attack and being Burgy's crash test bodies!
- Peter and Jon and others from Sunshine Coast for helping with the Friday BBQ.
- Those that helped with drinks and ice tubs (sorry I can't remember who you were!)
- All the people who helped with loading/unloading and handling the mats.
- Desley Speck for checking everyone into the site and for coordinating the meal clean-up crews.
- All the people on the meal clean-up teams and to the Canberra Shodan Trainees for serving meals on the Saturday night.
- Alan Maconachie for running the gift shop and other administrative tasks in the background.
- To all the girls who dragged the boys off the sidelines for a dance on Saturday night.

- To Everyone for leaving their rooms in a tidy state before the cleaner arrived on Sunday.
- David Rowley and Dave Tuckfield for the loan and transportation of their mats.
- To all the people who helped with moving furniture about.
- To Carol Gainly and the team at Birrigai for providing and maintaining a great venue.
- To the Birrigai Kitchen staff for all the great meals – Yumm!
- To anybody else who I missed or if you did something that I didn't notice, my sincere thanks!!
- And finally to all the attendees who without you bringing your enthusiasm and smiles along in your single minded pursuit to have a good time on the weekend – A BIG THANK YOU!!!

The National Seminar for 2008 will again be held in the Canberra area, hosted by Graham Darby and his team from Evatt Branch. Please spread the word about how much fun you had on this Seminar so we can gear up to an even bigger event next year.

Soke Morton has provided us with the inspiration and the vehicle of our Martial Arts practice. It is now up to us all to drive and maintain it. No one person can do this. It requires a dedicated team of teachers and administrators and even more enthusiastic students to keep the vehicle mobile and on track. It is a team effort and this last Seminar demonstrated to me that we still have what it takes to practice a good Martial Art and also to have a great time in the process.

See you all at the next year!

Sincere regards



Shihan Edward Scharrer, Nanadan
 Chief Instructor St Edmunds
 National Chief Instructor
 Deputy Principal PMAJJK Inc.



Shihan Rowley and Shihan Scharrer

Club Matters

Events calendar 2008

South-east region

Junior Seminar

Sat 15 Mar	Kaleen	9:00am
Sat TBA Oct	Batemans Bay	9:00am

Combined Senior Grading

Thu 3 Apr	Kaleen	7:30pm
Tue 24 Jun	Radcliffe	7:30pm
Wed 17 Sep	Evatt	7:30pm
Mon 8 Dec	Queanbeyan	7:30pm

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

Fri 22 Feb	Kaleen Sports Club
Fri 27 Jun	Kaleen Sports Club
Fri 7 Nov	Kaleen Sports Club

Annual National Seminar 2008 (incl AGM)

TBA Oct (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: 31 July

See the *Treasury Notes* on p5 for fee amounts.

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

Merchandise with Academy logo

Contact Alan Maconachie

- Sports bag: \$50.00
- Sling bag: \$40.00
- Key ring: metal \$10.00
- Drink bottle: \$8.00
- Pen: blue ink \$3.00

Branch news

New South Wales

- Sensei Tony Dries reopened the Sawtell branch
- Sensei Greg Maunder opened the Moonee Beach branch
- Sensei Jennifer Thomas, who used to train at Port Macquarie, opened the Castlecove branch in Sydney.

South Australia

The Golden Grove branch closed at the end of 2007.

SOGAP

The whole of the *SOGAP Manual* is being edited, updated and expanded so that it can be made available to instructors through the Academy web site. A mammoth task I can tell you, as writing it in plain English so that it can be interpreted in only one way takes quite a bit of brain power and extreme amounts of real time staring at a computer screen. It should be completed within the next two years. It definitely will be completed this century.

Communications

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 branches based outside the Canberra region has been received. All branches should 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.

Emailing members

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.

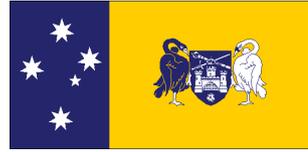
If you want to contact groups of members (for example, all CIs or CIs in the ACT region), you can email info@petermortonjujitsu.org.au with the details of the group that you want the information to go to and include the text and any attachments. Your information will then be forwarded to the appropriate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



**We
Want
Your
Words!**

Articles
Reports
Write-ups
Photos
Keep them coming
throughout the year
Email them to
info@petermortonjujitsu.org.au

Branch Reports



Australian Capital Territory

Charnwood

Sensei Danielle Woods, Chief Instructor

The Charnwood branch has had a great 2007.

The class kept growing, which was very exciting. My original student from Turner branch days, Robert, is now taking the next two years off to concentrate on his studies at Narrabundah College. We will certainly miss him and hope that he achieves great success at college.

We have had a typical year, much the same as other branches. Two students; Jinneecka and Emily, both graded to yellow belt and Robert, Mila, Laura and Annalise graded to orange. It was very exciting and possibly the parents were more excited than the students!

Being the only Sensei at Charnwood means there have been times where I've needed 'back up'. Thank you so much to my loyal back up people: Eddie Sharrer, Dave Dalla Costa and Julie Streeter. A special mention goes to Mick McKell as he helped for a couple of months before taking off overseas. We miss him each week, especially the 'fun' warm-ups! We are glad he is having a wonderful experience overseas.

I hope you have all had a great Christmas and restful break. If you ever want to visit us we train from 6:30-8pm every Wednesday night at the PCYC Charnwood (which is the old Charnwood High School). We would especially like a visit from Dave Burgemeister and Peter Wilson (who promised a number of times he would come and visit)!

Good luck to everyone for 2008.

Contact: Sensei Danielle Woods

Dojo: Charnwood Police & Citizens Youth Club, Tillyard Dr, Charnwood ACT

Training: Thu: Jr/Sr 6:30-8pm



The Charnwood branch

Erindale

Sensei Ian Scamp, Assistant Instructor

The Erindale branch rolled through 2007 with a small but dedicated group of seniors and juniors.

Our two juniors, Matt and Steph, successfully graded to their yellow belts at the close of 2007, forcing the instructors to start brushing up on the next lot of junior techniques in preparation for 2008.

The senior class was halved from October last year, with John Fisher heading to Thailand for a three-month kickboxing training camp and Erin Taylor fulfilling army service and overseas travel requirements. Nevertheless, Mario Budgeja and Paul Dalla Costa kept turning up to ensure Burgy and myself didn't spend the sessions staring at each other wondering what to do.

Erindale took over from the late Turner branch as the main training venue for the ACT black belt trainees, and the 2007-08 class is now six months into the eighteen-month course. It's a bigger class than the past few years, 7 students from four branches: Tom (Kaleen), Kris, Sam, Damo (Hughes), Dante (Queanbeyan), Pauly (Erindale) and Andy (Evatt). Dave Burgemeister and Tim Michealas have been drilling the class to the usual high standard and we all look forward to seeing the results at the end of this year.

Many thanks to Paul Dalla Costa for his continued assistance with the junior class, and to Senseis Michealas and Townsend for standing in for Burgy and myself when work conflicted with training.

Best wishes to all for 2008,

Contact: Renshi David Burgemeister

Dojo: Erindale Police & Citizens Youth Club, Wanniasa ACT

Training: Wed: Jr 6-7pm, Sr 7-8pm

Evatt

Report not submitted.

Contact: Renshi Graham Darby

Dojo: Evatt Primary School, Heydon Cr, Evatt ACT

Training: Wed: Jr 7-8pm, Sr 8-9:15pm

Hughes

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

This has been a year of ups and downs, there were some issues this year that directly impacted Maca, myself and our branch. We should remember what we are here for: we are here for our students—to pass on knowledge, to be positive role models, to provide our students with useful life skills, to have FUN and for ALL who wish to enjoy learning our style of jujitsu.

Most of the year has been quite successful. Maca and myself have been happy to be involved in helping set up the Castlecove branch in Sydney. Over the last few years we've put forward several proposals to start a branch in Sydney as we've had several students move there from the Hughes Branch and they kept hassling us to get something started. We were almost successful when Don from Queensland moved to Sydney, unfortunately he moved back the day it was supposed to open! Throughout this time we've nurtured a training group of 5 or 6 current and ex-Hughes students training regularly. Earlier this year we were contacted by Jen, a black belt from Port Macquarie, after she read last year's annual report, where we had talked about the little training group. She then informed us that she was a black belt but hadn't trained for some time, and was super keen to join us! We put her on to Damo, who was heading up our little training group, and Maca and I spent a dozen or so Sundays in Sydney to welcome her back into the fold and sharpen up her techniques. Thankfully she has been happy to start the Castlecove branch for us with the assistance of Damo, our black belt in training. So we want to thank Damo for doing all the running around in organising a location, insurance and mats, and Jen for accepting the responsibility of starting the branch. Woo hoo! Well done guys, persistence paid off.

The Junior class has been quite successful this year with 25 to 30 kids showing up each week—at one point I had 37, with 15 of them being white belts! I have a good range of belts with 3 more grading to blue, 4 to green, 4 to orange and 5 to yellow. I had 4 attend the Junior Seminar in Kaleen this year, unfortunately I wasn't able to make it, but I understand that they all had a great time, and one received a team award.

I do have to say 2008 will be a little more difficult running so many junior classes, as we may be losing 3 of our valuable seniors, who are training for their black belts, to Wednesday night black belt training. I'm hopeful that the branch can find a more flexible arrangement that will allow our browns to continue assisting our branch whilst further developing their teaching skills. I still do have a number of seniors that come regularly and help out, and I would like to thank all that have helped out over the year. ☺

I had a number of awards for the Juniors at the end of the year:

Excellence in Tsuki & Keri: Natasha Fenton

Excellence in Basic Steps: Hugh Swann

Excellence in Breakfalls: Alexander McAlister

Excellence in Techniques: Mickayla delaRue

Most Improved: David Luong

Renshi's Award: Molly Vincent

The senior class was a good combination of regulars and itinerants, with a few new starters who have stuck around. We're anticipating a few old faces will be returning next year, a number of juniors will be graduating and increased marketing efforts will see continued growth in our senior ranks. We had a couple of seniors successfully grade throughout the year, and we'd like to thank the training partners and senior belts for their contributions leading up to and during the gradings.

We were proud to nominate 3 of our brown belts for black belt training this year. Sam, Kris and Damo have all taken it on with great enthusiasm, and are loving their focussed training with Burgy. Our group, which includes Dante, make up more than half the black belt course this year in Canberra! Dante's been with us for a couple of years now, and Sam and Kris have been with us for over seven years, both starting as basics. All of Sam's brothers and sisters have trained with us at some point also, following in their father's footsteps! Damo started with the Queanbeyan juniors at the age of six before moving to Hughes as an orange belt. We're incredibly proud of all 4 of our browns, and we wish them all the success that they deserve for taking on sixteen months of gruelling training.

We had a good crowd from Hughes (and Hughes II, aka Castlecove) attend the Annual National Seminar this year, and we had the most fun we've had at a seminar for quite a few years. We were one of the biggest contingents there, which surprised us considering half our group came from Sydney. We didn't win any awards as such this year, though Natasha did pick up the endurance prize for dancing all night long! Tuck unfortunately has been a bit crook, and wasn't able to be as involved in the seminar as much as usual, or in fact most things this year as he would have liked.

2007 has had plenty of highlights. These include a range of successful gradings, with 3 more junior blue belts. The arrival of Jen and the establishment of our Castlecove branch in Sydney has been an absolute joy. Having brown belts joining the Shodan training program has been an absolute highlight—they're our first in over fifteen years! And this year's seminar was highly successful and very enjoyable.

2008 is Hughes's 30th year anniversary of training at Hughes. We are very proud of that achievement. Thanks to Renshi Kevin Barrie

for starting the branch in 1974 and running the whole branch until Renshi Simon MacNab (Maca) and Sensei Caroline Webber took over the branch in 1992 when Mr Bazz retired to Queensland. In 1994 Renshi David Tuckfield (Tuck) took over as CI for Juniors when Sensei Caroline Webber retired. Over fifty years of combined black belt instruction at Hughes Jujitsu, the Hughes Centre of Excellence, the Hughes branch of the Peter Morton Academy of Judo Jujitsu Karate.

We're wrapping up 2007 and putting it behind us. 2008 is a year for continued teaching, celebrating milestones and striving to work with other branches to make this a better club. We sincerely wish all a hugely successful year next year!

Cheers, and Be Masters of Yourselves!

Contact: Renshi Simon MacNab

Dojo: Hughes Primary School, Kent St, Hughes ACT

Training: Wed: Jr 6:30-7:30pm, Sr 7:30-9pm

Isabella Plains

Craig Grant, Senior student

The start of the year brought news from CI Cowey that after many years of hard training he was going to have 'time out' from the rigours of training. So, as the rest of us dedicated students continued on the path, CI Cowey slipped into his ugg boots and rocked gently in his chair dreaming of motorcycle racing at Phillip Island.

So started a new era at Isabella Plains as CI Ramsden took command and control of the motley bunch called Isabella Plains branch.

Junior class

The core of the 2006 class all started the 2007 year with much enthusiasm to keep up the good work from the previous year. During the third term, Shihan Rowley made the journey to Isabella



Dojo for the children's grading, where Jayden was awarded a green belt and Isobel an orange belt. By the end of the year the class size had doubled and, with continued good efforts in

2008, we are certain to have many new yellow belts.

A special mention for two of our juniors who received awards this year. Jayden, *Best and Fairest*, and Isobel, *Most Improved*. Both Jayden and Isobel have demonstrated an excellent attitude over the past few years of training with the branch and have had very good attendance records this year. A big well done to both!

Senior class—The motley crew

A few overall statistics of the Isabella Plains Seniors class:

- Average age: 31 years
- Weight range: <70kgs two students, >80 kgs two students, >90kgs four students
- two white belts, one yellow belt, four green belts and one lonely black belt

As you would imagine from the above statistics, CI Ramsden has had a lot of work to do this year. The start of the year brought all the regular faces back to training, including a supersized Ric (all the way from the US of A). If we thought things might be easier with CI Cowey taking his "time out" break, we were surely wrong, with CI Ramsden's ex Military PT training manuals getting a thorough workout.



By the end of first term Rick and Gill both graded to green belt, to bring it to a total of 4 green belts for Isabella.

The winter months brought new recruits to the Isabella Dojo with Matthew, Craig 2 and Beth all joining the regular core group. By the end of term three Matthew graded to yellow belt (even though we had spent considerable time psyching him out over the size and ferocity of the opponents on the two man attack at grading).

The 2007 Annual National Seminar was attended by the stars of the Isabella branch who brought back many new concepts and refinements to our techniques. The highlight of the weekend was Gill (now known as the Golden Child) winning the two-man attack trophy. (If only CI Cowey was around.)

A special thank you to CI Mick Cowey for all of the years of training and teaching that he has put into the Isabella Plains (and Tharwa) branch and we hope you are having a relaxing 'time out' and that you come back to training soon.



A big thank you to CI Ramsden who week in week out this year has continued the professionalism and high standards of the Isabella Plains branch. With CI Ramsden continuing training regimes, 2008 promises to be a big year.

Note from Sensei Ramsden: *A big thank you to Craig for taking the time to prepare this year's report. I would also like to thank Craig and Rick for their assistance throughout the year with the junior class, the extra pairs of hands and eyes have certainly made my life easier and have been of great assistance to the kids.*

Look forward to seeing you all back in the Dojo in 2008.



Contact: Sensei Danny Ramsden
Dojo: Isabella Plains Primary School, Ellerston Ave, Isabella Plains ACT
Training: Wed: Jr 6:30–7:30pm, Sr 7:30–9:30pm

Kaleen

Report not submitted.

Contact: Shihan Peter Wilson
Dojo: St Michaels Primary School, Tyrrell Cct, Kaleen ACT
Training: Thu: Jr 6:30–8pm, Sr 8–9:30pm

St Edmunds

Shihan Edward Scharrer, Chief Instructor

It was the year of the family this year, because without the 3 attending it would have been rather lonely on the mat.

A few highlights this year, with St Edmunds hosting the Annual National Seminar at Birrigai. By all reports there was a great time had by all. My thanks to all who participated and assisted. (Please see the open letter on our web site and reproduced on p18 of this newsletter). Having won the Basic Steps in fine fashion last year we were unable to retain the title and our sterling performance was outshone by the Kaleen branch. Well done!

There were several successful gradings this year and another milestone was set by Erin. Her successful grading to brown belt makes her the highest graded female member ever in the branch. Due to her army commitments we conducted a special grading for her in September. My thanks to all the people who attended and supported her and to Tom Wells for being her Uke for the night. Well done Erin!!

Now it's time for me to hand over to Desley for her perspective on training this year...

With a membership of just 10 on a good day, jujitsu at St Edmunds in 2007 nevertheless provided numerous memorable moments.

1. Two big guys and a Shihan

After months of heaving and puffing and trying to bend their legs to do good throws, John and Peter finally had their moment when Shihan Scharrer announced a grand grappling session. Superb skill, flexibility and style demonstrated by our Shihan were simply no match for sheer WEIGHT!

2. Three fruit flies and a Shihan

The three little guys, Hugh, Tom and Tom, all had a great year learning lots, especially about concentration. Fruit flies generally have very little concentration, hence the title. One hilarious moment came about when Shihan announced we would all do twelve pushups to celebrate Toby's 12th birthday. Hugh decided that singing 'Happy Birthday' whilst doing them was a great idea. This had the effect of rendering some people's

arms completely useless as they discovered they could not laugh and do push ups at the same time. Hugh's arms were, of course, completely unaffected. It was great to see Hugh grade to orange belt and Tom to yellow belt this year.

3. Two mummies and a Shihan

The two mummies provided many moments in which Shihan demonstrated his tremendous levels of patience. Erin made it her mission to toughen Desley up. It didn't work, but there is always next year! Our other Mummy, Styliani, was not able to get in much mat time due to running around with her three children, but she did make great progress and can leap to her feet from the kneeling position.

4. Two serious dudes and a Shihan

Erin and Toby have to be described as the serious dudes. Erin helped everyone with amazing good

humour and patience. Toby and Erin enjoyed training together and it was great to see Erin grade to brown belt and Toby to green belt this year.

We all look forward to 2008 and tackling the numerous challenges provided for us by our illustrious Shihan Scharrer, especially that really tricky arm windmill exercise...

Thanks Desley!

Training will resume on 6 February at 5:45pm in the St Edmunds Gym.

Contact: Shihan Eddie Scharrer

Dojo: St Edmund's College, Canberra Ave, Griffith ACT

Training: Wed: 4:45-6:30pm

New South Wales

Batemans Bay

Report not submitted.

Contact: Sensei Rod Patrick

Dojo: Batemans Bay Primary School, Mundarra Way, Surfside NSW

Training: Tue: Jr 5.30-6.30pm, Sr 6.30-8pm

Castlecove

As 2007 comes to a close and 2008 begins, finding a beginning to the story of Castlecove branch is anything but easy. This is, after all, a group that was previously comprised of outposted Hughes students, training on a Sunday morning at the North Sydney PCYC, keeping our techniques as up-to-date as possible.

There are exciting times ahead! 2007 has been a year of change for us Sydney folk. Having started the year with only 3 ex-Hughes students, our ranks have now grown with new recruits from other Canberra branches to the point where a good turnout yields an even dozen. We are now ably led by Sensei Jen Thomas who has managed to bridge the gap between simple training group and official branch. Although Jen comes to us from an extensive break, she is enthusiastic and keen to grow and develop the Castlecove branch alongside a dedicated and committed Damo (currently trekking to Canberra as a Shodan candidate) continuing in his supporting role. Last but not least, we now have a new dojo, calling the picturesque Castlecove Golf Club home and are running two sessions a week, Thursday: 6:30pm-8:00pm and Sunday 10:30am-12:30pm.

Contact: Sensei Jennifer Thomas

Dojo: Castlecove Golf Club, 65 Deepwater Road, Castle Cove NSW

Training: Thu: Sr 6.30-8pm, Sun: Sr 10.30am-12.30pm

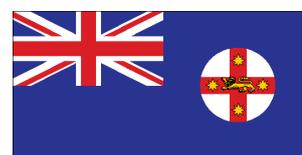
Durras

Report not submitted.

Contact: Renshi Ben Innes

Dojo: Durras Hall, South Durras NSW

Training: Fri: Jr/Sr 5.30-7.00pm



Moonee Beach

Report not submitted.

Contact: Sensei Greg Maunder

Dojo: TBA

Training: TBA

Queanbeyan

Report not submitted.

Contact: Renshi Scott Teys

Dojo: YMCA Centre, Karabar

Training: Mon: Jr 6-7pm, Sr 7-8:30pm

Radcliffe

Sensei Alan Maconachie, Assistant Instructor

When it comes to doing a disappearing act, Houdini could not hold a candle to our Chief Instructor.

Shihan Rowley seemed to be on permanent leave from training this year (there goes his promotion from *Honourable Master* to *Exalted One*). If it wasn't birthday parties or award presentations at work, it was some secret parents' business. Personally, I think that he just wanted to hide from the rest of us and experience a bit of life without the intrusion of the Academy. Don't blame him really, as the Academy has been part of him ever since he was allowed out without a nappy.

Speaking of being young, can any branch beat us to have had the youngest student ever? We have a little girl who is three and a half training at Radcliffe. She has been with us for the last couple of months of this year.

When she first set foot upon the tatami, I helped her with basic tsuki and keri. I was explaining how to make a fist and then how to deliver a punch. She just looked at me without a sound. I thought “*does she speak English?*” I decided that another approach was needed, so I just showed her what to do accompanied with the simple instruction “*like this*”.

This worked and it was not until later when talking to her parents that I discovered her age. Any wonder she looked vexed when I first tried to help her. Come to think of it, I don't think that I have heard her speak yet. I guess that will change all too soon. Her parents reassured me that she loves coming and that she wants to continue next year. I hope she does, as she is a pleasure to behold as she tries her best to keep up with our mob. I can see potential in her.

Other students? We do have some, I think? Oh yeah, they are the 25 or so distractions that want to beat me up on the tatami before lessons begin and then gloat at how small I have become, or is it how big they have become? Either way, I look up to a lot of our students now. It is all in the name of fun.

At the moment we have a surplus of blue belts. Renshi O'Malley has her hands full conveying the secrets of a brown belt to them. Mind you, at the end of next year we will have more than a handful of junior browns, then the fun and games should begin as we do our best to keep their interest, as the majority are too young to move to senior rank. Not to worry, we will come up with a cunning plan for them. This will probably involve boxing gloves, a kick bag or three, a BIG Jo (no, that is not one of our instructors, although there once was a Big Tony from Tharwa) and a box of Band-Aid (self-defence for instructors 101).

It has been a fun year so I won't report on the boring stuff, like how we had students attend both junior seminars, that we had instructors at the Annual National Seminar and the black and brown training nights and that our instructors have updated their first aid qualifications.

I also won't gloat at how we had a white belt take home the Leonie Corey Trophy or that we have a great mob of students.

I also won't mention that, except for the aforementioned Chief Instructor, our instructors have put in an admirable attendance at this branch. We all deserve a medal or at least a chest to pin it on.



L-R: Mr Corey, Frog, Lewin (with the Leonie Corey trophy)

To summarise: Renshi O'Malley disappeared overseas → again, Sensei Vavasour disappeared from his body ☺ on an astral holiday, Shihan Rowley disappeared from duty 🙌 to who knows where, I disappeared from Radcliffe to insanity ☹ and no matter how hard we try to get rid of them, our students, like the cat, keep coming back.

Maybe I will teach with kindness next year and see what happens. Now there is a radical idea.

Note from Shihan Rowley: *I would like to thank Peg, Alan and Gerry for their continued support throughout the year and also for filling in for me at short notice when I have been unable to attend the branch on some training nights.*

I would also like to express my appreciation to Gary and Patrick for all the help they give on training nights.

Radcliffe

Visit us, we're lovably insane 🙌

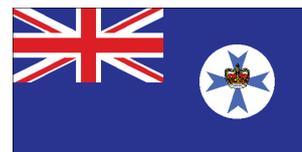
Contact: Shihan Dave Rowley
Dojo: Stoney Creek Hall, 16 Gathering Place, Radcliffe Estate NSW
Wednesday: Jr 6:30–7:30pm, Sr 7:30–9:30pm

Sawtell

Report not submitted.

Contact: Sensei Tony Dries
Dojo: Sawtell Caravan Park, Sawtell NSW
Training: TBA

Queensland



Sunshine Coast

Shihan Mark Tomasich, Chief Instructor

This year was a special year for me, not only was I awarded my 6th dan but I finally saw my oldest daughter, Justine, awarded her Shodan. Justine first started training at the age of seven before taking time off due to school commitments and a two-year stint in America. Upon reaching Australian soil she went straight back into training for her black belt. John Mosley and Justine have been training together for their dan grade for the last eighteen months but unfortunately John, in his second last bout of the day, tore his accurate alignment in his right knee. John tried hard to battle on, but unfortunately the knee would not hold up. He is booked in for knee surgery in early January and will be out from training for a full eight months. To his credit, John is still focused and will finish his grading next year. Crazy you say, you have to be in this sport.

The next day after the grading, we visited the Canberra museum amongst other Canberra sites. We hired John a mobility scooter to get around on at the museum; watching John on

the scooter kept us amused for hours. I would like to thank and make special mention of the efforts made by Sensei Petra Peiren and Sensei Mark Humphris on the efforts they made to train both Justine and John. They have given every Saturday morning plus normal training days, juggling family commitments, work and other important commitments to guide Justine and John towards their black belt. I would also like to thank Sensei Dave Pointing and Sensei Michael Caskin for their efforts throughout



the year. I would also like to send a special thank you to Ian Leigh who has been training with us on every Saturday with our Judo.

I would like to acknowledge and make special mention of Sensei Phil Townsend, Sensei Sarah Luck, Sensei Gerry Vavasour and Shihan Rowley for getting on the mat at the grading. I would also like to thank Sensei Simon MacNab, Sensei Alan Maconachie and Renshi Graham Darby. It was a little disappointing that no other Dan grades were available to go a couple of rounds with the

gradees. I realise some Dan grades could not attend due to work commitments or other family commitments but we must remember that it is only one day in the year. It may be an item for discussion at this year's AGM.

I would like to thank the efforts of all involved with this year's Annual National Seminar. Renshi Burgemeister's boxing drills, judo and takedown sessions really excited our students. I would also like to thank Renshi Graham Darby for his efforts in getting a band for the night activities. All students showed us their dancing style to both country and western music, which really made the night.

We have a number of up and coming students who will be soon commencing their black belt training and travelling down to Canberra to grade. Peter Lutz, Linda Rossiter, Matthew Farrell and Crispian Pascoe; all students who put a lot of time and effort into their training are all assets to the club.

This year's junior and senior students of the year were very hard to choose. We have a number of students in both senior and junior classes who could have easily taken out these awards. The students selected by our instructors are a father and son team. Crispian Pascoe has been a member of the Sunshine Coast branch for approximately three years. He sat each week and watched his son's training every week before taking up the challenge of training with us. Crispian is one of the workers, he always puts up his hand to help out with jobs which need to be done. He helps with the coaching and will always help out with the lower grades. He trains very hard and very rarely misses a training session. His son Julian is twelve years of age and currently holds the rank of green belt. He is always well-behaved and will lend a hand to train the beginner's class. He is quiet student who is progressing through the ranks in the junior classes. I will not be surprised if I see him training for his junior black in the near future. Next year we will see Julian begin his training with the seniors so I think we might see some excellent father and son wrestling matches.

On ending I would like to acknowledge Frog, Shihan Rowley and Shihan Scharrer for all the hard work they put into the Academy. I would also like to acknowledge all the members and parents for all their efforts and support throughout the year 2007.

Contact: Shihan Mark Tomasich

Dojo: Sunshine Coast PCYC, Youth Ave, Nambour QLD

Training: Tue: Jr 6-7:30pm, Sr 6-8pm



Peter Lutz throwing Mat Farrell



Emily Rossiter throwing George Phillips

South Australia

Golden Grove

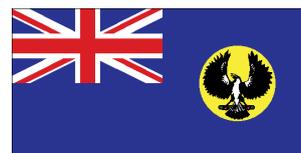
Renshi Tom Atterton, Chief Instructor

This year has been another steady, successful year for the Golden Grove branch. It has seen a fantastic group of students training regularly with enthusiasm each week.

It has also seen some changes, the first being a new location. Our training hall was being renovated so we were moved to another room nearby, which was a smaller room so training was a little confined but the facilities were excellent so we endured.

It has also been quite different from many of the previous years with a large percentage of students being female. This did not come about due to any specific promotion targeting female groups but purely by good timing and word of mouth. Each student who came to watch saw a good mix of guys and girls training which helped the class appear a little less scary for the girls. This also provided new challenges for us instructors as teaching eight through eighteen year old girls requires (at times) different strategies than those we get used to when teaching only men. Overall, it has been quite refreshing and a different atmosphere and energy that a mix of students brings.

Sadly, 2007 year brings to an end to the Golden Grove branch. Due to the training hall no longer being available, it had to close down. Secondly, after nearly a decade running Golden Grove I



am taking a break from training for a while which will allow others to step up and take on the responsibility of running a branch. There are currently negotiations to find a different location, so 2008 may see the start of a fresh, new branch of the Peter Morton Academy.

Finally I would again like to thank those instructors who have helped me this year, without your support my job would have been much more difficult. Special thanks to Steve, Neil and Ben for your help instructing and Dad for your support and help with the books.

See you all again in the future.

Also see: *Tom's 20 years at the Academy* p32

Walkerville

Sensei David Clayton, Chief Instructor

This year has been an interesting year for the Walkerville branch. We have had some significant changes in student base and structure. The year has also been filled with celebration and challenges.

Walkerville began the year with a change of training time and venue. We've enjoyed twenty years of training at the YMCA of the Inner North East of Adelaide (Walkerville YMCA), and we are pleased to have a continued relationship with them.

Switching to a Saturday morning class from a Friday night was the best thing I could have done for me, and the worst thing for my class. Due to clash of sports and a fear of Saturday mornings, we started the year with only a handful of students. Whilst there has been some turnover during the year, we have now grown to a class of 12. It's a challenging but healthy mix of adults and juniors, with some parents training alongside their children. And demonstrating the circle of life, recently 2 junior female students began with us brought along by parents whom Tanya and I coached five years ago.

As an instructor I have been touched by the support that I have seen of parents towards their children. We had parents, grandparents and extended family turn up to watch our October grading. I am filled with joy when I see families taking active interest in each others' lives.

The year has been one of excitement and blessing too. I married in June and my older brother (who holds a green belt in our style) married in October. I was touched to see support from students and past instructors during this time. We have shared in each others' grief too with the passing of loved ones, changes in career, suicide and sickness.

We were all touched by the recent accident of Renshi Craig Swingler. I was encouraged to see students who'd only known him a short time reach out in support, demonstrating the respect that Craig has gained from students across all branches.

On reflection, a martial artist challenged me this year on our style, commenting that our training methods were soft. After attending a Tae Kwon Do tournament as a sports first aider and seeing injuries caused in the pursuit of personal glory, I believe that we are disciplined and controlled. I truly believe that the shared teaching attitude in my class is a reflection of the values and principles of the Academy of courtesy, kindness and diligent study. It is the teaching with kindness that some have found off-putting, but probably the one which I hold most dear.

We have been pleased to support the Walkerville YMCA through fundraising and supporting various programs. We were invited to participate in their school holiday program at the end of Term 3. Renshi Craig Swingler took this class and had over 30 children show interest in our style. Thank you Craig.

I must extend thanks to Sempei James Melhuish who continues to be a rock solid support to me. Also thank you to Stephen Newman who has accepted the challenge to grow as an instructor.

Thank you to all my students who have shown dedication and commitment to their training. Congratulations to all who have graded and good luck for 2008.

Contact: Sensei David Clayton

Dojo: Walkerville YMCA, 39 Smith St, Walkerville SA

Training: Sat: Jr/Sr 9-11am

International

Kinloss, Scotland

Renshi Jamie Sumsion, Chief Instructor

As some of you may be aware, the Academy has had a branch running in the UK for a little while now. How did this come about? I was involved in running branches in South Australia for a while following my Shodan grading in 1994, then I moved to the NT and operated the Tindal branch for two years before moving back to Adelaide in 1998. All of these moves were career-driven, as I was in the RAAF and served at these bases in various jobs. I married a lovely girl from England in 2000 and we ended up moving back to the UK in 2004. I already had a job lined up with the RAF before the move and so, after a period of training, I have ended up in beautiful Kinloss flying on the RAF's Nimrod aircraft.

Kinloss is located in the north-east of Scotland; about forty minutes drive east of Inverness which is close to Loch Ness, home of the legendary monster. Although it seems remote, there are two large RAF bases in the area and some reasonable-sized towns and villages close by.



The branch operates two nights a week on Sunday and Tuesday nights. We did have a Junior class for a while, however it didn't prove to be viable so we currently only have Seniors attending. We train in the RAF gym on the base so training is open to all serving members, civilian workers and dependants. The gym already had a set of excellent judo mats and ample space and once I had an allocated time I was ready to begin! I was lucky to get a few dedicated students right from the beginning who have stuck with me and proven to be worth every second of time devoted to them. On the whole though, we have had plenty of people start but not continue due to many factors, not least being a lot of competing martial arts and sports in the area and almost everyone having shifts or deployments to cope with at work. We are all periodically sent away, including myself, on deployment to some nice and some not so nice places—Iraq and Afghanistan feature on this list as well as Oman, Italy, America and so on—you can decide which places belong on which list!

Whilst the current arrangements are OK, we are not getting as many students as I had hoped, so the next step will be to get our own mats and make the move off base and into a more accessible venue, but this is a long term goal as I would like to have a fellow Dan grade to help when I'm away and this might also assist in spreading the club and creating new branches in the UK. I would also like to take the opportunity to thank the branch stalwarts—Dave, Mike, John and Scott—for their continued enthusiasm and effort.

If you're ever in our part of the world, please feel free to drop me a line and visit us, I can be reached on Jamie_sumsion@hotmail.com.

Contact: Renshi Jamie Sumsion
Dojo: RAF base, Kinloss, Scotland
Training: Tue & Sun



Be Master of Yourself

Bits 'n' Pieces

Tom's 20 years at the Academy

It's with a little sadness that we in SA say 'Domo Arigato' to Renshi Tom Atterton. Tom has completed over 20 years training with the Academy, of which 13 years were as a black belt. He has taught and influenced a great number of students, earning great respect from his students and peers as a credible and skilful teacher. In SA it is 'thank you' and not 'goodbye' from us.

I first began with the Academy when I was eight years old. I had heard about it through a primary school friend and went along to watch at St Jays. After watching one session I went back to join in but was too afraid. Marilyn talked me into getting on to the mats and giving it a go and this started my 20+ year involvement.

It was July of 1987 when I first began. I had earned my orange belt by December '87 and was blue belt by October '88. It took two attempts to pass to my brown belt, which I achieved in April '89. This made me a brown belt at ten, which I believe is the youngest anyone in SA has earned a brown belt.

As a blue belt, Marilyn drove me and two other students to NSW for an ASJJ (Australian Society for Jujitsuans) seminar. This was my first interstate trip away from my parents so it was quite a big deal. It was a good experience and I remember some going for morning runs to the beach to do Kata in the sea with our full judogi on. We were about thigh/waist high (for most people) in the water, which was for me almost neck high! We slept on the gym floor and ate a lot of fish and chips. We also did some sparring wearing full body guards which I remember being great fun.

I had about a four-month break from training when soccer training changed to Monday and Friday nights. As soon as that finished I got back into training. This is the only break I have taken since I started.

I think it was 1991 (I was twelve) when I graded on my sparring techniques and earned a special brown belt. This was an instructors brown belt and had my name and the club motto embroidered on it.

At fourteen I was invited to begin training for black. This involved passing the sparring techniques for a third time as I had passed them individually throughout the syllabus and then for my instructor brown belt. This was followed by the eighteen-month training course. Paul Arnold was the instructor for sparring and Craig Swingler ran black belt.

I don't think I fully understood what the training entailed and how serious it was. However, I moved with the flow and took each challenge as it came. I trained with Jamie Sumsion, Rolf Scharfbillig, David Chen and for most of the training Jim Harris (Jim had to withdraw near the end and rejoined the next black belt class). Black belt training was a challenge physically, but I didn't have many commitments outside



of training as I was only in Year 10. I was playing cricket but gave that away when black belt became too demanding to do both. I formed some good friendships with the group even though they were much older than me. I really appreciated the way they were so accepting of me.

The trip to Canberra to grade was quite intense but we were prepared well and handled the physical and emotional strain that it put on us. It was a very successful grading, with all twelve brown belts passing. It was after the grading I found out that I was graded for a Senior Black Belt (at age fifteen); the whole time I was training I was led to believe I was grading for a Junior Black—another one of Craig's little tests!

After I had earned my black belt Marilyn stepped down and passed St Jays over to Martin Clarke. Soon after, it was handed to me. I became the Chief Instructor of St Jays for two and a half years before deciding moving the branch to Golden Grove. The St Jays centre had changed ownership and was shutting down so it was time to move. With the move the student numbers jumped instantly and stayed fairly consistent for the nine years we trained there.

Some of my biggest highlights over the years were running a sparring group and two black belt groups (alongside Jamie Sumsion). The sense of achievement and the feeling of pride when all students pass to their black belt after such a long, hard process is hard to equal. I will remember all the hard work from myself and my students through these black belt trainings with pride and satisfaction.

I have attended approximately five seminars and four black belt gradings—my own, assisting Tanya Ellis as her grading partner, and the two groups I trained.

I look back over the years that I have been involved with jujitsu and I know that it has helped to shape me into the person I have become.

Through jujitsu I have been involved in organising the Adelaide event of AMAHOF. This involved lots of organisation but was a very successful and enjoyable event. I met many talented and remarkable people that night.

For a while I became the branch's unofficial house-sitter. Marilyn asked me soon after I had earned my drivers licence to look after her house, cats and BMW...talk about trust (she'd known me since I was eight. I have also looked after houses for Craig and Jamie.

Jujitsu also gave me the contact I needed to gain full time employment. I have now worked for Craig, first on contract then full time for a number of years. Jujitsu really has provided me with many opportunities on and off the mats.

I know I have been a mentor to some just as others were to me. I have helped people in all aspects of their life not just on the mats. I am proud that jujitsu has allowed me to take on that role and provide that kind of influence and assistance to others when needed.

One of the biggest supports I have had throughout my 20+ years of training has been my Dad. While during my early years of training I was too young to drive myself to training, he chose to stay and watch every session. This could've changed when I got my drivers licence but he continued to come along every week and watch. He also took on the responsibility of handling the finances for my branch and for a number of years he was South Australia's treasurer. He has only missed a handful of sessions over 20 years...an amazing commitment. Frog has recognised this and has awarded him with well

earned certificates of Commitment/Dedication. Thank you for everything you've done over my jujitsu career Dad.

Over the years I have seen many students and instructors leave training for various reasons. It is a shame when we lose good people, but the club continues on regardless, which allows others within the club to step up and take on more responsibilities they may not have otherwise had.

The time off I am taking leaves me with mixed emotions after such a long period of consistent training. It has been part of my life for a long time now and will be quite different without it. In some ways I feel guilty I am leaving and I will miss the training and the camaraderie it brings. However, it is time for me also to think of myself and rest and recharge to perhaps come back with renewed enthusiasm.

I have been involved with so many truly amazing people over the 20+ years of training with the Peter Morton Academy of Judo Jujitsu Karate. I will continue to live my life and aspire to the qualities I have seen and learned within our club.

*Tom Atterton
Godan Black Belt
December 2007*

Taking a breakfall to a new height

Renshi Craig Swingler is a long-time member of the Academy.

Until his recent retirement from active participation in the Academy, due to family business matters, he was area representative of the Academy's South Australian branches for a good many years.

Craig has been instrumental in the formation and promotion of South Australian branches and has played a major role in the management of the Academy.

Craig, 45, Whyalla, South Australia, hotel owner and host, received multiple fractures to his legs and injuries to his chest when he fell 2,000 metres to the ground after a skydiving jump from about 3,000 metres took a turn for the worst.

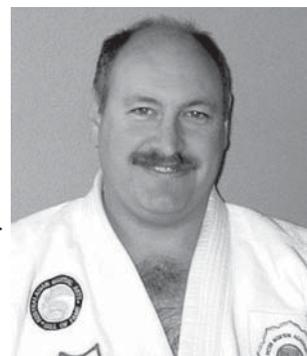
Craig was having a go at his first solo jump when his parachute spiralled out of control causing him to meet the ground with a sudden stop, rather more quickly than planned.

It is unsure if Craig had started normal steering procedures and why he was unable to commence his emergency procedures when his parachute began spiralling.

Normally if the primary parachute fails a reserve chute is released by the parachutist.

The accident occurred at the Lower Light drop ground, north of Adelaide, on Saturday 10 November 2007.

The Gods must have been looking after Craig on that day as he is still in one piece. Maybe it was



his superior breakfall ability that kept him with us for a bit longer?

Is this a new world record for a breakfall?

You know what they say, Craig? *"It's not the fall that hurts; it's the sudden stop at the bottom"*.

In all seriousness, Craig is lucky to be alive and all in the Academy wish him a speedy recovery.

Update

Craig came out of a medically-induced coma on Wednesday 26 November and recognises family members.

He is able to move his legs and nod and shake his head in response to questions but he is unable to talk due to a medical tube inserted in his throat.

Rumour has it that he will be home for Christmas for a short period and then it is back to hospital for rehabilitation.

A moment in Academy history

2007 marks the 20th year that the Academy newsletter has been in existence. In 1987 volume number 1 was “instigated as a means of improving communication between the Queanbeyan club, its branches and ex-members”. Sensei Neil Phillips, who was a Shodan at that time, edited it and it has been produced every year since, except for 1998.

The first page of the first newsletter is reproduced on the next page (p34).

The past twenty years have seen a number of editors, who have put their own mark on the newsletter by changing its style, format and content which has resulted in a more comprehensive overview of the life of the Academy.

Editors over the years:

1987–1988

Neil Phillips

1989–1993

Edward Scharrer

1994–1996

Jeroen Kueter, José Vinales, David Leen

1997–2001

Julie Streeter

2002–present

Alan Maconachie, Gail Bird

The newsletter has evolved as technology has advanced.

Along with new technology came advances in design, style and graphics. Today the newsletter can be produced at home, uploaded to a web site and then downloaded to any computer on this planet that has access to the World Wide Web.

Technological advances, which enabled the newsletter to be produced in more efficient and professional ways, involved:

1987 - a typewriter

1989 - a desk top computer

2002 - the World Wide Web

Although it maybe looked upon as a minor part of the Academy, the newsletter does in fact play a major role by recording the history of the Academy and providing information. More importantly, it is still a source of communication, whether printed on a home printer or read directly from the Academy web site.

Returning to the original ways

You may have noticed that at times it appears that a technique has been changed. This is not the case. Instead it is all part of the Academy's ongoing program to keep all techniques taught throughout the Academy consistent and true to the original ways of Soke Sugita.

So the Academy is not changing techniques, it is ensuring that it is returning as much as possible to the original ways. After all, we do not want to be the same as other styles of martial arts. We wish to keep what makes our style unique and practical. We are not out to be commercial or the fad of the moment.



QUEANBEYAN RETURNED SERVICES LEAGUE JUDO AND JUJITSU CLUB

1987 – END OF YEAR NEWSLETTER

The end of year newsletter has been instigated as a means of improving communications between the Queanbeyan Club, its branches and ex-members. The newsletter will also assist in keeping a historical record of the Club and its branches.

Overall, 1987 has been a tremendous year and one which many of us will not forget in a hurry. Peter Morton's guidance throughout the year can only be described as inspirational. Our Club is extremely fortunate to be led by such a man. Our re-union on 19 September 1987 to celebrate our Silver Anniversary and launching of the Club's history was the highlight of the year. Many thanks to Jodie Bijorac for her work during the early part of the year with raising money for our 200 Club. The funds were used to print the Club's history and cover costs of the re-union. Our Secretary, Beverly Grimmond, is commended on her work which ensured the evening ran smoothly, and thus was a total success. Well done Beverly. Dave Grimmond, our treasurer, also worked hard behind the scene all year in a position that is all too often taken for granted. Many thank's from everyone for a job well done Dave. Also our thank's go to Dave Rowley and Ed Scharrer together with their black belt exhibition team for promoting the Club both internally and externally.

In brief, 1988 will see the Queanbeyan Club host the Australian Society of Ju-Jitsuans Black Belts Seminar. Our Adelaide Branch will celebrate its 10th year of operation and the 1988/89 Black Belt class will commence.

In a day and age where society seems to be less caring about other people its with pride that everyone connected with the Club and its Branches can look back over this year and know that we are united in our efforts to help others and grow together.

On behalf of the Club I would like to wish everyone a Merry Christmas and a Happy New Year. Chief Instructor reports are enclosed.

Neil Phillips