

ACADEMY NEWS

Australian Jiu-jitsu, Judo & Chinese Boxing Federation of Instructors

Summer 2025 Edition #98



2025, a year for the record books, again.

2025 has been one of our biggest years in recent memory in many ways. I said the exact same words this time last year! But there you have it, another year and we keep going from strength to strength. Over 250 members! Over 346 grades to 149 students. We had our largest contingent, 21, attend AMAHOF in Canberra. Kyoshi was awarded his 8th Dan, the Shihans were awarded their 6th Dans and can now wear the coral belt: honours rarely seen! Owen Dransfield achieved his 4th Dan in JiuJitsu and was awarded the title of Renshi. We welcomed Nakira Montagnana, Gabriel Ba Tin and Hilary Tieu to the rank of blackbelt and six people received Master Level grades in Hung Kuen, another record! We awarded Outstanding Technical Mastery and Outstanding Fighting Spirit awards for the first time since the 90s.

We held our first Australian Shihan Kai seminar in over 15 years, inviting Shihan John, Ed & Dave from Canberra for 2 days of Kobudo seminars. We had 134 participants, across 3 contests, in 7 divisions and 14 seminars held with 295 attendances.

Renshi Owen opened another academy, his 3rd, in Heidelberg, Saikan Sanyu Ryu; bring the AFI to 9 active academies in total.

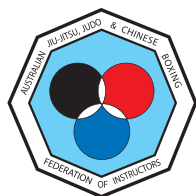
It's amazing what we can achieve when we all work together with dedication and commitment to the Federation and our arts. Thank you to each and every student and their families for a resoundly successful 2025. We can't wait to see what 2026 has in store for us.

In this Edition...

- End of Year Gradings
- Instructor's Awards
- Competition Awards
- Qualification contest results
- AMAHOF 2025
- The Art of Perfect
- Calendar of events
- Master's Thoughts

New Monday Class at the Honbu

- We have a new class from 6:30-7:30pm. This class is a non throwing class, and will have a rotating topic.
1st Monday: Kung Fu
2nd Monday: Bokken
3rd Monday: Kung Fu
4th Monday: Short Sticks



1300 233 979 www.jiujitsu.org.au



Congratulations to all those who were successful at our gradings

Gradings can be stressful—but that's exactly the point. They are designed to test us under pressure, to ask us to rise to the challenge, and to learn how to face difficult situations with calmness and control. Stepping forward despite fear, worry, and uncertainty is how real growth happens. Through this process, we build resilience, determination, and grit—qualities that extend far beyond the dojo and serve us well throughout life.

114 students were awarded a total of 291 grades. Another phenomenal effort of continued persistence and excellence.

The average result for JiuJitsu gradings was 84.58%, while the average result for Judo gradings was 85.90%.

36 grades were awarded with honours! An amazing result. Remember that to receive honours you must score over 85% in your exam, your attendance must exceed the minimum required and you must attend a minimum number of Federation events or seminars since your last grade.

Purple belts - 1 event

Yellow belts - 2 events

Orange belts - 4 events

Green belts - 5 events

Blue belts - 7 events

Brow belts - 8 events

Well done everyone!

- *Shihan Leonard Montagnana*

Master Grades Awarded

Hilary Tieu

- Shodan Ho

Provisional 1st Degree Master, JiuJitsu

Harry Coulson

- Shodan 1st Degree Master, Judo

Tim Wilkin

- Sandan, 3rd Degree Master, JiuJitsu

Mark H Dransfield

- Sandan, 3rd Degree Master, JiuJitsu

Owen Dransfield

- Yondan, Renshi

4th Degree Master, JiuJitsu

Leonard Montagnana

- Rokudan, 6th Degree Master, JiuJitsu

Jay Icasiano

- Rokudan, 6th Degree Master, JiuJitsu

Student Grades Awarded

Aiden Dass

- 12th & 11th kyu JiuJitsu

- 9th kyu Judo

Alex Stefanovic

- 5th & 4th kyu JiuJitsu

Anna Lea Goh

- 12th & 11th kyu JiuJitsu

- 12th & 11th kyu Judo

Anya Zhang

- 12th kyu Judo

Ariella Barby

- 6th kyu Judo

Ayden Barby

- 8th kyu Judo

Bethany Sheehan

- 6th & 5th kyu JiuJitsu

- 5th kyu with Honours & 4th kyu Judo

Castiel Lew

- 12th kyu Judo

Caterina Lin

- 10th kyu JiuJitsu

- 9th kyu Judo

Charlie Robins

- 12th & 11th kyu JiuJitsu

Charlotte Cheah

- 12th & 11th kyu JiuJitsu

- 12th & 11th kyu Judo

Conory Attwood

- 12th kyu JiuJitsu

- 12th & 11th kyu Judo

Craig Brown

- 8th kyu with Honours JiuJitsu

- 6th kyu with Honours Judo

- Student level 8 & 7 Chinese Boxing

Damian Barnett

- 1st kyu Judo

- Student level 8 Chinese Boxing

Dan Lam

- 7th kyu JiuJitsu

- 7th kyu & 6th kyu Judo

David Wilkin

- 4th kyu Judo

Derin Dolgun

- 12th kyu JiuJitsu

- 11th kyu Judo

Dylan Tan

- 12th kyu JiuJitsu

Edmond Ahmed

- 12th kyu JiuJitsu

- 12th kyu Judo

Eli Wong

- 12th & 11th kyu Judo

Elijah Brit

- 12th kyu Judo

Elineat Poch

- 12th & 11th kyu JiuJitsu

- 12th & 11th kyu Judo

Elisabeth Mak

- 12th kyu Judo

Elizabeth Kim

- 10th kyu JiuJitsu

- 9th & 8th kyu Judo

Ellen Wadley

- 7th kyu JiuJitsu

- 6th kyu Judo

- Student level 10 Chinese Boxing

Elliott Gibson

- 6th kyu JiuJitsu

- 3rd kyu Judo

Frederick Lung

- 6th kyu JiuJitsu

- 6th & 5th kyu Judo

Gabriel Ba Tin

- 2nd kyu with Honours &

1st kyu with Honours JiuJitsu

Haley Wang

- 11th kyu JiuJitsu

- 10th kyu Judo

Heidi Dransfield

- 8th kyu JiuJitsu

Hilary Tieu

- Student level 10 & 9 Chinese Boxing

Huiyang Cheah

- 6th kyu JiuJitsu

- 6th & 5th kyu Judo

Isabella O'Leary

- 12th & 11th kyu JiuJitsu

- 10th kyu with Honours Judo

- Student level 10 Chinese Boxing

Ivan Li

- 12th kyu JiuJitsu

- 11th kyu Judo

Jamie Yu

- 12th kyu Judo

Janice Dransfield

- Student level 10 Chinese Boxing

Jason Cheah

- 12th & 11th kyu JiuJitsu

- 12th & 11th kyu Judo

Jasper Orange

- 12th kyu JiuJitsu

- 12th kyu Judo

Jeremy Wong

- 10th kyu JiuJitsu

- 9th & 8th kyu Judo

Kaitlyn Lau

- 11th & 10th kyu Judo

Kerr Scully-Paxton-White

- 10th kyu & 9th kyu JiuJitsu

- 6th kyu with Honours Judo

Kevin Hettiarachchige

- 12th kyu Judo

Ky Braun
- 10th kyu with Honours &
9th kyu with Honours JiuJitsu
- 6th kyu with Honours
5th kyu with Honours Judo

Lee Hallahan
- Student level 10 Chinese Boxing

Lexman Palanirajan
- 12th kyu with Honours &
11th kyu with Honours JiuJitsu
- 10th kyu with Honours Judo

Liam Wood-Baker
- 4th & 3rd kyu JiuJitsu
- 3rd kyu Judo

Lleyton Lew
- 12th kyu Judo

Marcella Maugueret
- 7th kyu JiuJitsu
- Student level 12 Chinese Boxing

Mark Dransfield
- 9th kyu JiuJitsu

Marx Hamond
- 12th kyu Judo

Mason Frew
- 10th kyu Judo

Max Faller
- 11th kyu with Honours &
10th kyu with Honours Judo

May Whelan
- 9th & 8th kyu Judo

Maya Rai
- 11th kyu Judo

Mehreen Bhatti
- 11th & 10th kyu Judo

Mithraa Manovinayak
- 12th kyu Judo

Nakira Montagnana
- 5th kyu with Honours &
4th kyu with Honours JiuJitsu
- Student level 12 Chinese Boxing

Natasha Waine
- 6th kyu with Honours JiuJitsu
- 5th kyu with Honours Judo
- Student level 10 & 9 Chinese Boxing

Nathan Wong
- 12th kyu Judo

Olivia Cheah
- 12th & 11th kyu JiuJitsu
- 12th & 11th kyu Judo

Oscar Tan
- 12th kyu JiuJitsu
- 12th kyu Judo

Oyiela Litaba
- 12th kyu Judo

Paul Barby
- 9th & 8th kyu JiuJitsu

Peter Howell
- Student level 10, 9 & 8 Chinese Boxing

Prabhav Patel
- 11th kyu Judo

Pratham Patel
- 11th kyu Judo

Revin Hettiarachchige
- 12th & 11th kyu Judo

Rex Facey
- 12th kyu with Honours Judo

Rhea Nambiar
- 12th kyu Judo

Riya Pradeep
- 12th kyu JiuJitsu

Sharooq Pathan
- 11th kyu JiuJitsu
- 11th & 10th kyu Judo

Siya Rai
- 11th kyu JiuJitsu
- 11th & 10th kyu Judo

Sophie Green
- 9th & 8th kyu Judo

Thomas Cheah
- 12th kyu JiuJitsu
- 12th & 11th kyu Judo

Timothy Wong
- 9th kyu JiuJitsu
- 8th kyu Judo

Toby Blank
- 4th kyu Judo

Udbhav Krishna Pappu
- 12th kyu with Honours JiuJitsu
- 10th kyu Judo

Victoria Zhu
- 1st kyu Judo

Virat Rai
- 12th kyu Judo

Mighty Mites Stars Awarded

Aisha Giammona
- Green Star

Ajay Arunkumar
- Blue Star

Alexa Graham
- Orange Star

Amelia Puri
- Green Star

Anderson Nam
- Orange Star

Belle Stewart
- Green & Blue Star

Charlotte Lew
- Purple Star

Ciaran Palmer
- Green & Blue Star

Ella Mason
- Yellow Star

Emma Salmanidis
- Purple & Yellow Star

Eva Leang
- Yellow Star

Giselle Li
- Purple & Yellow Star

Iris Lin
- Green Star

Jobe Matton
- Purple & Yellow Star

Kimi Margaret Nakabayashi Kneebone
- Yellow Star

Kingsley Wang
- Purple Star

Leanna Kuriakose
- Purple Star

Leo Conti
- Purple & Yellow Star

Marcus Conti
- Purple & Yellow Star

Marianne Dransfield
- Blue & Red Star

Mason McDowell
- Purple & Yellow Star

Max Lo Bello
- Purple & Yellow Star

Mikhail Giammona
- Green Star

Natalie Ruemelin
- Yellow & Orange Star

Siobhan Arifin
- Green Star

Soren van der schoot
- Purple Star

Veronika Trastenok
- Orange Star

Vicente Cofre Contardo
- Purple Star

Yashvi Navaneeth
- Purple & Yellow Star

**A huge
thank you
to all the volunteers
who make our
gradings and
presentation day
so special.**





Congratulations to the 2025 recipients of the Kaicho Adam Bradshaw Instructors Award.

We of the Australian Jiu-Jitsu Judo and Chinese Boxing Federation of Instructors see ourselves as a Family, being more than an organisation or governing body in martial arts, although we are that as well. Every member of the Federation looks after everyone else in whatever way each person can. It is human nature that not everyone gets along well with everyone else, but we all make the effort to work with each other for the betterment of the Federation and the principles that we follow.

As a family it is our responsibility to bring you up to be the best martial artist there is. This is what it means to become a real martial artist, and an active participant in our own lives. The world is full of people who can perform the technical aspect of a martial art, but how many actively follow the philosophy that goes with it? We strive to provide our students with a philosophy as well as a method of self-defence, to enable them to interact as better human beings within society: something that society definitely needs in this day and age. As the Master has often said, we strive to develop our students and ourselves physically, mentally, and socially. We strive to develop our whole character through the vehicle of our martial art training, as this is one of the main principles in our teaching.

To help foster this development in our students, to encourage their growth as worthwhile human beings within our society, and to give added incentive to those who show potential as future Instructors, we present our "Instructors Award" to a number of candidates chosen within our Federation Academies. Named in honour of our Dai Soke, Kaicho Adam Bradshaw, who was the our General Secretary (1981-2002), Director of Administration (2002-10), and Executive Director (2010-18). He dedicated his life working tirelessly to the development of our students and our culture of self improvement. He embodied the principles upon which this award is based.

This is not an annual award, because there may be times where there is no one person outstanding enough to receive the honour, in which case it is not issued. The selection of worthy recipients for this award is not taken lightly by your Instructor. Along with the honour of being chosen comes a responsibility that the

recipient has to live up to. Thus Instructors can recommend candidates, but the final decision to issue the Award is made by the Board of Master Instructors.

To be chosen for this Award, students demonstrate through their behaviour, on and off the mat, the potential they have as Instructors, and the capacity to become real martial artists. Not only do they motivate themselves, but also they motivate others through their behaviour. Generally speaking, such candidates demonstrate and follow such principles as:

主導権 - SHUDŌ-KEN
Initiative and leadership

礼 - REI

Follows the right action, courteous to everyone (a most essential quality), follows the rules of etiquette and behaviour, and acts as a role model for others.

誠 - MAKOTO
Utter sincerity, truthfulness.

名誉 - MEIYO
Honour and glory.

義 - GI

The right decision in all undertakings taken with equanimity, having the right attitude, standing by truth, rectitude.

仁 - JIN

Compassionate, shows benevolence towards mankind, universal love.

勇 - YU

Demonstrates bravery tinged with heroism in one's actions.

忠義 - CHUGO

Devotion and loyalty to the Federation, the Kyoshi, Shihan, Sensei, the Academy, and the students.

Candidates are chosen for this award because of the characteristics they display on the path to becoming real martial artists; for acting as good role models for their peers and fellow students within the Federation. They are good ambassadors for their own Academy, its Instructor, and the Australian Federation of Instructors, who actively follows the aims and objectives as set by this organisation.

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Hilary Tieu of Tora Do Ryu

Hilary has been a dedicated member of Tora Do Ryu for many years. She has demonstrated resilience and perseverance, loyalty and courage, acting not only as a leader amongst students but also as a role model and guide for the many students that come through our dojo. Hilary's commitment to the club has shone in recent years as she has taken on the role of Taisho, and the Presidency of the Monash University Jiu-jitsu Club, which provides administrative governance for both Tora Do Ryu and Tenchi Ryu to operate within the Monash University Community. Hilary has lead the committee and built a solid team of student committee members, allowing the black belts to focus on Martial Arts education and the running of Federation dojos. As a Principal Instructor I value immensely Hilary's contributions and am grateful of her commitment to myself and our club.

- Sensei Tim Wilkin



Natasha Waine of Tenchi Ryu

Natasha consistently demonstrates outstanding dedication and commitment. She arrives early every week, often before anyone else, to help set up the dojo without being asked. She works exceptionally well with other students, sharing her knowledge and supporting their progress. Her tenacity and perseverance are evident in her training-especially during randori, where she engages wholeheartedly regardless of size or strength differences. Natasha embodies the spirit of our marital arts and shows great potential as a future blackbelt.

- Sensei Lejoe Kuriakose



Alex Stefanovic of Ageru Tatsu Do Ryu

Alex is a dedicated, friendly leader in our club who keeps things running well by getting in early to put out the mats and signs and staying back to help pack up. He has taken the initiative to make new starters and prospective beginners feel welcome by chatting with them, finding them a judogi to borrow, and clearly explaining how things work in the dojo, which really helps them settle in. He's thoughtful and reliable, even sending a quick message when he can't make training, and this year he's really stepped up by teaching classes more often and working hard on improving his teaching style and approach.

- Shihan Jay Icasiano



Bethany Sheehan of Kawakami Ryu

Bethany continually demonstrates the ability, understanding, and mindset needed to instil the right habits in her fellow students. She goes beyond simply sharing knowledge, actively guiding others to think critically, apply concepts with confidence, and uphold high standards of discipline and professionalism. Her natural leadership and commitment to helping others succeed create a positive and motivating learning environment. Bethany's influence is evident in the improved performance and attitude of those around her, reflecting her dedication to both personal growth and the success of her peers.

- Sensei Grant Haroway

2025 Outstanding Technical Mastery Award



The Technical Mastery Award is presented annually within each competitive division to the contestant who demonstrates the greatest breadth of technical proficiency across all sanctioned contests held within the award year. This award recognises the practitioner who performs the highest number of distinct, scored techniques, reflecting depth of study, adaptability under pressure, and commitment to the full technical spectrum of the Federation's curriculum.

Eligibility:

Contestants must have participated in the majority of sanctioned contests held throughout the award year (over 50%) within the division for which they are being considered.

Contestants are ineligible for the award if they have received an official warning or have been disqualified from a competition.

Selection Criteria:

Total number of unique techniques executed and successfully scored across all contests within the contestant's division.

Only techniques recognised within the Federation's official scoring system are counted.

Control must consistently exceed commitment, with all techniques executed safely, responsibly, and within the bounds of Federation expectations.

Contestants must display composure under pressure, showing emotional stability and awareness, tactical discipline, and adherence to the Federation's ethos of honourable conduct.

In the event of a tie, the award is determined by the contestant with the highest total points scored across the award year. If a tie still remains, final determination is made by the Board of Master Instructors.

Congratulations to the 2025 recipients;

Senior Black Belt Division
Owen Dransfield - 43 unique

Senior Mens Division
Elliot Gibson - 27 unique

Senior Womens Division
Bethany Sheahan - 25 unique

Under 16 Boys
Toby Blank - 14 unique

Under 16 Girls
Heidi Dransfield - 14 unique

Under 12 Boys
Mark Dransfield - 11 unique

Under 12 Girls
Riya Pradeep - 5 unique

2025 Outstanding Fighting Spirit Award



The Fighting Spirit Award is presented annually to the contestant within each competitive division who achieves the highest win-loss performance ratio across all sanctioned contests for the award year. This award recognises strategic effectiveness, consistency, and the ability to prevail against peers.

Eligibility:

Contestants must have participated in the majority of sanctioned contests held throughout the award year (over 50%) within the division for which they are being considered.

Contestants are ineligible for the award if they have received an official warning or have been disqualified from a competition.

Selection Criteria:

Highest win-loss percentage calculated from all official matches within the contestant's division.

Contestants must have participated in the majority of sanctioned contests held throughout the award year.

Competitive performance must demonstrate exemplary sportsmanship, respect, and compassion toward all opponents.

Situational awareness and tactical decision-making must reflect a high level of maturity and understanding of contest dynamics.

Contestants must demonstrate good understanding of your and your partners balance, body positioning, movement and ability to execute effective ukemi.

Control must consistently exceed commitment, with all techniques executed safely, responsibly, and within the bounds of Federation expectations.

Contestants must display composure under pressure, showing emotional stability and awareness, tactical discipline, and adherence to the Federation's ethos of honourable conduct.

In the event of a tie, the award is determined by comparing total points scored versus points conceded across the award year. If a tie still remains, final determination is made by the Board of Master Instructors.

Congratulations to the 2025 recipients;

Senior Black Belt Division

Leonard Montagnana - 92%

Senior Mens Division

Liam Wood-Baker - 72%

Senior Womens Division

Victoria Zhu - 100%

Under 16 Boys

Toby Blank - 100%

Under 16 Girls

Marcella Maugueret - 78%

Under 12 Boys

Dylan Aprile - 72%

Under 12 Girls

Riya Pradeep - 84%

October Qualification Contest

17 October, 2025

This year's second qualification contest was held in October and once again saw an excellent turnout, with 44 contestants on the mat and 17 officials supporting the day.

While competition can be daunting, it offers a valuable opportunity to challenge oneself and to learn how to compete with care, remain aware of your surroundings, and engage with the right spirit. At its heart, judo is not merely about victory, but about mutual welfare and benefit. Every contest is a shared responsibility, requiring respect, control, and consideration for one another.

To compete well is to demonstrate not only technical ability, but also composure, situational awareness, and compassion. These qualities reflect the true spirit of judo and remind us that progress on the mat is measured not only by results, but by the character we develop along the way. So don't just look at the numbers as a reflection of your ability or progression. We as your instructors don't! We look for the person who took part despite the fear and nerves. We look for the person who looked after an opponent because they could see they were nervous. We look for the person who tried, thinks they failed, and tried again.

These experiences can feel confronting, even intimidating, but it is precisely through them that real growth occurs. Well done to everyone for getting involved.

Under 12s

The first session of our grading qualifications day was for the 9 to 11 year-old contestants. We welcomed Blake, Prabhav, and Pratham to their first contest, joining more experienced participants.

I managed to watch most of the bouts and they were great! Participants attempted throws from all across the curriculum (to their grade level), and not just single attempts, on several occasions I saw attempted combinations and counters happening. Overall, a very good level of skill.

The skill was combined with a good awareness of surroundings and care for each other. Contestants avoided opportunities for throws near the edge of the mat area and kept to throws appropriate for the belt level of their partner.

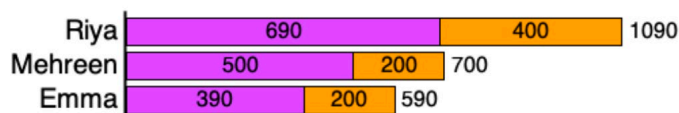
Shining through all of this excellent technique and care was a marvellous energy. Attacks were continuous and there was a clear intent. Everyone that was thrown was quickly up again and trying to get a throw themselves.

There were many moments that showed the character of the group. Several contests featured smart tactics and determined effort, while others balanced solid technique with fairness and care. A few bouts moved into groundwork, where everyone stayed focused and gave it their best. Newer judoka showed confident breakfalls and kept trying, while the more experienced partners supported them with good judgement. Together, these moments showed a group growing in both skill and spirit.

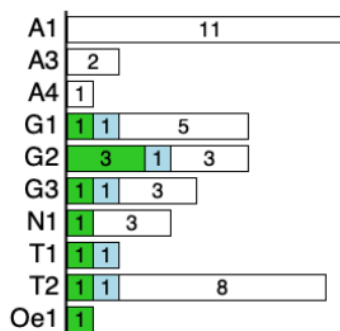
All the bouts were good and I was impressed. Well done to you all.

— Sensei Mark, Sandan, Tanigawa Ryu (Viewbank)

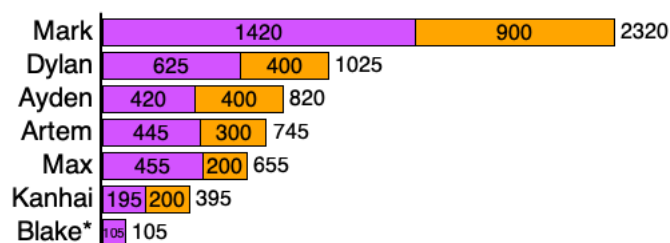
Junior under 12yo Girls Results



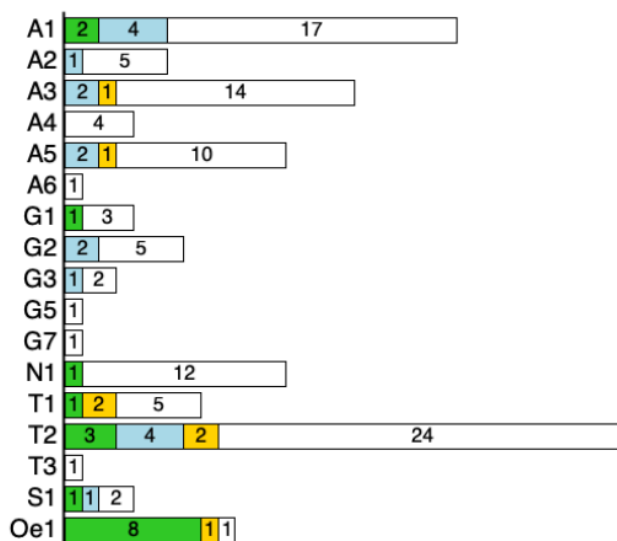
Junior under 12yo Girls Overall Techniques



Junior under 12yo Boys Results



Junior under 12yo Boys Overall Techniques



Under 15s

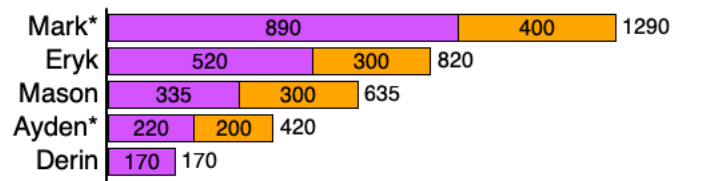
As with the under 12s, the contestants all demonstrated attempts of a very wide variety of techniques which was pleasing to see. The skills demonstrated were of a high quality in the throws, and in breakfalls. There was strong and clear intent with people constantly attempting to throw their opponent. Often, a successful throw was followed by an immobilisation on the ground.

This was Derin's first contest (welcome!), and Ayden and Mark (experienced competitors in the under 12s) boosted the numbers in the boys under 15s with a couple of bouts each. Something for everyone to work on are techniques for escaping from the first immobilisation. In a contest, you really should escape, and escape quickly. Best of all is to escape and then apply a technique on your opponent!

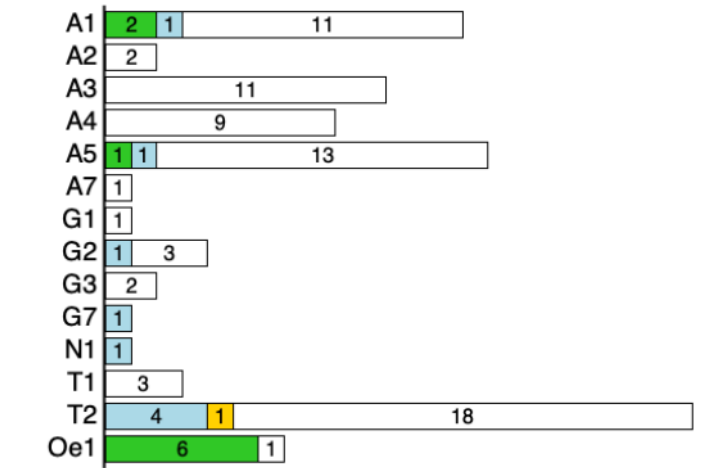
There was a really wonderful spirit and a great camaraderie among the contestants. Everyone had fun, everyone learned something and everyone tried to do their best.

— Sensei Mark, Sandan , Tanigawa Ryu (Viewbank)

Junior under 15 Boys Results



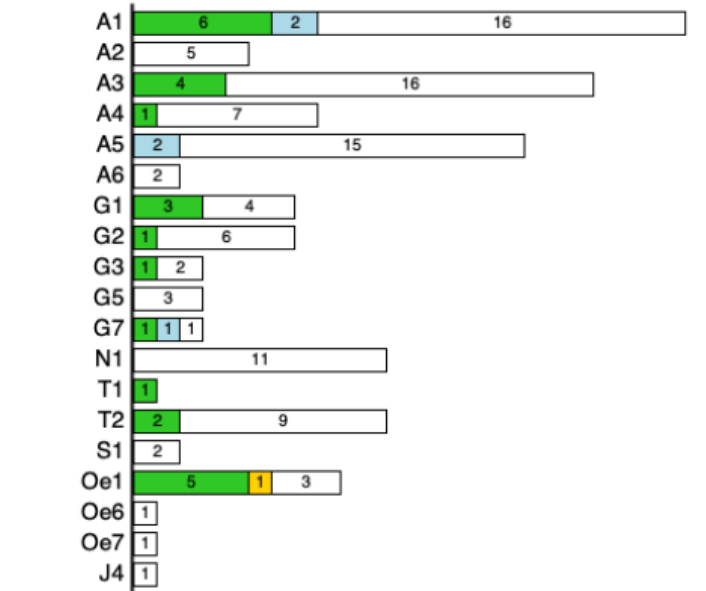
Junior under 15 Boys Overall Techniques



Junior under 15yo Girls Results



Junior under 15 Girls Overall Techniques



Seniors

The senior contests brought together a mix of newcomers and returning competitors. This was Jack's first contest and marked Andrew's return after a long break. Younger teenagers Will McMaster and Toby Blank stepped up into the senior men's division due to their size and experience, and both handled the challenge admirably. Overall, the contests were fought with strong spirit, good control, and a solid display of skills.

Across the division, there were many bouts full of action: matches with steady attacking, lively exchanges, and plenty of throwing attempts; contests where smooth movement and well-timed counters stood out; and several encounters that shifted into groundwork, showing confident transitions, clean immobilisations, and effective submissions.

Competitors experimented with combinations, including early armlock entries, and we saw both classic hip throws and a wide range of leg techniques used with success.

Newer participants showed courage and resilience, while experienced players demonstrated composure and tactical awareness.

Among the senior women there was a very even spread of techniques, especially with a wide variety of leg throws and hip throws, with (unusually) no particular move dominating.

For the senior men the first few leg throws, the first and 7th hip throws, and in groundwork the first immobilisation and first armlock proved most effective.

Everyone performed well—excellent work all round.

— Sensei Dan, Yondan
with Alex Stefanovic, 1st Kyu, Ageru Tatsu Do Ryu (Box Hill)

For our senior's division, it was lovely being able to see a good mix of participants with varying experience, from first timers to those who had a few under their proverbial and literal belts. It was fun seeing how this played out — with our more fundamental techniques showing up very consistently in all ranks, but more experienced kyu grades making attempts for techniques with a little bit more pizzazz, usually amidst the enthusiastic applause of their peers. This seniors division contest felt fun and dynamic, as everyone attempted throws, and several bouts included groundwork.

With contests, they are often testing grounds — whether for someone's capacity to deal with higher stress situations in class, or for technique. Overall it seemed that all participants were coping well with the heightened stress. Naturally, there were jitters, but as the bouts went on, nerves seemed to level out, although the buzzer for the end of the bout was usually quick to follow from this point.

It was also incredibly gratifying to see the occasional participant attempt a throw... succeed... and the look of surprised joy cross their face as they realised they managed a throw they didn't realise they could do. At the same time, there were also several moments where I'd perked up in my seat, expecting to see a successful throw, only for tori to withdraw, seemingly moments from succeeding. While these occasions always came with a brief moment of disappointment, I understood those moments, as I'd been that person on so many occasions.

Albeit somewhat marred by injury in the final bout of the day to Sempai Deen, the day of contests had been an overall joy to watch.

— Hilary Tieu, Shodan Ho Tora Do Ryu (Monash Clayton)



Womens (16+) Results

Bethany	1130	1200	2330
Natasha	925	800	1725
Isabella	645	600	1245
Ellen	380	300	680

Womens (16+) Overall Techniques

A1	2	3	2	9
A2	1	2		13
A3	1	2		10
A4	1			4
A5		4	2	6
A6	1			
A7	1			
A13	1			
G1	1	1	4	
G2	1	3		9
G3	1	1	3	
G5	1			
G7	1	3		
G8	1			
N1	1	2	2	
N4	1			
T1	2	2	1	
T2	1	2		9
T9	1			
S14	1	1		
Oe1	1			

Mens (16+) results

Kerr	1500	1200	2700
Liam	1675	1000	2675
Elliott	1380	1000	2380
Toby	1130	1000	2130
Craig	940	800	1740
Manas	785	800	1585
Charlie	1035	500	1535
Ky	920	600	1520
Andrew	675	600	1275
Gab-C	550	700	1250
Will	500	400	900
Ethan	485	400	885
Jack	380	300	680
Udbhav	375	300	675

Mens (16+) Overall Techniques

A1	9	7	13
A2	8	4	22
A3	5	2	38
A4	4	3	13
A5	5	8	32
A6	2		
A7	1		
A10	1	3	
A15	1		
G1	10	2	20
G2	2		17
G3	3	2	29
G5	1	1	2
G6	1		
G7	5	3	1
G9	1		
G10	2		
G14	1		
N1	1		17
N2	1	2	
N4	1		
T1	2		
T2	6	1	14
T7	2	2	
T8	1		
S1	1		
S5	1		
S7	1		
S10	1		
S14	1		
Oe1	6		
Oe6	1		
Oe7	2	3	
Oe8	3		
J1	1		
J3	1		
J7	1		
J13	1		
K1	5	1	8
K2	1		
K3	1		
K5	2		
Ka1	1	2	



Masters

This was another hotly contested black belt contest featuring considerable skill and intensity. The bouts were four minutes long (compared to three for the seniors), which challenged the endurance of the competing black belts.

As well as a wider array of throws and immobilisations and armlocks, the black belts also brought into play strangles and leglocks in the groundwork.

The contests featured a mix of fluid movement, powerful exchanges, and high-pressure moments. Several bouts were marked by balanced, tactical exchanges that went deep into the clock before decisive throws landed. Others were more physical, with bursts of gripping, pushing, and determined entries into throws and sacrifice techniques.

There were matches that highlighted endurance as both judoka pushed hard from the opening seconds, contests filled with rapid-fire throws and transitions, and groundwork exchanges involving repeated submission attempts and escapes. Across the group, competitors showed strong resilience—whether matching a higher-graded opponent, persevering against size and strength differences, or navigating extended sequences of attacks and counters.

The injury to Sempai Deen was a disappointing end to a spirited and otherwise enjoyable day of competition. Kudos to Sempai for his resilience and toughness, and thank you to everyone who assisted in looking after him afterwards. Following surgery, Deen is now recovering well, and we wish him a smooth and speedy rehabilitation.

In light of this incident, the Board (Kyoshi Chris, Shihan Jay, and Shihan Len) are conducting a thorough review and will make necessary adjustments to future contests. This review will help ensure that future contests continue to balance the intensity of competition with the safety and well-being of all participants. While injuries cannot be eliminated from contact martial arts, they remind us of the importance of preparation, awareness, and care for our partners. The Federation remains committed to providing a safe and supportive environment for everyone to learn, grow, and test their skills.

We look forward to seeing Sempai Deen back on the mat when he's recovered and ready.

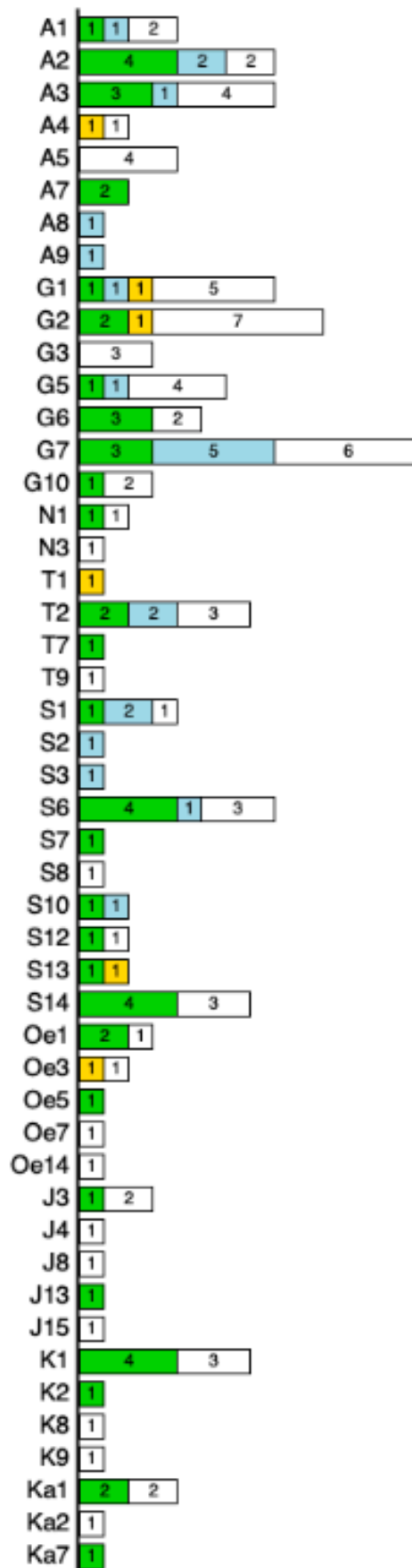
— Sensei Dan, Yondan
with Alex Stefanovic, 1st Kyu, Ageru Tatsu Do Ryu (Box Hill)

**A special thank you
to all the volunteers who
organise, officiate and make
the day possible.**

Masters results

Owen	2875	2100	4975
Toby	1315	1200	2515
Nakira	1130	900	2030
Gab-B	845	700	1545
Deen	690	600	1290

Masters Overall Techniques



AMAHOF 2025:

A black belt perspective

It was an early start at the QT hotel - coffee and breakfast at 6:30am, with a 7:30am training start.

A full day of demos and training with each inductee, we ended up finishing at around 4pm (although we did a bit more training than others). I took part in Iaido, Jujitsu, Karate - Shotokan and Goju Ryu, also Karate but from a Self Protection angle by an ex police negotiator, as well as Brazilian Jiu Jitsu, Hapkido and a few others. We spent a bit of time with each inductee in a group, and they took us through their seminar, before we then moved on to another inductee.

It was an action packed weekend, very enjoyable and lots to think about and practise when we get back!

Self Protection

We did an exercise where you scan hands, feet, hands, face - looking at hands for open and visible, or hidden (possible weapon), feet for fighting or natural posture, hands again for fighting or natural posture, face for mood.

Your partner takes some posture as they like, and you do a quick scan, and close your eyes. Then you describe to your partner each section of their posture and facial expression as it relates to risk of violence.

It reminded me of looking in car mirrors - you don't stare, quickly move focus, you can process the information as you blink. This was an interesting exercise, it seemed useful and a quick process to help decision making.

Another good bit of advice was scenario based: If someone walks towards you at an empty petrol station - and you are uncomfortable, what do you do? When do you do something? If they are too close to you or look like they are walking towards you, you can say "Can you give me some distance as there's no one here so I'm uncomfortable." This gives them the chance to say something like "Oh, you dropped your wallet I was just showing you." But if they keep coming in and don't say anything, you now know they intend to enter your territory or personal space. Then at least you know what situation you are in. So communicating to see their reaction is important. Don't try to guess what the situation is, throw something out to see what comes back.

Goju Ryu Karate

This art was surprisingly like our kung fu style - close quarter and similar exercises. They did sticky hands, and chi sau, conditioning like 3 stars, and even moving into techniques from these exercises as flow entries.

There were some good techniques here, but it was very strange - almost like the martial art is a distant cousin of ours.

Other

Some martial artists were black belts in a mix of martial arts and it was surprising what they taught. For example there was a Taekwondo master who had his taekwondo gi on, who taught Brazilian Jiu Jitsu. Also a Hapkido master with a Hapkido gi on but it looked like he was either teaching Karate or Kali. Very interesting, but also surprising.

Jujitsu

One thing you'll find when training with other martial arts, when training with other Jiu Jitsu groups is that everyone spells the word differently. You can see Jujutsu, Jujitsu, Jiu-Jitsu, I'm sure there's more too. Anyway, this form of Jujitsu focused on self defence sequences - so each attack had a specific defence, and they also explored differences in the attacks which then change what your defence should be. For example a front choke can be done with straight arms pushing you back, or with bent arms, pulling you in. This changes the openings you have to respond. I like the fact they gave the attacker options, and then the defender had to respond accordingly, it gave a bit of freedom and creativity to the defence.

Iaido

There was a few Iaido masters there this year - Iaido is the art of drawing the sword to immediately attack.

We were lucky enough to have Shihan John Bear there too, who was giving a seminar on the Sunday, and one of his students gave a Jujutsu seminar as he was also inducted into the hall of fame. In his style of Jujutsu they breakfall more with their feet, and land on their shoulders and avoid hitting their hips. I'm not sure if this has anything to do with having a sword on their hip, or just to do with the types of throws they fall out of. We often just indicate wrist and shoulder locking throws, but they always throw and so the arc of the fall is quite big and you need to be very good at falling.

We talked and trained with Shihan John Bear in between sessions also and were able to progress and improve some of the waza that he showed us in the Melbourne seminar a few weeks prior. It was also great to see other Iaido masters and take part in their seminars as I was starting to be able to see the difference between the straight, simple cuts and postures, as opposed to the more practical way Shihan John has been showing us - using the curve of the sword and the natural turn of the hips.

We took a section of the hall area just outside the main hall and began practising the standing partner sword waza, stopping every time someone came by to go to the toilet. We managed to get through all of the 5 waza we did in the seminar, and picked up a few extra details like the footwork, the finishing sequences to get back to the start, and the names of the techniques. I'm very grateful to Shihan John to take the time to go through this again with us - he was very open in explaining the reasons for the movements and the practicality of what we were doing, and he gave up a lot of his time to teach us.

- Tim Wilkin, Sandan

AMHOF 2026 is being held in Melbourne! Make sure you lock in the dates now and don't miss out on this great experience.

AMAHOF 2025:

A student perspective

On Friday 15 August our plane touched down in Canberra and we were in for a very busy weekend!

Mark and I negotiated the endless roadworks for the light rail, then enjoyed walking around the gardens and buildings of the ANU before catching up with everyone at QT Canberra hotel. We then enjoyed dinner at a Thai restaurant where Shihan Len and I 'wore' some of the drinks that were being delivered to our table by a waiter - luckily it was all cleaned up promptly and there was no martial arts on display in self defence...

A very early breakfast at 6.30am Saturday 16th August was the precursor to the demos and training sessions beginning at 7.30am.

The highly talented inductees demonstrated their varied martial arts and led training sessions throughout the day.

I was fortunate enough to participate in 5 of the 8 sessions and the stretching/tai chi session at the end.

The first session for me was 'The Principles of Wing Chun' by Pablo Cardenas where he demonstrated defensive movements involving the elbow, the wrist escape.

I worked with a person from a Taekwondo school and we were to use our elbow in an upwards or sideways movement, depending on the attack used, keeping our arm close to our body.

The next session was 'Self Protection and How to stay out of a fight' by Paul Veldman.

Critical to reading a situation is your level of awareness and understanding body language. He outlined three levels of awareness: environmental awareness (your surroundings), anti-social awareness (e.g. does the person look as though drugs are involved) and social awareness (e.g. is the person just having a bad day).

When reading body language consider what their eyes are telling you, their stance, their arms and hands, their movement towards you.

Another point that was made was the fact that we are very likely to know our attacker.

Levels of danger codes to be aware of: white (nothing to worry about), yellow (be wary could escalate), orange (escalated and becoming dangerous), red (very dangerous, in attack), black (possibly someone's not going to come out alive).

This session certainly increased my level of awareness!

Thirdly, Nathan Nilsen demonstrated 'Iaido' techniques and I joined a group that participated in a session using a bokken - wooden sword.

We practiced the art of drawing, cutting and sheathing the sword in a short kata. I found being on my knees challenging so moved to a standing position for the activity.

The fourth session demonstrated by Kyoshi Peter Kitak & GM John Hunt was 'Street smart self defence awareness'.

The task involved using a forward stance then quickly jumping and switching feet, stepping forward and then doing a reverse

punch, while moving your centre more to the side of your opponent's body.

Importantly, you should look at the centre of their chest when defending as this gives you good peripheral vision so that you can detect where the danger is coming from - eg other fist, a kick.

Tricky when you find yourself partnered with your husband - something to avoid - I don't want to fight my man!

Karen Anderson demonstrated 'Karate Skills & Drills' in the fifth session.

I worked with a person from a taekwondo school. In one of the tasks she had a good strong punch heading straight for my face which I had to quickly block with my hand or lose my teeth! Other tasks used movements which were somewhat familiar to me from my Chinese Boxing training - blocking, backwards punching, using a knife hand to block and strike, pushing to the chest and kicking.

When I wasn't participating, I had the privilege of watching and appreciating the sessions with Kaicho June. During one of the demonstration sessions there was an amazing 'acrobatic' demo by Mitchell Douglas - 'Jujitsu Locks and strikes'.

Three participants demonstrated some death defying throws following on from the locks and strikes!

I thought I was at Cirque du Soleil... the demo was stunning!

I did notice that many attendees wanted to practice these techniques in the training session!

The day was coming to an end and to finish off we all participated in 'Stretching and Tai Chi' with Sifu Shireen Dindar & Master Leo Santos from Ancestrais Capoeira.

Lovely way to finish the day with stretches, tai chi, relaxation and breathing techniques.

A day of learning was followed by a night of celebration - the AMAHOF dinner.

I was truly inspired by the words of the inductees! Some have survived cancers and other serious medical conditions and some began their martial arts journey later in life (which I can relate to) but all have persevered and related sentiments that martial arts most definitely contributes to positive, healthy lives. One of the inductees, Fumiko Masuda, began her journey at the age of 58 and by the time this goes to print she will be 80!

All conveyed special, inspirational stories unique to their learning journeys.

A special thank you to Kyoshi Chris for making this unique experience possible and also to the organising committee for all the behind the scenes arrangements.

I thoroughly enjoyed and appreciated being part of AMAHOF in 2025

- Janice Dransfield, Student Level 10



Adventures in Karate

This year's Australasian Martial Arts Hall of Fame (AMAHOF) inductees included a strong Karate contingent. I counted eight — roughly half the inductees — alongside two masters each from Jiu-jitsu, Hapkido, and Iaido, plus one each from Wing Chun Kung Fu and Taekwondo. Many inductees also held master ranks across multiple disciplines. In this article I'll focus on the Karate component of AMAHOF.

Each inductee gave a demonstration and short seminar, as well as an acceptance speech at the gala dinner. This made it a rare opportunity not only to experience their techniques, but also to hear their guiding philosophies and life stories.

Many years ago Kancho asked me why I kept exploring martial arts outside our system when “there's more here than you can handle in a lifetime.” A fair question! My answer is that it's a bit like travelling the world: experiencing other cultures helps you see your own more clearly. AMAHOF gives attendees the chance to compare and contrast different martial arts schools, and reflect on how they relate to the Federation arts.

Japanese Shotokan Karate

Shotokan was the Japanese style taught by Kancho's teacher, Wally Strauss, alongside Jiu-jitsu and Judo. Kancho eventually replaced it with Hung Kuen Kung Fu, believing that its circular movements blended better with grappling arts than Shotokan's more linear approach. That said, bridges to Karate remain in our system — notably in the strikes, blocks, and stances within our Jiu-jitsu syllabus.

There's value in narrowing your focus and going deep into a single art. Inductee Sensei Dion Risborg from Adelaide has done exactly that, practising Shotokan exclusively since 1980. His well-worn black belt has almost turned white with use, and his motto, “Succeed through the development of others,” resonated strongly.

I was curious to see what Shotokan had to offer. Sensei Dion's seminar featured fast, agile closing from a distance with powerful (mostly linear) strikes. He worked the outside, blind-siding partners, guided by the philosophy: “Avoid confrontation, and if it cannot be avoided, aim to end it with a single knock-out strike.”

Okinawan Goju Ryu Karate

By contrast, Canberra-based inductee Sensei Jose “Joe” Manuel Roses (OAM) presented Okinawan Goju Ryu (“hard-soft school”), which felt vaguely familiar. His seminar included familiar yet distinct exercises:

Sensitivity drills: like Kung Fu sticky hands (“touch the shoulder exercise”), but flowing directly into applications.

Forearm conditioning drills: similar to an exercise we do in Kung Fu banging our forearms together, but with four angles on each side, instead of our three.

Locks and controls: e.g. the figure-four arm-bar we use in Restraint & Control, but integrated into a striking sequence.

These two-person drills were a lot of fun. With slight variations, they would fit seamlessly into a Kung Fu class, or as self-defence training in Jiu-jitsu and Judo.

A Question About Integration

After sampling these very different schools of Karate, I found myself wondering: What kind of Karate did Peter Morton incorporate into his system of Judo, Jujitsu, and Karate? I was curious because of the parallels between their system and ours — and their decision to keep Karate as the fist-and-foot component of the art. Was it Shotokan (as Kancho rejected), Goju Ryu, or something else entirely?

One of Peter Morton's students sensibly directed me to the principals of their style, Shihans Dave Rowley and Ed Scharrer, for a definitive answer.

They explained that Peter Morton's system fully integrates the three arts in teaching. Unlike the Federation arts, their Karate is blended into regular classes alongside Judo and Jujitsu (whereas we run Kung Fu separately). Their Karate techniques, however, are drawn from Kempo Karate — so neither Shotokan nor Goju Ryu. I did not go further down the rabbit hole of which Kempo lineage, though the ones I've seen often include grappling, making them closer in spirit to Goju Ryu than Shotokan.

Conclusion

Kancho's question — “Why look outside our system when there's more here than you can handle in a lifetime?” — echoed through my AMAHOF experience. For me, exploring other systems doesn't pull me away from Kung Fu, Judo, or Jiu-jitsu. Instead, it gives fresh angles on what we already do, and sometimes potential add-ons. Like travelling, you come home with new eyes — and sometimes new techniques — to play with.

From the Karate sessions at AMAHOF, I've already found inspiration to bring back into our Kung Fu classes:

- Sensitivity drills: elaborating on “touch the shoulder” and sticky hands.

- Forearm conditioning: experimenting with four-move variations and seeing where consistent practice leads.

- Strikes flowing into locks and throws: for more advanced students, weaving together striking and grappling across our arts.

I think Kancho was right: there is more than enough within our system for a lifetime of study. But he also built bridges to other arts into our curriculum for a reason — so that when opportunities like AMAHOF arise, we can make sense of what we see and take inspiration into our own training.

Come along on Sunday mornings to Camberwell Kung Fu if you'd like to explore some of these approaches with Sifu Jeannie and me!

- Sensei Dan Prager, 4th Dan, ATD and BTMK Camberwell

**AMAHOF 2026 will be
held in Melbourne
and is a great opportunity
and experience for all!**

Well done to all our members who participated in their first AMAHOF weekend. It was great to see you all enjoying yourselves and learning so much.



Congratulations to Graham Darby from the Peter Morton Academy, who received the Legends award for 2026. Seeing Darby's smiling face at AMAHOF every year is always a highlight! We couldn't think of a more deserving recipient.

The art of perfect - Part 1.

Have you ever done the perfect throw, technique or randori movement where you have thought to yourself "wow I nailed that. I have now perfected this technique and will now be able to do it at will, whenever I want." Usually, at the time of the "perfectly" executed technique you are not thinking about it, your mind is on other things such as survival or questioning yourself on whether you left the gas on. In a way your mind is uncluttered – you do rather than thinking of doing. Afterwards, you are wowed by your own prowess. "Ah ha" you say to yourself "I have mastered the technique". But, when you go to wow your friends and family by showing them your aforementioned genius, either it doesn't work, or the results are not the same. Therefore leading you to the belief that maybe you need a little (or a lot) more training.

I have my own thoughts as to why this occurs, but I thought I would ask around the Federation to get the perspective of different practitioners. This article and the subsequent responses may (or may not) have the answers. So take what you want and leave the rest, up to you. As I have been lucky enough to get opinions of various different members across the Federation, this article will be spread across a number of issues. The responses I have received are fantastic, and I am grateful for all the responses and really looking forward to sharing them with you. Thank you to everyone who contributed.

First off is a fantastic response from Sempai Deen Pierotti, Shodan Ho

Before I start trying to answer Paul's question, there is at least one issue that I would like to deal with. This concerns the idea of a 'perfect throw or movement'. There are many others who will be better placed to speak on this issue than me, so take this simply as my under-educated and under-developed views on this matter. However, at this moment, I am inclined to say that the 'perfect throw/technique' does not, and cannot, exist. Maybe I can put my point better across if I widen the scope a little bit. I do not think that a 'perfect' anything can never exist, either psychically or theoretically. If something is 'perfect', it necessarily implies that, whatever it is, cannot be trumped, made better or improved. That is, it is flawless. Our collective experience as a human species spanning thousands of years tells us that this cannot be true. Nothing, whether it be an object, an idea or a process, can be so good that no possible improvement could be made. It can only flow then, that 'perfection', in and of itself, is an impossible state. Therefore, the 'perfect throw/technique' cannot exist. A theoretical ideal? Maybe, I cannot confidently say. Is trying to get as close to the perfect throw/technique as possible the ultimate goal of what we want to achieve here? Possibly.

Having wasted enough time with making that tedious point, which does not at all go to what Paul wants addressed, I think it is best if I just label it as a 'great technique'.

Uncluttered mind is the next point I would like to focus on. I often think that our minds can be our own worst enemy. Our ego, our subconscious and our anxieties, rational or otherwise, can drive us to do some strange things, and often to our disadvantage. It is natural for us to want to protect our self-image, or the image that we want to display to the world. If we use the example of a Judo competition, this means that we want to display to others

that we are competent and are worthy of the belt that we hold (or are worthy of a promotion to the next belt). Certainly, we want to prove that we are better than the person we are up against. And this is where our minds become 'cluttered' and may only serve to undermine us. In wanting to achieve all these things and protect our egos, anxiety floods our minds, clouding our judgement and seizing our movements, which often results in poor technique and performance. It is a beautiful irony really. Our minds become so cluttered with visions of glory, or fears of failure, that it makes us unable to achieve that glory, or certain to fail. If we were able to throw our ego, hubris and anxieties to one side, then the almost certain likelihood is that we would perform better. But, all too often, our fears of failure, which are inextricably linked to our egos and self-image, prevent us from doing so, manifesting in the very thing that we are trying to avoid: looking like a fool in front of our friends and colleagues. I should hasten to add that not doing 'well' in a competition, or any performance that anyone puts into a competition, does not make anyone look like a 'fool'. I say 'fool' because this is how I suspect we often internalise it in our own minds.

So it is very easy to say that all of this is clutter in our minds: ego, hubris, anxiety, belt-status. But I suppose that it does not address the question of how we 'de-clutter' our minds? It might also be worth noting that there is nothing wrong in feeling these emotions. Wanting to protect our self-image, having an ego, being anxious, particularly when it involves performing and fighting in-front of others, are not only perfectly normal behaviours, but they are also healthy emotions for someone to experience, particularly in the context of a Judo competition. Experiencing these feelings should not simply be derided as clutter, to be cast-aside in the name of brutal efficiency. Doing so would render us emotionally stunted robots. In short compass, you should be feeling these emotions; or certainly, you are not failing yourself by having these feelings. Where these feelings and emotions become 'clutter', and therefore problematic, is when they begin to cloud our judgements and take overriding control of our thoughts, feelings and movements. That is, when these thoughts, feelings and emotions are the only things we can feel and think about.

Again, another paragraph without addressing the question. So I will return. How do we de-clutter? Depending on each person, it can be very simple, or it can be a little bit more difficult. One way which I think helps is to reflect on what you believe other people are actually thinking about you. For instance, when you are in the audience, observing a bout, are you sitting there, watching the fight, making comments to yourself such as: 'what a fool that person is', 'I thought they would be doing so much better, they do not belong here', 'Look at them, they are getting trounced by a junior belt!'? I mean, maybe you do (and if you do, you need to have a look at yourself), but I certainly do not, and I think you would be hard-pressed to find people within the Federation who are going around thinking these things. This, I believe, is a great example of how, oftentimes, we build fears up in our minds, so much worse than the reality. We may think that people are criticising every little move we make, but the reality is that there is very little reason to believe that that is true. Going into a competition with that sort of understanding can help clear your mind of this clutter and allows you to keep your mind open in order to put your focus on good movement, good throws and

good technique. Therefore, as Paul implies in his question, there is a high degree of likelihood that it is with that kind of mindset, in those sort of moments, where high-quality techniques are able to be executed.

But as Paul then asks in the second part of his question, what are we to make of the unconscious and conscious mind? It is fine to say that we can achieve a great technique when we expel our minds of unnecessary thoughts and anxieties. But what about when we set out to purposely, with a conscious mind, recreate that great technique? Paul insinuates that we cannot, or should not, be able to do it, 'it all falls apart'. I think, in my limited experience, that there is a certain amount of truth to that, but it is worth pulling apart a few strands here. What makes a 'great technique' a 'great technique' is a huge combination of factors far too large for me to list here. Pulling off a 'great technique' in a competition would have depended on variables such as your direction of movement or your opponent's distribution of weight to put it shortly. Therefore, in trying to consciously recreate this 'great technique', you will naturally be caught short by a giant impasse. That is, there are a huge number of unknowns as to what made that 'great technique' a 'great technique' because you likely cannot be aware of all the factors that made it so. However, on the other hand, that is not to say that you are completely flying blind. You should be able to have some awareness of the factors behind what made that 'great technique' a 'great technique' and you should be able to utilise this knowledge and experience of executing the technique 'perfectly' as a foundational building-block to improve it in the future. You might not be able to consciously pull it off immediately, but it should give you something to work with; but as with all things, it will require you to apply yourself.

The other strand I want to inspect is whether trying to achieve that 'great technique' contributes to the clutter in the mind which I spent far too long talking about earlier. To give a mealy-mouthed response, I think my answer to that question is: to a certain extent, yes; and to a certain extent, no. If you become so narrowly focused on re-creating the technique, where it verges on the point of obsession and you cannot think of anything thing else, then I think it is fair enough to say that trying to achieve that technique with conscious effort is clouding your decision-making ability and will likely serve to clutter your

mind, thereby leading to poor results. It is likely that adopting that mindset will lead to you to become anxious, overwhelmed and, inevitably, frustrated. On the other side, however, there is nothing wrong with going into something with the appropriate amount of focus and determination. If you look at professional athletes, they are focused and determined to do whatever task they have to do. As I said earlier, success in anything requires you to apply yourself, so going into things completely empty-headed and with no appreciation or determination as to what you want the outcome to be will also not lead you to be able to recreate that 'great technique'. To end with a point, I think the key factor and difference is balance. You need to have the proper amount of determination and conscious thought, but you cannot let it control and overwhelm every thought and movement you make.

In ending, I feel like I have gone far too long in addressing almost everything except for what Paul has asked. Having a cluttered mind is obviously unhelpful, but that does not mean that everything that contributes to that clutter is necessarily bad. The key to good performance is in managing those emotions and not letting yourself be your worst enemy. As Paul rightfully states, it is in those circumstances, where your mind is uncluttered, that 'great techniques' come about. Everything in the universe occurs due to an unbroken line of events and circumstances and, at a microscopic level, you pulling off a 'great technique' is no different. Therefore, consciously trying to recreate it is a fraught exercise. But it may only be fraught if you are not aware of that understanding. Going into it with that insight and understanding should allow you to tread the path that leads you back to that 'great technique'.

- Sempai Deen Pierotti, Shodan Ho

Wow! What a fantastic response...thank you Deen.

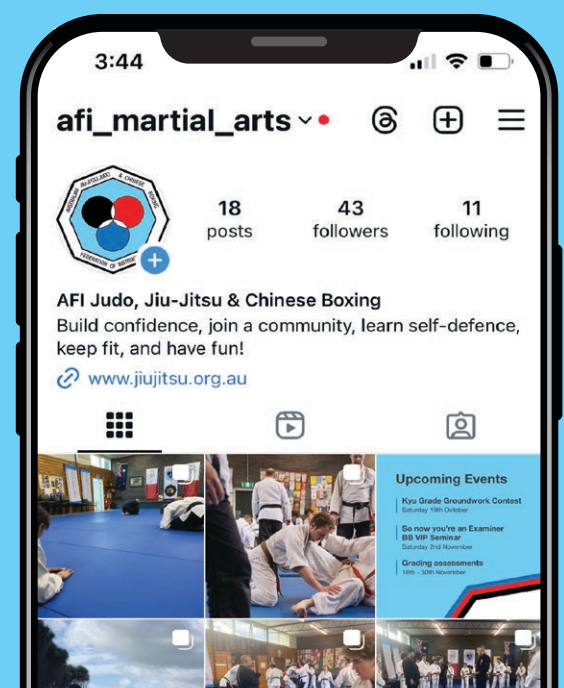
I have read through this a number of times and each time take away something new. As I mention earlier, take what you want and leave the rest. In part 2 of the series, Renshi Owen Dransfield (Yondan) provides great insights to the question.

Thanks for reading!

- Paul Barby, 8th Kyu

The Federation is now on Instagram

Follow us @afi_martial_arts





Congratulations to Sempai John Low and Angela on the birth of their beautiful baby daughter Esther Low Yu Han 刘予晗 on the 22nd of September 2025



On Saturday, 29th November, was the Lower Plenty shops Christmas celebration, so they asked local community groups, including ours, to come along and demonstrate what we do. The Kung Fu demo went great. We performed to the community and had the experience of presenting in public. We did the 1st set, part of the 2nd set and even some applications which we practised, changed and made our own. We presented them with our partners and had the gift of showing an audience what we've made. After all of that I bet a lot of people enjoyed the presentation and will join our kung fu and learn lots! Before the demo started, there were lots of things to enjoy and pass the time, like 2 people handing out lollies, a hoola hoop girl and tap dancers. The tap dancing was cool. They had metal under their shoes and danced on wooden boards. Even their little toddler danced. Overall, it was a great time, and I think everyone loved it and would definitely do it again.

- Heidi Dransfield 6th Kyu



The last few years, the Scouts Joeys have asked us to run a self-defence class for them once a year - I think it goes towards a safety/self-defence and awareness unit badge for them.

Recently, on Tuesday, 11th November, Sempai Nakira, Renshi Owen, Sensei Mark, and I visited the little Joeys at Viewbank Scout Hall to demonstrate some simple restraint and control techniques, which they followed along with. They seemed pretty eager to try, and worked in pairs, practising on one another. We would float around the room in case anyone was unsure or needed help, and it was good teaching practice. They enjoyed the Kiai game in particular. Overall, it was a great experience, and I wouldn't mind being involved next time too.

- Mark Dransfield 6th Kyu



Hello from South America.
Long service leave well spent!



Hello from Italy & France. A
successful singing tour for Ros.



On Monday 15th December the Viewbank Primary School Mighty Mites and Juniors students from Tsuba Do Ryu performed a demonstration for the rest of the school and their parents at the school assembly. There were lots of impressed noises came from the crowd as students started throwing and rolling. Well done everyone who took part!

Calendar of Events

JANUARY

Saturday 10th, 17th,
24th and 31st

Jo and Bokken Course

Seminar by the Board

4 weeks for \$90 or \$30 per session

FEBRUARY

Saturday 14th

**Defence against an
Olympic Judoka**

Seminar by Sensei Toby Paltridge

Saturday 28th

BB VIP

Seminar by the Board

MARCH

Saturday 7th

Not so nice groundwork

Seminar by Sempai Gabriel

Saturday 21st

Qualification Contest 1

11am Under 13s

Noon Under 15s

2pm Seniors

3:30pm Masters

Saturday 28th

Annual General Meeting

Open to all members

APRIL

Saturday 11th

BB VIP

Seminar by the Board

MAY

Saturday 2nd

Harmony of Yin & Yang

Seminar by Sempai Nakira

Sunday 3rd

Grading recommendations due

Saturday 16th

Groundwork entries

vs striking standing entries

Seminar by Renshi Owen

Saturday 30th

Mid year gradings

All grading exams will be held on
this day between 9am and 5pm.

Gradings will be held at

St Johns in Mitcham

- Park at Mitcham Train Station

Depending on the number of
gradings we may have additional
grading days on

Saturday 6th of June

JUNE

Saturday 27th &

Sunday 28th

**Federation's 45th
Birthday Celebration
Weekend**

**We have a huge weekend
planned including:**

**Grading Presentation
Kata display**

2 days of seminars and workshops

Special guest instructors

Anniversary Dinner

**More details to come. Keep the
weekend free or you'll regret it :)**

JULY

Saturday 18th

Groundwork Contest

11am Under 13s

Noon Under 15s

2pm Seniors

3:30pm Masters

AUGUST

Saturday 15th

Sunday 16th

AMAHOF in Melbourne

More details to come

SEPTEMBER

Saturday 19th

Qualification Contest 2

11am Under 13s

Noon Under 15s

2pm Seniors

3:30pm Masters

OCTOBER

Saturday 31st

BB VIP

Seminar by the Board

NOVEMBER

Sunday 1st

Grading recommendations due

Saturday 28th

End of year gradings

All grading exams will be held on
this day between 9am and 5pm.

Gradings will be held at

St Johns in Mitcham

- Park at Mitcham Train Station

Depending on the number of
gradings we may have additional
grading days on either...

Saturday 21/11 or 5/12

DECEMBER

Saturday 12th

Presentation Day

& End of year Break up

& Free BBQ Lunch

**More events will be released throughout the year
so stay tuned for more exciting news coming soon!**

Master's Thoughts

You have just finished the grading period, so how do you take advantage of this time after the grading.

The main thing is to talk to your Sensei. Go over the techniques and questions in your own mind and ask yourself some questions then talk to your Sensei/Shihan/Kyoshi. Remember the Grading Guides are the principal source.

Some questions you may consider.

Did your preparation enable you to do the techniques required and answer the questions asked? Did your preparation with the checklists give you the guidance you needed?

In answering the questions from the general knowledge and attitude sections were you able to answer the question quickly, with the information required, and also demonstrate that you had thought further on the question.

Were you able to look after yourself and your partner while demonstrating the techniques correctly, without hesitation, and in a manner that convinces the judges that you have command of the technique for your level.

Can you answer what the questions and techniques teach you about the Federations culture.

Everybody is different and we all have different paths, but we must see that person on a path that demonstrates they meet the Federation's requirements. Working to the requirements in the grading guides, talking with your Sensei, and considering the above questions will help you on your path to your next grading and help you understand your present grade.

- Kyoshi Chris Bailey, 8th dan

Chairman of Board of Master Instructors

Principal Instructor and Technical Director of the Federation

Continual Excellence and Service to the Australasian Martial Arts

Community - Australasian Martial Arts Hall of Fame



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