

Instructor Profile

Wendy Dangerfield



Martial Arts Experience – Yoshinkan Aikido – commenced 1989

Grade – Nidan 1996

Highlights – Training in Yoshinkan Hombu Dojo and in Iwama

I was first introduced to aikido early 1989 via a video on Conflict Resolution by Thomas Crum of the USA which involved utilising Aikido to demonstrate different ways to resolve conflict using the body & mind. One of my friends, Steve, said that he had gained a black belt in Aikido when he trained in England and from there I started training and assisted in getting the Palmwoods dojo up and running. When Steve left the area we were very grateful when Sensei David kept things running – it was obvious he knew way more than the rest of us.

I have enjoyed exploring some of the Aikido world out there through travelling and training with any and all other major styles in different parts of Australia meeting some wonderful people along the way. There weren't quite so many splinter groups around then and the lineage of a particular style was quite straight. Training with Sensei David Lynch at his Auckland dojo was very interesting due to his eclectic teaching methods.

When Sensei David commenced the Alternate Education classes at different High Schools around the Coast I assisted him in some of the classes and eventually ran some of the programmes. It always amazed me how low the general core strength of many of the boys was but rewarding to see how they would grow and change both physically and mentally. Assisting young women learn some general self defence techniques was always fun, not so much for the poor male uke's at the time though.

In 1997 I travelled to Japan and trained at the Yoshinkan Headquarters in Ochiai. I also had the great privilege of training under Saito Sensei at the Iwama dojo. Saito Sensei allowed us to sleep in a room that was originally part of O Sensei's house. If only the walls could speak! I also attended a large sumo festival and watched in awe of their power and strength.

Since doing my Nidan in August 1996, tested by Mori Sensei in Brisbane, I have trained a couple of times towards my Sandan grade. The sanin dori training involves three attackers, one with a bokken, one with tanto and one striking shomen. This does not allow

room for fancy techniques and is challenging both physically and mentally but rewarding. After breaking my leg in 2001 in a sporting accident (not aikido) I haven't put much focus on obtaining my Sandan. Everyday training has enough challenges and requires focus to ensure I'm not simply going through the motions.

Currently I am employed within the organisation as Administrator and teach junior and teen classes. Both roles bring enjoyment and challenges and have helped me learn more about myself and those around me.

Osu

Wendy