

ACADEMY NEWS

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

Summer 2025 Edition #95



2024 was a year for the record books.

2024 has been one of our biggest years in recent memory in many ways. Our total member number is the largest it has been since the mid-1990s. Over two grading periods, we awarded 319 grades to 131 students, including the most Hung Kuen grades in a single year, also since the mid-1990s.

Externally, we had 16 members attended AMAHOF. The Board visited Shihan John Bear, Shihan Dave Rowley and Shihan Ed Scharrer in Canberra on a 5 day tour. We were invited to run a Seminar at the Peter Morton Academy 2024 National Seminar.

We welcomed two new members to the rank of blackbelt. Kancho's Legacy of Excellence Trophy was awarded to Sensei Mark Dransfield and the Kaicho Adam Instructors Award was awarded for the first time this century to four deserving students.

We had 137 participants, across 5 contests, in 6 divisions including our first groundwork competition. 19 seminars held with 315 attendences.

And we re-opened Buk Tu Mau Kuan and welcomed a new principal instructor.

The Federation is growing every year due to the dedication and commitment of all our members. None of this would be possible without tireless work of the Board of Masters, the Executive Committee, the Principal Instructors, the Yudansha and each and every student and their families. Thank you to everyone for a resoundly successful 2024. We can't wait to see what 2025 has in store for us.

- Shihan Leonard Montagnana

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Contributors...

- Owen Dransfield
- Mark Dransfield
- Dan Prager
- Lejoe Kuriakose
- Gabriel Ba Tin



1300 233 979 www.jiujitsu.org.au



A quick trip to Perth and an in depth analysis of the Bassai Dai Kata with Master Colin Wee of Joong Do Kwan

In early December, I had to take a quick 2-day trip to Perth for work, making an already crazy busy period even crazier. But there was a silver lining!

I decided to contact Colin Wee, who lives and teaches Tae Kwon Do in Perth. We met Colin through AMAHOF, where he was inducted in 2020 and is the organization's Secretary. I was hoping he might have time to catch up for a chat, or if I was lucky, he'd be training, and I might be able to join in.

As it turns out, Colin was actually running a seminar on the applications of the Bassai Dai Kata for Kyoshi Peter Hunt's Wanneroo Martial Arts School on the evening of the day I arrived. I was very lucky indeed, because Master Colin invited me to attend as his guest.

After a long day, having taken off from Melbourne at 6 am, flown for 4 hours, and then proceeded to meeting after meeting for 8 hours, I was finally finished with work and back at the hotel. Quick meal to recharge the batteries, and then Master Colin was gracious enough to pick me up, and we grabbed an Uber out to Wanneroo for the seminar. It's about a 45 minute drive from where I was staying, so this gave us an excellent opportunity to chat about all manner of things martial arts!

When we arrived, the students were there waiting, warmed up and ready to go. Master Colin jumped straight into it. He broke down a number of movements and their applications. Seeing many familiar techniques applied from a Tae Kwon Do/Karate perspective was fascinating.

One aspect that stood out to me was how Master Colin had come up with the applications. He used a method of kata analysis that encourages the practitioners to explore movements to discover the conditions under which they can be successfully used. He often said "What's the first tool? What's the second tool?" This was a reference to the multiple attacks that would naturally come your way in a real-life situation. This exploration of not just the first weapon but also the next led to a more in depth and "real" application.

It is a fascinating approach; in JiuJitsu and Judo, we already have an attacker and defender in our kata, so it doesn't leave a lot to the imagination. But in our Hung Kuen we perform solo sets or kata just like Tae Kwon Do, Karate and many other striking arts. This has given me the a new way to explore our sets and push myself to find deeper lessons.

Towards the end of the session, Master Colin gave me the opportunity to show some of our techniques. He had just taught an application that was extremely similar to our Neck armbars and throw, so I decided to demonstrate that as a controlling variation and the projection throw as a different takedown application.

Two hours flew by, and I was shown more techniques than I could remember! But, luckily, Master Colin graciously gave me a copy of this book, *Breaking Through, The Secrets of Bassai Dai Kata*, which I have been slowly reading since.

The seminar was over, and we packed up and prepared to drive back to Perth. Kyoshi Hunt kindly offered to drive us back. Which

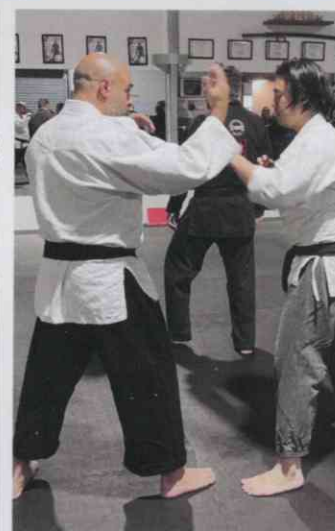
gave us another 45 minutes to chat about Martial Arts!

When we arrived at the hotel, Master Colin and I decided the conversation was too good so we kept talking over a beer for another hour or two, not really sure, I had lost track of time by that stage.

But eventually, all good things have to come to an end. I bade Master Colin a good night and headed up to the room, thoroughly physically exhausted and mind overflowing with Martial arts techniques, strategies, approaches, histories and stories.

I can't thank Master Colin and Kyoshi Peter enough for inviting me to take part. It was an amazing night that I am still dissecting. Can't wait for the next work trip to Perth!

— Shihan Leonard Montagnana



Master's Thoughts

In edition 90 of the Academy News, celebrating my induction into the AMAHOF Hall of Fame, I reproduced my acceptance speech. As I have done a number of times in my Master's Thoughts I have tried to distill my experience (it will be 50 years next year, my goodness) of learning and hard-fought physical, personal, emotional challenges and development into words.

Those years have seen magnificent highs and devastating lows where I have had to find a way forward and deal with the emotional consequences of all of these. Let me explain, as most people would link the words "find a way forward and deal with the emotional consequences" only with the lows. For the lows, you need to find a way forward and deal with the emotional and personal development that is needed to do so. For the highs, yes; celebrate and enjoy, but you also need to find a way forward. What has the achievement given you the opportunity to do? What are the emotional and developmental undertakings you must take to continue and develop yourself, those close to you, and the group you are with (the Federation)? Both of these require you to take steps into the unknown, and that is challenging. In both cases you are not alone; can you accept the support of others?

Back to my attempt to distill my experience down to my acceptance speech. There are seven sections in my speech, all equally as important and all reflective of how I have been able to get where I am today. I will quote two of those parts.

"The point is train, train some more, keep training, train again, then train some more, and when you can't, train some more again. Train until you learn the techniques, train until the techniques start to teach you, train until the techniques teach you the principles behind those techniques, then train again until those principles start to teach you, and then start again."

The first sentence is critical, keep training. Consistency is important. Yes we all have breaks but those who keep the Federation's arts and culture in their mind and heart are able to come back, using what they have learnt and been through to help them find their art again, because it has never really left them.

But it is consistent ongoing training that will get you through. If it is one day a week, make it one day a week. It will take longer but it is the consistency that is important. Why is that? This is where the next section comes into play. You will be challenged at every level by the techniques (this is all the way through as the expectations rise as you progress). And by learning the techniques that you have trouble with, you have developed physically, mentally and often emotionally. The pursuit of physical techniques alone, the pursuit of competition and randori for their own sake, will not get you graded.

*- Kyoshi Chris Bailey, 7th 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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