



Aikido Alliance Australia – Sensei Paul Araki-Metcalfe

I am sending this email to share my experiences and travel around the world, adding my name to the long list of Shinryukan members who have moved overseas throughout the long history of Takase Shihan's Aikido in New Zealand.

I started Aikido way back in the 70's when I first saw and joined Takase Sensei's classes held at "Boystown" in Auckland. I did not get too serious about Aikido until the 80's, when Nagel Staff and I joined Yohan Buiters Dojo in downtown Auckland. Johan was a rather large man of Dutch descent, and we were his first students to go all the way with him to the rank Shodan, which we sat under the gaze of Takase Sensei.

After my Shodan, I left for Australia in December 1985 and spent over 15 years with the Australian Aikikai organization over here, ending up teaching at their Hombu Dojo in Melbourne for over 7 years.

I am married to Naoko (a Japanese citizen) and we have 3 kids (a daughter who is 9 years old, a son who is 5, and another daughter who is 7 months old). We have just returned earlier this year to Melbourne Australia, after 9 years living in Japan, where I was given the opportunity to sit a physical Yondan under Hari Sunao Shihan (a student of the late great Yamaguchi Sensei).



Nagel Staff & Paul Araki-Metcalfe '80's

I also studied a 600 year-old traditional Japanese sword style whilst in Japan, and am the only foreigner who has been granted a Kaiden Menkyo (a traditional sword teaching license), the title of Shihan, and also official permission to teach this particular sword style outside of Japan.

I will always hold dear to me the time I spent growing up in New Zealand, especially my Aikido memories, and I continuously check out the Shinryukan webpage, over the years, to see what is going on in NZ. I intend to travel across to NZ from time to time to partake in a few seminars with Takase Sensei again, since I am now living just across the water.

I had the opportunity to say hello to Takase Sensei in January this year, when my family and I had just returned from Japan to Melbourne, and were staying at the same accommodation as he was while he attended the Australian Aikikai Summer camp. It had been a gap of over 25 years since we last saw each other, and it was really nice to say hello again after all those years away.

Currently I only have a small number of students 6-8 all depending on who turns up on the day. My dojo, for now, is a large rumpus room at the back of my house situated in Glen Waverley, Melbourne, Vic 3150 Australia. I always think that if it was good enough for O-Sensei, then the back of my house will do well enough for me to train in for now. Once I have built up enough students I will of course seek larger premises to train in. I have already tried to expand once, paying a very expensive monthly fee (rental) to do so, but I was unable to gather enough students at that time to pay the bills and had to move back to my home for now.

AIKIDO SHINRYUKAN

NEW ZEALAND AIKIKAI HEADQUARTERS



It will take time to slowly build up my student base, as I have only been back in Australia from Japan as of earlier this year (2011). In many ways I much prefer having a smaller number of students, as I can give more personal attention to their training. This works well for me, especially as I do it for the love of the art, and not for the money.

Shinryukan has been on my website from the beginning as it was my very first Aikido organization that I trained with up until I received Shodan under Takase Sensei, and then I moved to Australia, and later on to Japan.

Wishing you all well, and I look forward to meeting you all on the mat sometime in the not to distant future.

Sincerely yours
Paul Araki-Metcalf
Founder and Dojo cho
Aikido Alliance Australia
www.aikidoka.co

Kuroda Han, Yagyū Shinkage-Ryu,
Heiho, Aratsu-Kai
A traditional 600-year-old
Japanese sword style.
www.yagyushinkage-ryu.com



Paul Araki-Metcalf, Naoko & Kids