

Dan Grading November

It was quite an historic grading in many ways.

It was the first time we had candidates from South Australia and Tasmania attend and I had the pleasure to announce that Kancho had approved my request for Shihan Adams to attempt his 6th Dan at the World Championships.



The grading was very hard (as usual) and no one had an easy day. There were 26 Dan grades in attendance including 10 that had represented Australia in International competition.

WHERE ELSE COULD THIS HAPPEN? And where else would you fight 3 5th Dans in your grading.

Congratulations to all the candidates, they are all on the road to self improvement.

Michael Dent, Nidan

Jason Homa, Shodan

Suzanne Gallpen, 1st Kyu

Serina Bogers, 1st Kyu

Alistair Wilby, 2nd Kyu

Reid Paul, 2nd Kyu

Albert Vakhitov, 3rd Kyu

Shayla McEwan Robertson, 3rd Kyu

Austin Perrott, 3rd Kyu

Jane McDonald, 3rd Kyu

Hayden Lakey, 3rd Kyu



In late November this year I graded for my Nidan with Shihancho Gary Viccars and the VKKA. The grading was a culmination of a very busy 2019 with a lot of tournaments and events. The grading was a real challenge for me as I needed to change my focus from fighting to improving on the technical requirements of a Nidan. It was also a challenge as I no longer live in Traralgon so can only train at Traralgon Budokan on occasions. I owe a great thank you to Sensei Dave, Sempai's Elias and Sensei Dave from Traralgon, Sempai's Terry and Samuel who have helped me outside of dojo training as well as all of the other VKKA Shihan's, Sensei's and Sempai's that have helped me along the way. I also owe a massive thank you to Shihancho and the Branch for giving me the opportunity. I am looking forward to 2020, building on the momentum from 2019 and giving back to the VKKA.
Osu, Sempai Michael



My Shodan journey is something that started back in the early 1980's in Bendigo. However it wasn't until I had a motorcycle accident in Dec 2007 that led to me walking into an Adelaide dojo in 2010 in an attempt to better my wellbeing. Fast forward to November 23rd 2019 and the day I dreamed of as a child had actually become a reality. I could only manage 6 hours sleep and woke at 5am due to butterflies. Before long we are at the dojo and greeting everyone as they arrive and all I can think of is, "am I truly ready"? You have trained for this for many years and in the last 12 months I have pushed myself more than I had in any other period and I knew I had done all I could leading up to it, but I still thought am I really ready? Then the stamina exercises started and it just felt right, from there it was kihon, ido geiko and I just kept saying to myself don't get ahead of yourself, just listen and do what is asked. Then it was time for the self defense techniques and I must say I really enjoyed doing this section with Sempai Michael Dent as it seemed like we both fired up.

Just after that we had a quick drink break and Sempai Samuel said "looking strong keep it up" or something like that, and it really spurred me on. It was then time for KATA and I thought wow I have made this far, keep giving it your all and just concentrate on one what you are doing (as many had told in the lead up). Then it was time for Tameshiwari and then onto the kumite. The kumite started and then it was a bit of a blur as Sempai's, Sensei's & Shihan's just kept coming one after another and I tried to say to myself don't think about it just "keep punching" & try to "push forward" this is your day so make it worthwhile! Then after all that Sempai Mariusz grabs me and says its over! Then it seems ShihanCho is telling me to tie a

knot in my 1st Kyu Belt and introducing me as Sempai Jason, such a mixture of emotions, pain, exhaustion, relief, joy and excitement.

The list is too big to name everyone that has assisted me on my journey but to all the dear friends, my family, fellow students, Sempai's, Sensei's, Shihan's & ShihanCho I say a massive thank you as I could not have done it without you all or your belief in me. OSU

