

Robert Mustard Sensei, 7th dan

Chief Instructor Robert Mustard began his Yoshinkan Aikido training in Toronto in 1977 under Takeshi Kimeda (8th dan). As a 3rd degree black belt, he left Canada to augment his training at the Yoshinkan Aikido Honbu Dojo (headquarters) in Tokyo, Japan. For 10 years he studied under Gozo Shioda (9th dan), founder of Yoshinkan Aikido, as well as Takafumi Takeno (8th dan) and Tsutomu Chida (8th dan).

HIS ACCOMPLISHMENTS:

- Completed the grueling 11-month Senshusei/Instructor's Course (1986/87)
- Received (first foreigner ever) the 'Top Performance' award at the annual All-Japan Yoshinkan Aikido Demonstration (1987)
- Appointed Chief Foreign Instructor at the Honbu Dojo in Tokyo (1991)



Today, Robert Mustard Sensei is one of the most well-respected Yoshinkan practitioners and instructors outside of Japan. He is regularly invited worldwide to demonstrate

his enormous talent and teach his powerful techniques at aikido schools, master class seminars and martial arts exhibitions.

Our Dojo

Martial Arts ... Build Self-Confidence,
Self-Esteem and Discipline!

Aikido Yoshinkai Burnaby provides expert martial arts training by Chief Instructor Robert Mustard, 7th dan, who spent 10 years training and instructing at the Yoshinkan Aikido headquarters in Tokyo, Japan.



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Martial Arts School



About Aikido

Yoshinkan Aikido is non-competitive and non-aggressive. It does not meet force with resistance or brute strength. Instead it redirects an aggressor's force with well-timed, flowing, circular movements that lead the attacker off their centre of balance. Joint locks, throws and pins then effectively control or immobilize the attacker, regardless of their size or strength.

Men, women and kids of any size, shape or ability are invited to come and learn Yoshinkan Aikido in a strict, yet friendly Japanese format that instills



self-discipline and self-confidence. Given time and practice, students will develop powerful self-defense techniques while also greatly improving

their fitness, agility, flexibility and ability to focus.

合気道



合気道

MEMBER DOJO

International Yoshinkan Aikido Federation

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Yoshinkan Style

Yoshinkan Aikido is occasionally called the "hard" style because the strict and sometimes grueling training methods are a product of the military pre-war period Gozo Shioda (founder of Yoshinkan



Aikido) spent as a student of Morihei Ueshiba, the founder of modern-day aikido. Yoshinkan Aikido uses six fundamental training movements and about 150 common defensive techniques which are

practiced repeatedly. Mastering these basics conditions students to be able to execute the remaining techniques, which are thought to total about 3000 in all. Yoshinkan Aikido is not a sport; it is a cooperative development of both physical and mental dexterity. However, there is also an incredibly powerful and practical self-defense side of aikido that is for everyone, irrespective of size, age, gender, race or culture.



Yoshinkan Aikido Ranking

Aikido Yoshinkai Burnaby follows the same ranking system used at the Yoshinkan Honbu Dojo (Headquarters school) in Tokyo, Japan. Students start with a white belt, then progress through 10 Kyu levels before finally testing for a black belt (called Shodan). Each pre-black belt level is called a Kyu (pronounced "Q") and progresses from 10th Kyu up to 1st Kyu. The only other belt colour used besides white and black is brown which is granted to students at levels 3rd



Kyu through 1st Kyu. It takes 3 to 5 years to reach Shodan, depending on

the effort and diligence of the student. From Shodan, one progresses to Nidan (2nd degree black belt), then Sandan (3rd degree) and so on. The levels of Nidan and higher are quite advanced and take many years of diligent training to accomplish. Aikido Yoshinkai Burnaby's founder and Chief Instructor, Robert Mustard Sensei, is currently ranked at Nanadan (7th degree black belt). This rare and internationally respected accomplishment has taken 30 years of nearly full-time training and teaching.