

NEWSLETTER

No.255 November 2016

AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: <http://yoshinkan.info>

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October Report

New members 3

Total number of adults training 53

Total number of children training 32

21st Annual Demonstration Awards

◆ Jiyu-waza

The Best Overall Jiyu-waza Award

- Stephen Cuthbert & Roland Thompson

Excellent Jiyu-waza Award

- Jason Williams & William Kitchin
- Cameron Blake & Greg Burley
- Janna Malikova & Duong Thai

◆ Aubrey Bannah Award

(Four-men Jiyu-waza)

- Jacob Holloway
- Kayla Holloway
- Amelia Mildner
- John deVries

Events in November

1. Aiki-waza Class Enjoy Aiki-waza only Class

- Saturday 26th 1-3pm

2. Getsurei Shinsa

- Training starts, Friday 11th 7:15pm~
- Steps, Friday 18th 7:15pm~
- Shinsa, Saturday 19th 1:00pm~

3. This Month's Holiday

- Dojo's Holiday - Monday 28th September

4. Children's demonstration, new colour belts awarding ceremony and X'mas Party Saturday the 26th 10.00am~

- A grading demonstration by all the children starts at 10am.
- Awarding ceremony, some games and X'mas party are planned after the demo.
- Dojo will provide some soft drinks and a small X'mas gift for each child.
- **Please bring a plate with you.**

Sharing the feeling of Black Belts

Shodan

I've really enjoyed training back at the dojo these last few months. I would often question myself on what the purpose of Aikido is, why does one even need to train, is there any point to learn a martial art in this modern day. However as I've continued to train, what I've learnt about Aikido is how important the spirit of the art is. Yoshinkan Aikido translates to the school of cultivating the spirit after all, from what I've heard. The shodan grading was as much as a test of my spirit as it was my physical Aikido ability, and I will continue to remember the saying that the real Aikido training only happens after you complete Shodan.

Only recently have I been willing to understand the factors of training that cultivate the spirit. The hard training, getting nervous before a grading, giving it your best try, showing up to train even when you don't really want to. All these things, while at the time not pleasant, have helped me dramatically improve my attitude. After the hard training I get to enjoy the benefits of this spirit in my daily life. For instance, it's possible for me to work much harder at the gym, getting better results. Studying for an exam or completing an assignment is relatively easy – and recently I found employment thanks to the initiative I showed during a job trial, which I totally accredit to Aikido.

I really believe our dojo is a special place, that propagates an attitude and way of behaving and thinking that is rare to find. My time spent living at the dojo really showed me how much Sensei and his family embody the spirit of Aikido. It does not begin and end during class, it is always present. Even cleaning the dishes could turn into an intense test of my spirit and ability – often failing when Shuko had to point out where I had missed a spot. It's not just enough to clean the bathrooms or the dojo mats, but to show enjoyment and gratitude while you do these tasks. Somehow, with a lot of effort from Sensei and Shuko, I did eventually come to appreciate the importance of living this strict lifestyle and look back at my time in the dojo very fondly.

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I'm excited to continue my Aikido journey as a black belt and continue to learn and benefit from this art and to develop alongside all the other members of the dojo. I understand we all do Aikido for different reasons and I hope we are all able to grow and better ourselves under the guidance of Sensei.

OSU!

Simon Nordon

Yondan

It has been two years since I received 3rd Dan and was given an opportunity to grade for 4th Dan in September. During those two years, I firstly focused on finishing all the step gradings without missing any grading opportunity to have enough time for practising the nerve-wrecking Jun 4th Dan grading which took three months to master reasonably well to my extent. Then I had half a year to fix and polish 4th Dan grading techniques including some Aiki-waza which I thought they were still very advanced even for 4th Dan level.

Few months after receiving my 3rd Dan I joined a security guard company for my new career. Alex, one of the students at this dojo works as a security guard at pubs and clubs, and he always talked about how much he used his Aikido techniques when he got caught in a brawl. When my mother heard that... she suggested me to become a security guard too. At the time, I was looking for work. She told me that it would help to improve my Aikido in a more practical way outside the dojo. And hearing that, you know what, I was scared. Even though I learned lots of Aikido techniques and it is a martial art, I am not the character who likes fighting and brawls, and I dislike MMA type martial arts for the same reason. Mother, of course, knowing my personality and seeing my facial expression, as she read my feelings...then, she laughed at the fact I was scared and told me that this kind of work was perfect for me to become a genuine Aikido instructor. Well, I needed a job and agreed with my mother's opinion, reluctantly in the end.

So, I took a security course to acquire a licence. There, we learnt basic wrist locks which were arm bar (Ikkajo), Chicken wing (Sankajo behind back), Goose neck (vertical Sankajo in front of body). During the practical lessons, as it is always the case, there was a big guy who thought he was the man at everything. He wanted to prove it. He got up and came to me, knowing I practised Aikido, and said, "Your wrist lock won't work on me. I am big and you are a small Asian." I was trying to ignore him at first, but when he started dissing Aikido, that was it. I thought I needed to teach him a lesson! The teacher who taught us the security skills knew how much pain Aikido wrist locks could give since he had friends practicing Aikido. He was telling the big guy to calm down and don't underestimate small people who practiced martial arts. Of course, the big guy was so full of himself and didn't bother listening to him. He then, grabbed my shirt by chest and said "How are you going to get out of this? You're too weak and pfft Aikido is fake." Hearing that, I did not care how much pain he would suffer from, I applied Nikajo on his right arm without breaking his grip. He dropped to the ground instantly. Then I released him. But it did not end. He stood up saying that he let his guard down, so this time, he swung a massive coat hanger aiming for my head. I blocked his blow like against Yokomen-uchi and gave him a fake punch stopping in front of his face, then I did Udegarami-otoshi on his punching arm. Great that he was massive and had a muscular body, the technique exercised its maximum effect crushing his body to the ground in a flash hitting his head on the mats. He finally gave up and was embarrassed because everyone was watching him. I felt this was a good warm up for my new job.

Thanks to Kerry, one of Sensei's private lesson students, I got the job as a security officer through his connection. My personal image of a security guard was the bouncers who stood in front of bars and clubs, throwing people out of the venue roughly. But this company had the jobs in the different areas. The company only worked at concerts, music festivals, events and private functions, yet it did not mean we did not have actions.

To guard the concerts and events we paired up to rove around so that it was easier to catch and evict a patron out of the venue. On my second shift at a music festival, I had to use a technique on a male patron who was

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sexually assaulting females in the mosh pit. I only had one hand free due to holding the torch in my other hand and I could think of only Yonkajo which would work by a single hand. A thought of failing to control him ran through my mind as he had a strong built but I applied Yonkajo with all my might. Then at that moment, I realised my roving buddy was also applying a wrist lock on the other side. With my Yonkajo he leapt forward to avoid the pain but he got whiplashed backwards because my buddy put him in a goose neck lock. I could not help me giggling in my mind looking at him in agony from both wrist locks having opposite effects (you know, he deserved it as he assaulted girls!) It was definitely a wonderful experience to see Yonkajo working with such an impact on a big person.

It has been around one and half years since I worked as a security guard and have used quite a few wrist/elbow locks, thanks to the intox or just idiots who always look for a fight with security guards. With all these experiences, I gained confidence that my Aikido always works on people whenever I need in the realistic situations. I am not scared at facing dangerous people or situations any longer!

Long years of training at our dojo taught me not only techniques to control people but three other important merits for my work and in general; disciplining myself, obeying humbly and harmonising with others. You know, Sensei was never quite sweet to me and my dear senior black belts varied in personalities. My task at the dojo was saying only "Osui!" to anybody and harmonising with them both mentally and physically, overcoming my fear or preferences. This attitude I earned from the dojo helped me so much at my work. The work environment can be quite tough sometimes. We must deal with many 'abnormal' people who are; drug influenced (these people do not feel pains at all sometimes and muscles developed oddly huge from steroids,) drunken heavily with no sanity, outlaw with no respect for rules... No matter whom we face, we simply fulfil the instructions from our boss and do the job steadily without any personal opinions.

Not only patrons who are difficult to deal with, but my colleagues too, that is the same in any work environments, I suppose. A mature aged man I had to rove with was always super-duper hyper-active and never stopped moving even when he meant to work on his own side of area but somehow ended up on the other side of the area, and loved to jump into situations where he wasn't supposed to be in, and he was a person who never had a flexible mind. Wherever we were evicting a patron in a friendly way, he came up and said something over the top to aggravate the patron making him/her angry and made it an ugly eviction. Nearly everyone who teamed up with him complained to our operation manager that they never wanted to team up with him ever again. But thanks to the dojo training, I did not need to dislike him but simply harmonised with him. As the result, he always requests his boss to partner with me...how lovely! Well, I have more opportunities to try out my Aikido skills on patrons who ignorantly come to attack him. Hahaha.

All thanks to the discipline at the dojo I received through many years, I can keep my job, having all my supervisors liking me to use for whatever events and functions, relying on me to be there on time, to obey their instructions without complains at all, and to handle the situations with reasonable actions.

To conclude my article, I would like to give my humblest and sincerest gratitude to Sensei and my mother for letting me train at the dojo whenever I wish, for giving me honest opinions about my techniques and for praising me at times. I would also like to thank all the people in the dojo who raised me to 4th Dan, helping me mature to a more adulthood from my teenage Kaido. Thank you Emmanuel, Richie, Brent and all the other students (seriously there's too many to name, it'll fill up a whole paragraph) who helped me to correct my techniques that required the centre force, especially Kata-mochi Sokumen-Iriminage 2! In addition, lots of thanks to Cameron who was my Uke for both Jun 4th and 4th Dan spending more time than usual on the mats to train with me!

OSU!

Kaido Mori