

NEWSLETTER

No.256 December 2016

AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: <http://yoshinkan.info>

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November Report																																	
New members 4		Total number of adults training 52		Total number of teens & children training 40																													
Results of Getsurei Shinsa on 18th & 19th November																																	
Jun-Shodan	Wikrom Tang	8th Kyu	Thomas Wheeley	5Y7 step	Matt Carpenter																												
4th Kyu	Louis Chatfield			3Y6 step	Cameron Blake																												
	Dessy Gunawan	5Y9 step	Jason Williams	2Y7 step	Stephen Cuthbert																												
Events in December																																	
1. Getsurei Shinsa			3. This Month's Holiday of Adults' class																														
<ul style="list-style-type: none">• Training starts, Friday 2nd 7:15pm~• Steps, Friday 16th 7:15pm~• Shinsa, Saturday 17th 1:00pm~			<ul style="list-style-type: none">♦The dojo is closed from 24th to 27th, and is open on 28th & 29th, and is closed again from 30th December to 2nd of January 2017.																														
2. Children's Class Holiday through X'mas and New Year's Day			♦DECEMBER & JANUARY																														
<ul style="list-style-type: none">• No children's class will be held during school holidays. The last day of this year's children's class is on Thursday the 8th December. The first children's class in the New Year is on Saturday the 28th January 2017.			<table border="1"><thead><tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr></thead><tbody><tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr><tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr></tbody></table>			S	M	T	W	T	F	S	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7
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Paragraphs from the Demo Winners

Firstly a big thank-you to Sensei and Shuko San, who do not only provide a space for Aikido, but live and breathe a way of life (that includes Aikido training) that affects all of us who attend Yoshinkan Brisbane Dojo in such a positive way. We students are so lucky to have you both here in Brisbane.

Secondly thanks to Roland my Kyogi-enbu partner, who managed to make it to so many training sessions even though he was preparing for exams at the same time. He is a hard worker and is always open to advice and is always so humble and positive. Of course there was a part of me that wanted to win this year, but more importantly I hoped that our Aikido on demonstration day showed the true spirit of Yoshinkan Brisbane Dojo.

What you may not realise is that really the trophy I was awarded today actually goes to a majority of students at the dojo. Most of you I had trained with, practicing my kento-gata jiyu waza in the time leading up to the demonstration. Some of you gave me advice or shared your own understanding, or tested my technique or challenged me to train harder. So I thank all the Yudansha and all Aikidoka of Yoshinkan Australia (this includes Southside and Sunshine Coast Dojos).

While I have this chance, I wanted to make a call to all those who have not been able to train in a while. Some of you I do not know (as you trained before I started), some of you I trained through the white and brown belt levels with. Some of you have started since I became black belt. I ask you all to come back to training!!! The only people I have seen judging us in the dojo are ourselves, we are our own worst enemies. But as you know, in the dojo we can let go of that and focus on getting better at something physical that slowly refines our souls as well. Hope to see you all back on the mats, OSU!!!

Stephen Cuthbert

Firstly, great work everyone on the 21st Demonstration! Just from watching all the programs I am certain that everyone gave their best effort and spirit in every action which made the Embu lively and entertaining.

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This was my third demonstration that I participated at the Brisbane dojo. I was able to participate in many programs this year, and I am truly grateful for it. Thank you Matt, Sam, Cameron and Lawrence for letting me take part of your great Embu performances. Congratulations to Kaido and Murray for your Chukyu waza and Ken soho, it was a great pleasure to be part of a well-organized program.

Every year, the Embu is a nerve-racking experience for me, but this year it felt like I was in a 'good' state of nervousness. In the past, during Kyogi Embu I was so nervous to the point where I felt drained and weak when performing (緊張 Kincho). This year, I was still nervous, but with a pinch of confidence that I gained over the three years of training, I was able to pump up myself into a good state of nervousness where I was fully aware and tensioned (緊張感 Kincho-kan). As usual, the Embu went by in a flash, and most of it is a blur, but I definitely think that I was able to perform to the best of my ability this year.

Many thanks to everyone who had trained with me up until the demo. Even if it was just the Shumatsu-dosa at the end of class, I believe that every bit counts to my technique. Also, congratulations and a massive thank you to my Embu partner Stephen for all the hard training and dedication. Looking forward to competing with you next year! Lastly, thank you to Sensei and Shuko-san for this wonderful dojo that I am truly proud to be a part of.

See you all at the mats!

Osu!

Roland Thompson

I feel proud to have been able to take part in my 18th annual demonstration. Each year the level of the dojo improves as Sensei introduces a greater syllabus and the students stretch themselves to master the new techniques. This year my partner Will was performing techniques at a standard well above his rank. Particularly impressive was that I'd only taught him 3 of those techniques in the fortnight before the demo! Congratulations Will on such a fine demonstration. It just goes to prove that the dojo's level is improving as a whole that junior students are putting on such a great demonstration. I'd like to thank Sensei for continuing to have the patience to guide me through my Aikido journey. I know it must be a trial for him when I ask him to reiterate the details of a technique – just one more time! Thanks also to all of my training partners. Without you I would not be able to improve.

OSU!

Jason Williams

Demo this year was awesome! Good to see so many new students and other dojo students participating! I'd like to encourage more white belts and girls participating in weapons demonstration - it's challenging but fun! Why not to try it next year!

Thank you, Duong, for accepting the challenge of learning, training, and showing off your 110% on the day of the demo! Great job! Keep it up! Every demo, every grading, every class is still a challenge for me - it's never easy physically, mentally or psychologically. I would like to express my deepest gratitude to Sensei, Shuko-san and fellow students for giving me an opportunity to practice the art of Aikido and for all the help along the way.

Osu!

Janna Malikova

This is my first time participating in the dojo annual demonstration since my first encounter with Aikido in 2011 (with 3.5 years of skipping the training due to various reasons, mainly study, stress and somehow, laziness). At first, the thought of participating in the demo never had come across my mind until Greg (Burley) and Louis dragged me to join in one of the three demonstrating groups. I also had not had the plan to participate in the kyougi embu before Janna asked me to become her training partner.

As a first timer and a white belt, I never expected to get the trophy because I myself know clearly that both of my techniques and ukemi are really sloppy. That is why I could not believe in my own ears after hearing that Sensei and Shuko-san called out Janna and my name as one of the pairs winning the kyougi embu. It was a great honour for me to hold the trophy in my hands in front of the class members and the audiences. I am sure I will remember this moment for the rest of my life.

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I wish to express my special thank to Janna for being my training partner. Without you and your patience to fix my techniques and ukemi all the time we trained together, the trophy would have flown away to somewhere.

I would also want to send my appreciation to Greg and Louis, for continuously pushing me to participate and train diligently.

Great deals appreciated go to the contribution of Cameron, Lawrence, Dominic, Dean, Vladimir, Stephen, Adam, Jason and other black belts for their help in the jo-soho practice and correcting my mistakes in techniques.

Finally, I would like to express my deepest gratitude to Sensei and Shuko-san for your warm kindness, your teaching, your encouragements and thousands of other matters. I would have given up and could not have achieved this without your constant support. 先生、もう一度、お世話になって心を込めて どうも有り難うございます。

Osu!

Duong Thai

Firstly I would like to thank Sensei and Shuko-san for their countless hours of effort in organising the demonstration, and of course running such an incredible dojo. I would like to give a massive thanks to my kyogi enbu partner Greg Burley for putting so much time in to train. I really think it was his extra effort that came through for us on the day.

I remember reading Sensei's article the other month about how the demo was our way to push ourselves. I was wanting to use the month of practice to really help my technique in areas I felt needed work. Since most of the events are set, I was hoping to use the kyogi enbu to work on my kata-mochi jiyu-waza. That itself was a bit hard because this was to be judge by the top seniors and Sensei. I certainly didn't want to give a bad impression. Also seeing some of the other groups practicing the seemingly cooler, newer techniques there was a desire to pick something I felt more confident in. And a bit flashier as well. I stuck with this decision though, hoping it to be the best choice towards helping my overall technique.

Luckily I was helped by a lot of the seniors and having Greg there to practice so often too really helped pull it together. Seeing so many other good demonstrations on the day really makes me feel honoured for the recognition. OSU!!

Cameron Blake

Most importantly, Thank you Sensei and every Black Belt and Senior student and everyone else who I train with because I just loved the whole event and the training we all did to prepare. The whole dojo trained as often and as hard as they could physically manage during the lead-up to this day with extra days, extra sessions, come early, leave late, mo ichi do. Instructions were strict and every aspect meticulously planned by Sensei. Finally the passion and spirit from everyone from the kids and first timers, to 5th dans and Sensei filled that Sommerville Hall. All this is essential for demo day to be the best it can be and when you get to my age being part of this lets you feel 10 (if not 20 years younger).

So I am very grateful for that feeling and experience but to also win an award is a huge bonus particularly when every pair gave it their all and many an awesome performance missed the podium. While it takes two to kogi enbu, my partner Cameron was exceptional and I reckon he made all the difference from us showing another good performance to taking the judges vote. The passion and ki he blended in each uke attack inspired me to sharper technique (or wear a punch) and when Cameron took over as Shitei I was mesmerised by his harmony, focus and power, (but I did have the best seat in the house for that part). Thanks Cameron!

Osu!

Greg Burley

I began my Aikido journey way back in 1998. It didn't take very long for it to become a major factor in my life. This is something that many practitioners can attest to. In 2003 life took me on a different direction that

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moved away from Aikido. It wasn't until 2015 at the Sunshine Coast Yoshinkan Dojo where I reintroduced myself to Aikido and The Mat. The Mat was very happy to see me again. However, my body now a bit older was not so happy to be seeing it. I was under no illusion that it was going to be easy, for this was the very reason why I returned. To cultivate spirit. I now look on Aikido with what they call the beginners mind. Everything has become fresh and new once again. Since the demonstration in Brisbane I realise I have yet again been fortunate in finding quality instruction and quality people with which to enjoy the practice of Aikido.

Osu!

John de Vries

"Community", a collaboration of people with similar interests and beliefs. A community grows off the people who it contains, by people giving to the community, the community gives back to them. This is what the Aikido dojo truly is.

When I started my Aikido journey at the Aikido Yoshinkan Sunshine Coast dojo there was about Five students including myself. But during class on average there was about 2-3 students and although the numbers may have been low the students and Sensei stuck to it and soon the dojo grew. With more beginners and students from previous dojos, the dojo was not only growing as a dojo but also as a community. We were and are doing events together such as catching up for a birthday or having a nice barbecue at the beach. Many of my friends I have now wouldn't be possible without Aikido.

Aikido has taught me that many challenges in the dojo and real life present themselves as physical but we face them mentally and this is where the Aikido spirit is most important. Whether these challenges are an upcoming grading, school or anything else our Aikido spirit will always aid us. Because even if we leave Aikido physically we always still have our Aikido spirit and of course our community.

Osu,

Jacob Holloway

Spirit, courage, enthusiasm, accuracy and precision are all things aikido involves. Aikido is like a giant family, the students and myself are all self confident people who respect every individual aikido member. You don't train just to improve yourself, you train all together and you help each other. My uncle (Darren Holloway) and my brother (Jacob Holloway) started before me and that's how I got intrigued. It started off with my uncle who had been doing aikido and my brother got interested in it so he started watching some classes. Then he started. After school he would get ready and we would leave for aikido (Sunshine Coast Dojo) and I would come and watch the end of his class. A couple of years later I tried out a class and really loved it. What I loved about it was everything. Now I go to train with them and all the other students at the dojo. Aikido has taught me many things that I have accomplished and I have appreciated everything we have learnt, a big thanks to Sensei Ryan.

Osu,

Kayla Holloway

The four Sunshine Coast participants had a beaming smile from ear to ear as they received their trophy. I could feel my family's happiness from the grandstand. I was honoured to meet the incredibly talented Brisbane Sensei. I was so pleased to receive the award after weeks and weeks of training at our Dojo and also to have received the prize with some really motivating friends. I was blown away by how incredible the Brisbane kids were. It's great to know that in the next generation Aikido will still be a practiced sport. I am really proud of everyone's effort on the day and think that we are all winners.

Osu!

Amelia Mildner. (Aged 11)