

NEWSLETTER

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AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: yoshinkan.info Facebook: [facebook.com/BrisbaneYoshinkanAikido/](https://www.facebook.com/BrisbaneYoshinkanAikido/) Twitter: twitter.com/YoshinkanAikido

July Report					
New members 8		Total number of adults training 61		Total number of children training 40	
Results of Getsurei Shinsa on 28th & 29th					
6th Kyu	Ana Cuthbert	2Y10 step	Stephen Cuthbert	S1 step	Lily Crampton
8th Kyu	Ishika Gupta	2Y9 step	Andrew Crampton		
9th Kyu	Tfer Newsome	2Y5 step	Roland Thompson		
Events in August					
<u>1. 22ND ANNUAL DEMONSTRATION ON SUNDAY THE 27TH</u>			<u>2. Adults' Rehearsal for the demo</u>		
♦ 11.30am Start packing up at the dojo			♦ 26 th August Saturday 1:00pm~ at the Dojo		
♦ 12.00pm Start setting up at the venue			♦ Everyone is expected to attend the rehearsal.		
♦ 12:30pm Children's Rehearsal			♦ Please note that there is no rehearsal on the demo day at the venue.		
♦ 12:30pm Doors open			<u>3. Children's Rehearsal for the demo</u>		
♦ 1:00 ~ 3:30pm The 22 nd Demonstration			♦ 26 th August, Saturday 10:00am~ at the Dojo		
♦ 3:30pm Awarding ceremony and taking a photo			<u>4. This Month's Holiday</u>		
♦ 3:45pm Remove all the mats and clear the venue by 4.00pm.			♦ Dojo's Holiday: 28th Monday & 29th Tuesday		
♦ 6.00pm Dinner Party					

Sharing the feeling of Black belts

Shodan

Japanese Bushi-do and martial arts in general have concept of developing our spirit, soul, mind and body. But have you ever thought what martial arts give us in an everyday life? How do they change us? How is Aikido changing our worldview? People come to the world of martial arts and in particular to Aikido for various reasons. Some come because they want to become more stronger and be able stand up for themselves. So there is never any more shame and vexation from being unable to give a worthy rebuff to an offender. Others come to improve their physical condition and self-awareness, and "to combine useful with pleasant" as we say that in Russian. Some come to gain self-confidence. Some, more often children, brought by force, to ensure that they one day would be able to stand up for themselves and their loved ones.

But in essence I think that in one way or another people initially come to the martial arts to win. Whether it is a victory over public perception or the victory over a possible offender. But later in the process of progressing along the path of studying martial arts, the goals for which we are engaged are beginning to change.

Imagine that you instantly, as if by magic, have reached the level of skill that you wished to have when you came to dojo. That now in general you can already defeat any foe, your body has reached perfection and you are in an ideal physical shape, which no longer needs to be supported by grueling training. You have achieved perfection in the technique you wanted to have when you came to practice. The level you always dreamed to have. What is next? After all, the goal that you set for yourself has already been achieved and you might seem to stop. And if you are comfortable with this idea, then you can start planning your life further. In a way, how long will it take for you to reach such a level and what you will do after that. But if the very thought of this causes your soul to anguish, then your worldview and goals have changed. And most importantly, your opponent has changed. The one which you want to win. You have a new opponent and this opponent is you. After all, this is the only worthy opponent of you. The opponent appeared when you started the process of self-discovery through self-improvement. An opponent born in you during your first grading, and perhaps a little earlier, during your first class, when you came to dojo. The fighter in you had turned to a warrior. The fighter can have perfect marshal art skills, but eventually he will lose the battle. Just because the fighter will

NEWSLETTER

get old and lose the power he used to have. Since he always fights against the external foe. Warrior on the other hand may have many battles, but in essence they are just a way of self-improvement. Warrior can win for ever. But I write about this next time. Because I am not going to stop on Shodan and therefore looking forward for further writing.

I look at many fellow students engaged in Aikido, some just beginning and passing their first grading others reached a high level. They share their impressions, how they felt nervous and sometimes stressed before the gradings and how well it all turned out. But there is always some regret about what could be done better, more beautifully, more elegantly. And from there is the only one step to understanding what exactly we improve through martial arts in the first place. We improve our soul. We learn to embody the laws of the universe through the motion of the soul embodied in our body. But how our soul manifests itself through our body? Our soul becomes apparent in our body as a source of its motion. Our soul is a source of motion of our bodies, and therefore our soul is visible in a way our bodies move. That is why true self-knowledge inevitably comes to the study of motion which is available for us only as motion of our body. It makes sense to note that I do not use term movement in relation to the soul and body movement. Because movement seems to me is more related to the mechanical world such as movement of gears of a clock or transfer of an object from one point in the space to another.

In the light of motion we can take a good look at that ocean of power that opens inside us during the grading. We feel this ocean when we do all movements right and realize that we actually remember all techniques and demonstrate them at an appropriate level of correctness of our motions. This is the moment when we accept ourselves, the moment of unity with Uke, unity with the universe. The law of the universe is acceptance and broadening to the unknowable. It is driven by our spirit showing the direction and conducted by our soul as spirit's receptacle and embodied through our body motion. Just recollect how you as Uke accept the movements of Shite helping Shite to perform the technique. However it is performed by Shite-Uke in paired connection. That is why Uke must attack properly to let Shite execute technique against an opponent who is using the same principles that Shite is using. Kuzushi is not about hugging it is about braking the balance and starting the unknowable on a limited scale.

By stepping into the unknown at the grading, we expand our borders and merge them with the universe. And we obtain another victory over ourselves. We make the next step on the endless path of self-improvement. As we move along this path, during every grading we learn better and better to connect to the ocean of the force that reveals in and around us. We learn how to become a whole with the universe. Over time, we no longer pant or puff and feel tired after the grading as it used to be in the beginning of our path. Of course, our physical shape also improves, it is an integral part of self-improvement. But in essence, due to the increasing ability to embody precisely our soul movements through our body movements, we find that we feel ourselves more easily connected as we improve our ability to enter into the state of unity with the strength surrounding us. Probably comprehension of this is the most valuable thing I obtained from the gradings.

Turning from fighter to warrior in a daily life means that we stop to percept external world and people around us whatever this is at work or at university or at home from fighter's world view who is always fighting with an external foe. Now we apprehend everything around us, our whole life as a way of self-perfection. The magic of harmony, acceptance and broadening to the unknowable which works during gradings works absolutely the same way for everything else in our life. And martial art as a method of self-knowledge becomes our way of life. We just apply Shite-Uke in paired connection approach to day to day situations. The same way as we think over and analyze nuances and features of different techniques, which we seemingly repeated many and many times we began to think over and analyze everyday life situations from the point of harmony and acceptance and life's natural flow.

Osu,

Viktor Ovcharenko