

NEWSLETTER

No.252 August 2016

AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: <http://yoshinkan.info>

Facebook: <http://bit.ly/dojofb>

Twitter: <http://twitter.com/YoshinkanAikido>

July Report					
New members 4		Total number of adults training 55		Total number of children training 38	
Results of Getsurei Shinsa on 29th & 30th July					
4th Kyu	William Kitchin	7th Kyu	Louis Chatfield	5Y8 step	Jason Williams
6th Kyu	Greg Burley	9th Kyu	Sanae MacPhail	S5 step	Wikrom Tang
	Dessy Gunawan			S4 step	Viktor Ovcharenko
Events in August					
1. Self-defence Class & Demonstration					
<ul style="list-style-type: none">• Self-defence class; Saturday, 27th 1:00pm~2:30pm• This class is not for public but only for the members.• Everyone who wishes to participate in the self-defence class needs to register at the counter with \$20 cash participation fee. (will be used for BBQ party and drinks)• BBQ Party will be held after the demo and everyone including your family and friends are welcome to join us.• Demonstration; 2:45pm~• All of the black belts and Mori Sensei will display their demonstrations after the class. You can invite your family and friends for the demonstration.					
2. Getsurei Shinsa					
<ul style="list-style-type: none">• Training starts, Friday 12th 7:15pm~• Steps, Friday 19th 7:15pm~• Shinsa, Saturday 20th 1:00pm~					
3. This Month's Holiday					
<ul style="list-style-type: none">• Dojo's Holiday: Monday 29th August					

Sharing the feeling of Black Belts

Shodan

I spent a long time wondering what I would write when Sensei first mentioned I would need to put pen to paper after the grading. One day as I was entering the dojo I heard the sounds of laughter coming down the hallway from the mats. I realised at that point that Aikido Yoshinkan Brisbane Dojo is a very special place. First there is the building as the physical manifestation. It is clean, organised and well cared for. It is both functional and at once recognisable as a bastion of Japanese culture.

Secondly, there is the training program that Sensei Mori has developed over the years. Based on the best of his training in Japan, it is constantly being improved and adapted to work in Australia.

Finally the students training in the dojo. These are a wide mixture of people who are all working hard on their own personal journey in Aikido. Even so everyone I have met is welcoming and supportive. They have always offered advice and taken the time to help me improve my Aikido without judgment or frustration no matter how long I have taken to figure out the current technique.

The laughter I heard was the sound of people preparing to train both physically and mentally to the best of their abilities and beyond, knowing they were doing so, not on their own but, with the support of the whole dojo.

My personal journey has been a real challenge. Physically it has taken me a long time to gain the endurance to cope with what the training has demanded of me. Mentally every grading has been a challenge but I have welcomed the focus they brought to the training. While it can be a struggle, initially, to learn all the names of the techniques, the breadth of them make it easier to see the connections and principles behind what we are learning.

Sensei asked me a few days before if I was confident about my shodan grading I had to think. Truthfully the answer is no, I am never confident about my gradings.

As a white belt I would feel overwhelmed by the how much there was to learn. As a brown belt I was starting to feel I was getting the hang of the list of techniques. Now as I reflect on my training for black belt I do feel I am finally at the point where I know enough to start learning Aikido. It is fascinating how much more I am seeing in Sensei's demonstrations of techniques, even in the beginner classes.

NEWSLETTER

The past two years have taken a lot of support from many people. My wife, Christine, who has encouraged and always helped make the time for me to get to training, especially on the days when I have struggled. Charlotte and Lily for joining me and letting me be the proud dad.

Sensei for sharing his knowledge and expertise and providing such a wonderful place to train. Thank you also for all the interesting things you have written over the years in the newsletters. I know that they are read and discussed around our dinner table each month. Shuko for always welcoming us with a smile and some interesting discussions on various fantasy novels.

All the shites and ukes I have trained with. I know I have learned something from everyone of you. Thanks especially Cameron, Kaido, Stephen and Dominic for the extra effort as I have prepared for this grading.

OSU

Andrew Crampton

Shodan

It has been two and a half years since I started training at the Brisbane dojo, and ten years since I actually started Aikido. I took a break for three years when I moved to Toowoomba in 2011, but I can definitely say that Aikido became a major part of my life now.

It all started when my brother and I were brought along to a gasshuku (training camp) ran by my old dojo, Roppongi Yoshinkan Dojo, in Japan. As a kid, it was all mucking around, and if it wasn't that, it was getting scolded by my instructors for mucking around. Having my dad (Roland Thompson... yes I am Roland Jnr) as my instructor didn't help at all.

Since the camp, my dad took us along to class on every Saturday. We couldn't do much as kids, so it was a lot of Kihon-dosa and some simple techniques. It wasn't until I was a teenager when I started properly training with adults.

Honestly, it wasn't pleasant at first. Since it was a small dojo, my dad used to join in and do the training with us, instead of just teaching. Just like Mori sensei, my dad used to train at the Honbu Dojo. He went through the Senshusei course and became a Shido-in (instructor) for later courses. Being uke for him was simply terrifying, especially back when I was a brand new white belt. His experience and the sheer amount of strength made up a very powerful technique and an agonized uke. The fact that I had to get up at 5:30AM for my weekday trainings didn't help either.

However, I kept at it (my dad wouldn't let me quit) until I left Japan. There were no dojos in Toowoomba, so I stopped Aikido until I graduated. When I moved to Brisbane, I heard that there was a dojo, so I signed up for fitness and here I am after two years. By this point I am glad my dad made me start aikido as I learnt a lot through training. Not just techniques, but perseverance as well.

Now that I had a chance to reflect on my past training, I became very appreciative of everyone I have trained with up until now. I really think that both the Brisbane dojo and the Roppongi dojo had a welcoming environment, and everyone was eager to help. Every training and every technique I did stacked up to what I am now, and the helpfulness of the people I have trained with made the experience much more rewarding.

Again, thank you to everyone in the dojo for training with me! I hope to keep training and improving at the Brisbane dojo, and I also hope that I can help everyone with their training as well.

OSU

Roland Thompson