

NEWSLETTER



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AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: <http://yoshinkan.info>

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May Report

New members 3 Total number of adults training 59 Total number of children training 44

Results of Getsurei Shinsa on 22nd & 23rd May

Jun-Yondan	Ryan Slavin	6 th Kyu	Vaughan Gray	4Y8 step	Kaido Mori
	Lawrence Monforte	8 th Kyu	Dimitrios Vagenas	4Y1 step	Lee Stemm
5 th Kyu	Neale Windress		Makrina Totsika	S1 step	Kent Windress
	Thomas Gilbert	9 th Kyu	Brittany Coleman		
	Charlotte Crampton				

Events in June

1. Sogo Shinsa

- Training starts, Friday 12th 7:15pm~
- Steps, Friday 26th 7:15pm~
- Shinsa, Saturday 27th 1:00pm~

2. This Month's Holiday

- Queen's Birthday – Monday 8th
- Dojo's Holiday – Monday 29th

Coffee Break

My secret formula for joints and bones

I hear people have trouble with their joints as they get older and students sometimes ask me if I have some special recipe for my youth and strength. Well, my intention for this article is only to share my unique formula for joints and bones in a casual article, for those who have reached the middle-age group. So, please excuse me for not writing anything thrilling or related with Aikido directly.

When I turned forty I was somehow excited that I was entering into an unknown world, to be a mature man in full bloom. I do not know why, but I just expected there was something amazing lying ahead.

One day, around that time, when I had a guest from Japan, I took him to a local pub. As I did not usually go out drinking at all, I was not used to the pub and I was unfamiliar to the bouncers there. They were young boys to my eyes, only in their twenties, blocking my way in. I, at that time, but **not now**, had a short temper and I was offended. I glared at them unpleasantly for their rudeness. One of them asked me to show my ID cheerfully with a smile, ignoring my bad mood. Although I was aware that something about my looks appears to be suspicious as I often get checked and questioned intensely at international airports, I did not believe my appearance was bad, knowing I am a good man. So, I decided my hair style was to be blamed. You know, most of the Chinese mafia in Hollywood movies have ponytails.

I surrendered my driver's licence grudgingly to the young guy. He looked hard at it and let out a small cry of surprise followed by a whisper of "cool." Then he showed it to the other guy saying; "He is forty." Here, I realised they were checking on my age and I could not believe they judged a quite-obvious-middle-aged-man to be under 25 years old (I learnt afterwards that bouncers need to check people if they looked under the age of twenty-five.) But then, before I knew it, my mouth said "cool" too. I was actually feeling happy that I was mistaken to be so much younger. Well, when I was actually younger I wanted to look older because I felt I was downgraded if I looked younger. This time, however, I was feeling good about being mistaken, which meant I truly passed beyond a threshold of being old. The fight against physical deterioration with aging began.

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Although I appeared to be younger to those general people I could not hide the reality of aging from the eyes of my honest wife. She stared at my face one day and said politely, “Skin blotches are getting worse on your face.” I usually do not look at my face with care like women do but I picked up a mirror after hearing my loving wife’s words and looked at it tentatively. Surely, she was right. My face was much messier with dirty marks and wrinkles. Well, listen to me young fellows, “Put your sunscreen on!” Though my older face gave me a slight shock, it did not matter as an Aikido-ka. The real issue with aging was the deterioration of physical strength and capacity.

Most of professional athletes and sports players retire after forty. I did not want to retire or did not need to retire as Aikido offers me an even greater possibility to keep developing it, as I age. My goal was/is to reach the utmost level that my Master of Aikido demonstrated where he performed the art freely without limit, even after the age of seventy. For that reason I had to do something to maintain my physical capacity. I tried various exercises and concluded jogging was the easiest and best for the maintenance of overall body condition. Jogging was my least favourite activity that I would rather have avoided, yet I felt it was essential to maintain a long-lasting Aikido life. To maximise the effect of jogging and to minimise the time of jogging I chose to put an extra burden by wearing layers of gear – several long t-shirts, long pants and boxer’s sauna-suits, even in summer. I lose 1.5kg from sweating after only 5km of running. Because of the heavy stream of sweat, I wear a bandana around my head and to hide my vacant gaze, I wear sunglasses. Every time I am dressed in this gear when leaving home, my honest wife stares at me in amazement, saying “new style,” which means I look psycho...

Though I did not like jogging, I appreciated my healthy and sound body when I heard a Japanese actor of the same age saying on a TV show that his knees and ankles are too painful to run, even though he loved jogging and wanted to run. I actually endured a certain time, around the age of forty, when I had pain in my joints too, especially my wrists, whenever I did push-ups. So, I took calcium supplements to reinforce my bones and glucosamine for my joints, but there was not much improvement.

Then I remembered that the ramen shop I used to go when I lived in Japan featured a special egg noodle, which had eggshell powder blended in for the intake of calcium and to harden the texture of the noodle. My family consumed quite a few eggs in our diet and we had lots of eggshells going to waste. I experimented with various ways to consume eggshells and I found that this is the best way to prepare them; Wash the outside of the shells well before cracking them to use for cooking and rinse the inside of the eggshells without losing the membranes. Dry them at room temperature and then heat them up in the microwave to dry them completely and kill any bacteria. Grind the shells in a coffee grinder into powder and keep it in the fridge. After I began taking two tea spoons of the powder with milk every morning, I noticed the difference in my body in a month –the joint aches had gone. Later, I found out that eggshell membranes contained glucosamine and are used in naturopathy. Well, I have been taking the powder everyday for the last nine years and I haven’t suffered any joint pains since. Anyone who suffers from joint ache due to aging and is keen to experiment on something new, is welcome to share in my secret recipe.

Thank you for putting up with my boring story. I wish all the middle-aged mature people to enjoy a satisfying and healthy long life.

Osu,

Michiharu Mori