

NEWSLETTER



No. 123 November 2005

AIKIDO YOSHINKAN BRISBANE DOJO

Report of October

New members 3

Total number of adults training 69

Total number of children training 70

Results of children's grading tests on 15th October

<u>4th Kyu</u>	Marek Coleman	<u>7th Kyu</u>	Hamish McDonald	<u>8th Kyu</u>	Luke Economidis
<u>5th Kyu</u>	Melissa Pope		Lucy Davis	<u>9th Kyu</u>	Louis Hanley
	Alexander Hanley		Kazahn Lopez		Elliana Kelly
	Tim Pope		Sam Porter		Phyllia Holna
	Michael Austin		Ben Macmahon		Adrian Yvanoff
	Isobella Austin		Nick Lewis		Ellen Economidis
<u>6th Kyu</u>	Beth-Leeander Coleman		Amanda Terry		Hisanao Komoto
	Brittany Coleman		Luke-George Holna		Alex Sargent
	Lainey Neucom		Sam Holna		Medhavi Praphakorn
<u>7th Kyu</u>	Jasper Garland-Fyfe		Julian Ladd		Parangana Narula
	Ashleigh McGregor		Jesse Coyne		Anita Lim
	Anthony Gillespie		Theo Carney		Selina Lim
	James Gillespie	<u>8th Kyu</u>	Nathaniel Kelly		Charlie Murray
	Taher Sadeghian		Lydia Terry		Jorji Murray

Results of Getsurei Shinsa on 22nd October

<u>Jun-Shodan</u>	Myles Frost	<u>9th Kyu</u>	Mark Coleman	<u>3Y5 step</u>	Evan Chapman
<u>Jun-3rd Kyu</u>	Sharon Lam		Stewart Winestein	<u>3Y4 step</u>	Matthew Watson
<u>4th Kyu</u>	Adrian Stuart		Tony Schmidt	<u>2Y10 step</u>	Shelly Hope
<u>5th Kyu</u>	Greg Smith		Narelle Smith	<u>2Y3 step</u>	Eagle Kao
	Danika Royle		Jim Stanley		Paul te Braak
<u>6th Kyu</u>	Manfred Beyrer	<u>4Y10 step</u>	Brendan Stuart	<u>2Y2 step</u>	Greg Dickenson
	Greg Scanlon	<u>4Y9 step</u>	Richard Diehm	<u>S3 step</u>	Greg Beerling
<u>8th Kyu</u>	Kim Fields	<u>4Y7 step</u>	Emmanuel Economidis		Matt Carpenter
	Liam Thompson	<u>4Y2 step</u>	Frank Barletta	<u>S1 step</u>	Chris Neucom

Events in November

1. Self-defence Class & Demonstration

Self-defence class; Saturday, 26th November

1:00pm~2:30pm

- The class is not for public but only for the members.
- Although there is no class fee, students' fund is collecting some money for the BBQ party held after the demonstration.
- BBQ Party will be held after the demonstration and everyone including your family and friends are welcome to join us.

Demonstration; 3:00pm~

- 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

- ♦ 19th November, Saturday 1:00pm~
- ♦ Shinsa training starts on 12th Saturday

3. This Month's Holiday

- ♦ Dojo's Holiday 28th November, Monday

Sharing the feeling of Black Belts

Once my friends asked me how long am I going to practice Aikido for. That question came as a surprise to me, as I had never in my mind thought about it. The only response I can give at that time was, "don't know, we'll see..."

The night after my nidan grading, that question came popping back in my head. How long do I plan to practice Aikido for?

If I just want to get a black belt, then I would have quit a while ago, since the colour of your belt doesn't change after shodan. Perhaps I wanted to stay until my skill level was good enough? But what's good enough?



I remember when I first began training, I always thought, “I should be pretty good by the time I get to shodan, provided I kept on training”. By the time I put on my black belt, the thought became, “I still feel very much like a beginner, since everything still seemed rather difficult to me and everyday I was learning new stuff, but I should be pretty good by the time I get to nidan.” Now I’ve finished my nidan grading, I’m thinking, “Maybe I’ll be good by sandan”.....

But at this stage, I kind of realised that I’ll never be “good enough”. It seems that the more you know, the broader is your perspective, and you find out there’s even more you want to learn.

So I let go of the thought that I would be “good enough” by whatever dan and just be content that provided I don’t stop training, I will be better tomorrow than I am today. And I will be better the day after than I will be tomorrow, and so on... Hope this process lasts forever.

Finally I would like to thank Sensei and everyone who trained with me. See you all on the mats.

OSU

Albert Lu

This time I thought that I would keep my article short. Though I suppose I could write 2-3 pages and still be considered brief in relation to Jason E’s last “War and Peace” article ☺ Each time I am asked to write an article I always start thinking of Aikido philosophy. But this time I thought that I would steer clear of that and tell some stories about our trip to Japan.

My first story starts in a Tokyo shopping centre on our first evening. Once we had checked into the hotel and freshened up, we decided that it was time to go in search of food. We walked to the nearby “Sun City” shopping centre. It was a huge building with literally thousands of shops. Our arrival was late at night and accordingly most places were closed. We wandered around and eventually came to a small restaurant which had the traditional Japanese curtains across the doorway (similar to the ones on the dojo doorways) and a vending machine out front. Of course we had no idea of local custom and so we proceeded to stand there looking at the plastic models of the food inside until our hunger got the better of us and we decided to enter. At this point the Japanese manager came to the door and pointed to the vending machine. Being that I was the hungriest (and possibly the most foolish) I decided to be the first to order my meal. So I looked at the little pictures and decided on number 3. I then saw buttons to the right labelled 1,2,3 etc. So I proceeded to select the 3 button. At this point nothing happened. I stood there looking at the machine and then to the guy. He in turn pointed to the left side where the images of the food were and I (eventually) came to the realization that I could press the actual image to order that item. So completely forgetting my previous actions I pressed the image of the meal I wanted. Of course (and I’m sure you can guess where this is going) the machine started spitting out tickets...1....2....3. Luckily my friend Mick was going to have the same meal. They were big meals too – I only made it half way through the second bowl!

The following evening (after a full day of sightseeing) the group went to a local restaurant. The food was great. I tried some great sashimi (raw fish) and enjoyed it a lot. But as we had arrived later in the evening the restaurant had run out of a few menu items. Feeling a little peckish after a long day of walking Mick and Dave decided that they would require further sustenance. They looked at the menu and decided on the item labeled “Big Fish”. Well after a short wait their prize was delivered – and it did live up to the title (see the photo).



Japan 2005 Photo Album at:

<http://community.webshots.com/album/467013776thNnyr>

Finally I'd like to conclude by saying that although my usual holiday would be focused mainly on natural beauty (mountains & forests etc), I found that my Japan experience was refreshingly different. The main things I found in Japan (other than the abundance of Neon in Shinjuku) were the people. There was millions and millions of people. But this wasn't intimidating as you might expect. The Japanese people were very polite, respectful, extremely helpful and above all you felt very safe to walk the streets. This was terrific since I've been to Europe where you have to be very careful of pickpockets etc.

Thank you's

Before I sign off, I'd just like to say a few quick thank-you's: Firstly to the Economidis boys for their efforts in preparing me for my Sandan grading. Frequently they would give up the opportunity to do techniques in favour of taking my uke or teaching. Thanks again.

Thanks also to Tamaki and Brent for organizing the accommodation in Japan. We all found it excellent and cheap!!

Finally I'd like to thank Sensei for the opportunity to take his uke in the 50th Annual demonstration and for his tireless efforts in "pounding" me into shape for a better uke.

OSU

Jason Williams



AIKI SOKU SEIKATSU IN 2005

In September 2003 I was awarded the rank of Nidan. In the newsletter article I wrote, I discussed the fundamental principle of *Aiki soku seikatsu*, meaning **Aikido and life are one**. Two years have passed and I hold the rank of Sandan. What does this principle mean to me now?

Firstly, it means looking after one's uke. Without uke, it is impossible to practice Aikido. I witnessed a number of instances at the 50th Honbu Dojo demonstration of uke being mistreated by some very high ranking shite. By 'mistreatment' I mean deliberate abuse, not just hard technique. Fortunately, I have seen very little of this in the Brisbane dojo. We must always remember that uke has offered their body for shite to practice Aikido techniques on. The degree of hardness practiced upon uke depends on the skill level of uke, but blatant abuse is not in my view Aikido. In my experience, where there is a high level of harmony between shite and uke, hard and fast techniques may be safely performed without fear of injury. Similarly in life, one must endeavour to treat other people with the same kind of respect. Conflicts arise through selfishness. Shioda Gozo Sensei wrote that Aikido's ultimate technique is the ability to be at peace with your opponent by inducing him to abandon his animosity toward you. I believe that we can all start to work toward attaining this very high ideal by simply taking care of our uke when



we train.

I have also learnt a little about acting naturally. By this I mean adhering to the natural rhythm of things. This has something to do with abandoning one's ego, and letting go of pre-conceived ideas. This is called *mushin* in Japanese. I first began to attain this state of 'no-mind' this year during 3rd class jiyu waza practice with Mori Sensei, which I have had the privilege of undertaking for 3 years now. Aside from dramatically improving my ukemi and my own jiyu waza, I have learnt (sometimes the hard way) that to be an effective uke for Sensei and to avoid injury, it is vital to flow with him. If I anticipate his technique my timing suffers, or Sensei will feel my anticipation and changes his technique at the last moment. In either case, I run the risk of poor ukemi and therefore injury. The best thing in the end is to empty the mind, relax and happily receive each technique. This way, I can better feel the natural rhythm of the jiyu waza, and we can perform very fast and hard jiyu waza together without injury. In fact, it is a very enjoyable experience and something I look forward to greatly each night I train. The others that participate will agree I'm sure.

Aikido training has also led to an increased sensitivity. I can sometimes sense Sensei's mood or feeling by the manner in which he performs jiyu waza. Shioda Gozo spoke of the same thing when he was uke for Ueshiba Sensei. Now I begin to understand what he was writing about. It sounds very mysterious I realise, but when we experience *mushin*, all of our senses become very alert. This sensitivity is important in daily life. Being able to perceive the feelings of other people allows me to harmonise with them and therefore avoid conflict, which is after all what Aikido and life are all about.

These things are what *Aiki soku seikatsu* means to me now.

In closing, I would like to thank all Aikido-ka in our dojo for training hard and with such excellent spirit (especially the Japan tour group). In particular, I offer my deep gratitude to my good friends and fellow Yudansha, Jason E and Emmanuel, Brendan, Richard and Miki, Jason W and Doug. I also offer sincere thanks and congratulations to Mori Sensei and Shukosan for your 10th year in Brisbane, and for building such a great dojo.

Osu!

Brent Weston