



Report of November

New members 5 Total number of adults training 74 Total number of children training 67

Results of Getsurei Shinsa on 19th November

<u>Jun-3rd Kyu</u>	Layla Harrington	<u>8th Kyu</u>	Jim Stanley	<u>2Y11 step</u>	Shelly Hope
	Adrian Stuart		Paul Stuart	<u>2Y5 step</u>	Vladislav NeklyaeV
	Aaron Stewart		Mark Coleman		Sam Gray
<u>4th Kyu</u>	Amy Hughes	<u>9th Kyu</u>	John Holden	<u>2Y4 step</u>	Paul te Braak
	Greg Smith		Matthew Colin Davis	<u>S4 step</u>	Matt Carpenter
<u>5th Kyu</u>	Mark Davies	<u>4Y11 step</u>	Brendan Stuart	<u>S3 step</u>	Kanako Yamaguchi
	Manfred Beyrer	<u>3Y5 step</u>	Matthew Watson	<u>S2 step</u>	Lloyd Gainey
	Greg Scanlon	<u>3Y2 step</u>	Douglas Buchanan	<u>S1 step</u>	Mark Wilton
		<u>3Y1 step</u>	Albert Lu		

Events in December

1. Sogo Shinsa

- ♦ Saturday, 17th 1:00pm~
- ♦ Shinsa training starts from 3rd Saturday.

2. Kids Class Holiday

- ♦ No kids class will be held for the last two weeks in December and for the first two week of January. The last day of this year's children's class is on 17th December (Saturday). The first class in the new year is on 19th January, 2006 (Thursday).

3. This Month's Holiday of Adults' class

- ♦ The dojo is closed from 24th- 27th, is open on 28th-30th but no lunch time classes, and is closed again 31st - 2nd of January.

♦ DECEMBER & JANUARY

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

A bit of knowledge for Aikido

The genuine Aikido technique

It is almost impossible to explain what is the genuine Aikido technique whenever I am questioned about what Aikido can truly do. Then I feel disappointed that I cannot provide enough information for those asking the questions. The joint locks like Kote-gaeshi or Sankajo that are very well known as typical Aikido techniques are not the genuine Aikido techniques. Even for people who have started Aikido training it takes quite some years until they can really experience the genuine Aikido and I feel very sorry for those people who quit before they actually experience it.

Myself, it took me about three years, including even one year of the Senshusei course (Uchi-deshi and Riot Policemen only), until I first experienced the genuine, marvellous technique. You know, once you have experienced this, you will never be able to stop training Aikido, as you cannot help yourself pursuing the sensation of what you felt to achieve the feeling yourself. Here, I would like to share my first exposure to the genuine Aikido world.

It was during the black belts class that was held once a week and taught directly by Kancho Sensei (Master Gozo Shioda), when I was around 22 or 23 years old. Kancho Sensei came and asked me to do Yonkanjo on him. A disciple giving a technique to his master never usually happens in the ancient Japanese tradition. I hesitated of course, as it was the rudest thing to do to my own master but because it was the order of my master to do the Yonkajo on him, I grabbed both his wrists and applied the technique tentatively. Although I hesitated at the beginning, when I saw Kancho Sensei start to become wobbly after several tries, the disciple was getting carried away. Thinking this kind of chance may never come again, I dropped my whole concentrated strength on his two thin wrists. At the same moment I thought my best Yonkajo got him down and I believed I would be praised by him for me being so powerful. The next moment I saw my toes that were supposed to be firmly planted on the ground. My back was severely knocked down to the ground instead of my toes being there at that moment. I got up on my feet instantly, which was the way my body was trained, but without understanding what happened at all. As soon as I got up, without being given any time to think what happened, Kancho Sensei let me grab his wrists again. I locked his wrists with my whole power again and received the same result, being bounced off backwards badly. We repeated the same thing, maybe for four or five times. I was surprised to find myself feeling so good even though I was falling



quite heavily from my back. The sense of wonder and pleasurable sensation from being sent flying in total harmony with my concentrated strength was beyond words. This is it! This is the real Aikido!, I thought, the extreme harmony and the ultimate technique.

Since this day, I was allowed to take uke for Kancho Sensei and that gave me more opportunities to feel these marvellous, wondrous and ultimate Aikido techniques. That means I was privileged to learn the best techniques in the world; the techniques make you so delighted to be thrown and make you so grateful to be getting slammed hard.

Around this time I started to experience more of those genuine Aikido techniques. I had heard a legendary story from my senior uchi-deshis which I also knew from reading a book written by Kancho Sensei. That was about an episode of a technique that I have always desired fervently to watch or experience even once while Kancho Sensei was still alive.

It was at the beginning of Yoshinkan when Kancho Sensei's name started to spread around Japanese martial arts fields as a distinguished martial artist, and because of that various martial artists from different styles visited the Yoshinkan Headquarters. The purpose of visitors was for various reasons; some came to simply see Kancho Sensei's techniques, some came to learn under him and some came to challenge him. One day, among many visitors, a Sensei of Shorinji Kempo (Japanese modern martial art made by mixture of Karate and Aikido) literally came to challenge Kancho Sensei.

He was questioning Kancho Sensei that Aikido seemed to work well against grabbing's but how could Aikido handle powerful punches. And as he was saying so, he threw a Shomen-zuki into Kancho Sensei's upper body heavily without hesitation. At the instant he pulled his right fist to concentrate his whole power into it, Kancho Sensei closed the interval and wrapped around Kempo-ka's right fist with his left hand with superb timing that became a solid wall. As a result Kempo-ka's most powerful punch was thrown into the wall that bounced back on him and he flew away backwards. (I hope that readers can understand the situation clearly from my poor descriptions.) Kancho Sensei did not even block the punch nor killed the power of it but maximised its own power to return it back in a flash by concentrating his power on the fist. Kancho Sensei did not beat the opponent but just returned his own attack as it was, not more, not less with exquisite harmony. I am getting excited by just writing about this technique. I wonder if I would ever be able to do this kind of technique, even if I devoted myself to my training diligently for ever.

Greater than all above, Kancho Sensei's atmosphere and expression were so genial and pleasantly refreshing without an inch of aggression, the Kempo-ka was deeply impressed with Kancho Sensei's technique. He enjoyed chatting with Kancho Sensei and left the Headquarters happily.

When we start training Aikido, we start with basic movements and techniques, which are simply physical. The two techniques I've introduced in this article are both perfectly physically harmonised. What is great about Kancho Sensei's techniques is that they are all perfectly harmonised mentally as well. In the case with Kempo-ka, because Kancho Sensei was harmonised with him mentally he was able to feel and know his opponent's mind that wanted to punch him, and therefore he was able to apply the wall with exquisite timing. Without reading the mind, it would have been too late to do such a technique. In Kancho Sensei's whole life, he had so many people came to challenge him with hostility. Most of these people, however, lost their hostility and came to have their minds eased through chatting with Kancho Sensei and became his admirers. This is the genuine Aikido, I think.

A writer of martial arts magazine asked Kancho Sensei what was the most powerful technique in Aikido. He answered immediately that it was becoming friends with opponents who came to kill you. And he didn't just say the words but he demonstrated the words in his life. Kancho Sensei trained Aikido physically and heavily for more than half a century and what he gained was that the innermost secret of Aikido was the complete harmony of minds. He fought hundreds and thousands of physical fights and obtained the skill of mind, "Harmonise it, when you are confronted". We can trace the history of Kancho Sensei and how he grew to sublimation in Aikido. The great master of Aikido, my master, teaches us that the genuine Aikido technique exists between harmonised minds. In my case, I still feel I have to take up the challenge if someone confronts me with hostility. It is regrettable that I have to admit it is still so far to go until I can achieve the genuine Aikido technique.

OSU!

Michiharu Mori