

NEWSLETTER



No. 149 January 2008

AIKIDO YOSHINKAN BRISBANE DOJO

Report of December

New members 0

Total number of adults training 48

Total number of children training 58

Results of Sogo Shinsa on 15th December

<u>Shodan</u>	Aaron Stewart	<u>6th Kyu</u>	Michael Austin	<u>3Y5 step</u>	Sam Gray
<u>1st Kyu</u>	Adrian Stuart	<u>7th Kyu</u>	William Marks	<u>2Y12step</u>	Matt Carpenter
	Lawrence Monforte	<u>9th Kyu</u>	Anthony William	<u>2Y8 step</u>	Greg Dickenson
	Francis Hollingworth			<u>2Y3 step</u>	Alastair Wilkinson
<u>2nd Kyu</u>	Robert Austin	<u>step 1</u>	Emmanuel Economidis		Christopher Swinton
	Urs Batting	<u>4Y9 step</u>	Brent Weston	<u>2Y2 step</u>	Kanako Yamaguchi
	David Shepley	<u>4Y8 step</u>	Jason Williams	<u>S2 step</u>	Helly Conroy
<u>Jun-3rd Kyu</u>	Megan Erikson	<u>3Y11 step</u>	Evan Chapman		Mark Coleman
<u>4th Kyu</u>	Kaido Mori	<u>3Y10 step</u>	Douglas Buchanan		Jamie Baker
	Adam Sawyer	<u>3Y8 step</u>	Eagle Kao		Joseph Stuart

Events in January

1. Getsurei Shinsa

◆Saturday, 26th 1:00pm~

◆Shinsa training starts from 19th Saturday.

2. This Month's Holiday

◆Dojo Holiday 28th Monday

2008 YEARLY PLAN

JANUARY	26th	Saturday	Getsurei Shinsa
FEBRUARY	23rd	Saturday	Getsurei Shinsa
MARCH	21st - 24th	4 days	Easter Holiday
	29th	Saturday	Sogo Shinsa
APRIL	26th	Saturday	Getsurei Shinsa
MAY	24th	Saturday	Getsurei Shinsa
JUNE	28th	Saturday	Sogo Shinsa
JULY	26th	Saturday	Getsurei Shinsa
AUGUST	24th	Sunday	13th Annual Demonstration
			No Getsurei Shinsa
SEPTEMBER	27th	Saturday	Sogo Shinsa
OCTOBER	18th	Saturday	Getsurei Shinsa
	25th	Saturday	Senshusei (Hajime) Class
NOVEMBER	22nd	Saturday	Getsurei Shinsa
	29th	Saturday	Special Class & Demonstration
DECEMBER	20th	Saturday	Sogo Shinsa



A bit of knowledge for Aikido

“Do people bounce off me when they bump into me in the shopping centre???”

In early November last year, I had two visitors who were soldiers in the special forces from the UAE. What they said was that they were after only practical Aikido techniques that could be used in the special forces but they were not interested in general Aikido classes.

Frankly, each Aikido technique is very dangerous. Even the safest technique we generally believe, Ikkajo-osae, could be a dreadful technique if it's done on the hard concrete and not on our training mats. I actually have experiences of training on timber and concrete floor without mats with policemen and other martial artists and I felt the fear and danger of Aikido techniques in my bones. Besides, general Aikido class is safe because the form of training is designed to train safely and to avoid injuries as much as possible by precisely setting shite and uke's movements. But if we train only the extract of Aikido, pure practical techniques only, like we do in our self-defence class once a year, we feel more at risk and receive more pain than fun, though it is ok for just one and half hours, once a year. So, I thought it was almost impossible to learn just core techniques as it is simply too painful to keep training when it does not form a general training class. But these two sturdy soldiers wanted to feel the pure techniques anyway.

I spared one hour for them to let them feel Aikido. I led them onto the mats and simply grabbed one and performed Ikkajo lightly pinning him down, then, on the other person. I could tell that they were astonished at the fact they were taken down so easily without someone trying hard. I gave them Nikajo (lightly though) and they screamed with pain, in shock. Then, they wanted to see how I could apply techniques in movements and they gave me some punches and I pinned them with Sankajo hearing their screams again. I knew they could not stand it for one hour and they reached their limit physically (must be from the pain) within just ten minutes and started to talk instead. Lots of general questions to start with and they asked me how I would deal against kicks. When they said the side kicks were common in real battle I asked them to give me one. Here, I'm sure you guessed that I would do another sharp technique on them. But no, they did not dare trying to kick at me after several shocking Aikido techniques. They were purely scared of not knowing what to expect next. After a few minutes I gave up trying to keep them involved physically and asked them to move to the counter to talk further of the process if they wanted to learn Aikido.

They said they were surely impressed with the power of Aikido calling me a monster and admitted they were very sceptical of it before they actually felt the techniques. They asked me to teach them twice a week in private lessons but did not decide when to start and left saying they would ring later. But as you guessed, they never rang the dojo. As I know that the UAE government would have agreed with them learning something so practical for their special forces and they had no financial problems in paying the fee as the UAE government was going to pay, so the only reason I can think of as to why they did not commence the training was simply the fear of the pain from the training. I knew this result.

This event came as a fresh reminder of how powerful Aikido is. You may not be confident of your techniques since you have almost no chance to try them out but I am confident that the Aikido techniques you have mastered up to now are more powerful than you think. When I recognise the

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power of Aikido freshly I always come to admire Saburo Shinra who invented the origin of these techniques 800 years ago.

Well, since I have been training this amazing art for more than twenty years and now hold a rank of 7th dan, I understand that people expect me to have some sort of special force or effect like Albert Lu mentioned in his article in the dojo's November newsletter, "Do people bounce off you when they bump into you in the shopping centre?"

Frankly, it's the opposite. I almost never bump into anyone regardless of how crowded it is as I walk using '*tai-sabaki*' (turning body movement) naturally. In fact, more people are better to have reflex training using '*tai-sabaki*'. The harmony of Aikido in a shopping centre is not bouncing off people but opening the way he/she wants to go. Aikidoka should never clash into each other both physically and mentally, for instance as Ryan Slavin mentioned in his December newsletter article, when a car cuts in while you are driving you simply let it in just harmonising with its movement without being upset. "Welcome it, when it comes. Let it go, when it leaves. Harmonise it, when you are confronted." I try to train myself applying this principle in my daily life.

Here is an episode that I really like to reveal the innermost secret of Yagyu-shinkage-ryu, a Japanese sword art. About 400 years ago in 1600's, there was a master family of the sword art called Yagyu family which still exists in this modern day, passing on the art to twenty-something generations. Near the dojo of Yagyu-shinkage-ryu was a stable which had a boisterous, unruly horse that kicked up at anybody violently whenever someone passed behind it. One day, a top instructor of the art passed behind the horse and it kicked up wildly with his back legs as usual. At the same moment, the instructor moved naturally avoiding the attack as if he was avoiding a sword strike. People who saw the scene were impressed and they were convinced of the greatness of the art and the story became famous between villagers. Then, what they got interested in was how the master Yagyu Sensei, the teacher of the instructor, was going to act against the attack, expecting him to do something more amazing. One day, villagers schemed to guide Yagyu Sensei to pass the stable behind the horse. Yagyu Sensei, however, when he saw the horse in a glimpse, took a roundabout way despite the intention of the villagers.

I hear that this was a true story. The instructor was confident to dodge the attack and he did. He managed to avert the nasty kick this time but there was no one hundred percent prevention as an unexpected condition might have occurred like a sudden wind with a dust into his eyes or losing balance on a rock. His way of self-defence was not an absolute method, but averting the possible danger itself that Yagyu Sensei performed was the best form of '*tai-sabaki*' and self-defence.

Whenever I read the episode, I always thought this was it, this was the true Aikido and kept trying to avert any types of danger by always trying to harmonise with any situations. It is definitely cool if you can dodge bullets or people bounce off you whenever you walk, like in Matrix in action movies. But, for me, absolute harmony in anything at anytime is that I am aiming for to become a genuine Aikido master. It's a start of new year again, and I shall keep challenging myself to master absolute harmony through daily Aikido training.

Osu!

Michiharu Mori