



Report of July

New members 7

Total number of adults training 68

Total number of children training 64

Results of Getsurei Shinsa on 26th July

Jun-Yondan	Brent Weston	8th Kyu	Nancy Westerman	5Y3 step	Richard Diehm
Jun-Sandan	Eagle Kao		Christopher Wake	3Y10 step	Sam Gray
Jun-Shodan	Lawrence Monforte		Matthew Ryan	2Y8 step	Michael Bannah
2nd Kyu	Megan Erikson		Wayne Harris	2Y7 step	Christopher Swinton
Jun-3rd Kyu	Michael Tuppin	9th kyu	Jiro Sumitomo	2Y6 step	Aaron Stewart
4th Kyu	Wade Lacey		Brenton Bills	S4 step	David Shepley
7th kyu	Arnaud Jacquelin		Daniel Treanor	S3 step	Urs Battig
			Tom Roberts	S2 step	Tom Bannah

Events in August

1. 13TH ANNUAL DEMONSTRATION ON SUNDAY THE 24TH

- ◆ 9:00am Start packing up at the dojo
- ◆ 10:30am Adults' Rehearsal
- ◆ 12:00pm Children's Rehearsal
- ◆ 12:30pm Doors open and warming up
- ◆ 1:00 ~ 3:30pm The 13th Demonstration
- ◆ 3:30pm Awarding ceremony and taking a photo
- ◆ 4:00pm Remove all the mats and clear the venue.
- ◆ 6:00pm Dinner Party

2. Adults' Rehearsal for the demonstration

- ◆ 23rd August Saturday 1:00pm~ **at the Dojo**
- ◆ Everyone is expected to attend the rehearsal.

3. Children's Rehearsal for the demonstration

- ◆ 23rd August, Saturday 10:00am~ **at the Dojo**

4. This Month's Holiday

- ◆ **Dojo's Holiday: 25th Monday & 26th Tuesday**

Sharing the feeling of Black Belts

Nidan

When I first started training I thought to myself that it would take around 3 years to become "good" at aikido. I defined "good" as being proficient enough to apply a technique effectively without even thinking about it. I have been training for almost 4.5 years now and I don't feel like I have reached that point yet. I certainly know that I have improved a lot from when I first started, but to me, my technique still feels clumsy most of the time. However, one thing that I know is true is that if you truly care about something that you are doing, then you are going to be your toughest critic. Another thought that has been in my mind is that while practicing aikido we only ever feel others technique and never our own. So it is almost impossible to judge for yourself how you are progressing and it is only through listening to others that we learn of our own technique.

In the months leading up to my grading (and also currently) I have been finding it hard to train as much as often as I would like. As everyone knows, life can be hectic, and usually for me I find that aikido is the thing that gives rather than work or family / friends. As a result, I felt under prepared for my grading or more precisely, I felt that my technique wasn't as sharp as it could have been. I also felt overwhelmed at the number of shite waza techniques that I had to remember. At the start of grading training I kept thinking about how much I had forgotten. It wasn't until about a few days before the grading that I started to be amazed at



how much I had remembered. This memory didn't just flood back, but it was teased out by sensei and from everyone else that I trained with.

"You grow into your grading." This is a statement that I have heard many times since beginning training. I feel like I have come along way since starting and I know I have a lot of growing to do before I've filled out into my new rank.

Finally I would like to thank everyone that I have trained with. Without you, I would have learnt only 1/10 of what I know about aikido. I'd also like to thank the friends that I have made while training at the dojo. When I first started I hadn't even considered making new friends a benefit of training. Lastly and mostly, I would like to thank Sensei and Shuko for providing a world class dojo to train in and also for providing me the opportunity to learn an art from a living master.

OSU!

Myles Frost

Shodan

I started Aikido because I felt I needed to learn a martial art that someone of my size could actually use. At the time I was going to kickboxing and was frustrated that we were only allowed to fight against people of similar height and sex. My thinking went that if and when I need to defend myself it will most likely be against someone bigger than I am and I need to know that I have the necessary skill to take the force associated with a larger assailant. In short, I need practice.

That was my reasoning 4 years ago and even though I do still feel that way my reasons for doing Aikido have changed- it has become more of a way of life than a means to an end. I have Sensei and Shuko-San to thank for this, primarily for all their help and support, not to mention excellent teaching, but also because I believe they bring a mental and spiritual side to training when it is very easy to just focus on the physical.

Now that I have finally arrived at Shodan it feels like I have reached a milestone rather than a goal and I realise more than ever just how much there is to learn and just how much I have to practice! Incidentally, the only time I have needed Aikido was while working as a waitress and slipping on a wet floor. I did a great koho akemi before I even realised what had happened and was so proud of myself I forgot to feel embarrassed!

Even though it was not particularly glamorous in any sense of the word it highlighted the fact that, despite not being mentally aware of doing a technique, my body reacted instinctively and this was due to the constant, repetitive training we have at the dojo. I would ideally like to get to the stage where I can react in this way in any given situation at any given time but being as clumsy as I am that feels a long way off!

In the meantime I would like to express my sincere thanks to both Sensei and Shuko-San for everything they have done and I would also offer additional thanks to everyone that has helped and given me advice since I started at Brisbane Dojo, especially to all the black belts for their patience in explaining the same things to me again and again and again...



Osu

Amy Hughes

Shodan

Before any thing else, I would like to extend my thanks to Mori Sensei and Shuko Sensei for providing such a wonderful aikido experience in Brisbane. I also would like to thank all my uke's both in adults and kids classes that have trained with me for such a long time.

There are many things I would like to say, but I won't hehe, The first of many memoires that I recall was when I was 3 ½ year old watching my daddy train when I went with him during the day, at the fish lane dojo, so mum could have a rest. I sat on the top step quietly and watched everybody train, from that moment on I knew I wanted to do what they were doing.

Kid's class started a little bit later and at 3 ½ years old I wasn't allowed to train, Rose and Mick were ☹ so instead I had to sit there at the top step for three more years and watch the kids train without me.

So as you can imagine I was very happy for the first time to put my gi on, when I was 5 ½ years old and join my sister and brother. Kid's class was great, we got to play games and learn aikido under Shuko Sensei but the best thing was I could practise my techniques on Rose and Mick on the days off and wouldn't get in trouble if I hurt them, hehe.

As I got older I joined the adults class, it was a completely different experience to kids class. I trained during the holidays with the family in day time classes and loved every minute of it, even though it was very hot! I always looked forward to training with dad and everyone else on the mat as they were encouraging me to do my best technique each time.

To this day I still love training, 11 year later, in both the kids class and adults class, having the same feelings of enjoyment that brings me back to training every time. I have experienced many things in that time from learning the first technique in kids class to progressing into the adults class, which mum told me they got to play games to!! I'm yet to see the adults play a game...

I am excited that I have received and can wear my black belt in the adults class.

I know there is many more lessons and techniques to learn hopefully with Mori Sensei's guidance I will be able to learn them some day. Once again I liked to thank Mori Sensei, Shuko Sensei and everybody else in the dojo for helping me achieve my goal.

OSU

Tom Bannah