



No.166 June 2009

AIKIDO YOSHINKAN BRISBANE DOJO

## Report of May

New members 7

Total number of adults training 70

Total number of children training 53

## Results of Getsurei Shinsa on 22<sup>nd</sup> & 23<sup>rd</sup> May

<b>4<sup>th</sup> Kyu</b>	Murray Booth	<b>8<sup>th</sup> Kyu</b>	Adrian Crosbie	<b>5Y4step</b>	Emmanuel Economidis
<b>5<sup>th</sup> Kyu</b>	Ryan U Cabuang		Roslyn Howie	<b>2Y3 step</b>	Lawrence Monforte
	Choi, Sukchul		Ricky Truong	<b>2Y1 step</b>	Helly Conroy
<b>7<sup>th</sup> Kyu</b>	Trevor Carsas		Simon Foley	<b>S5 step</b>	Robert Austin
		<b>9<sup>th</sup> Kyu</b>	Brogan Gibson	<b>S2 step</b>	Kris Anderson

## Events in June

### 1. Sogo Shinsa

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

### 2. This Month's Holiday

- Queen's Birthday 8<sup>th</sup> Monday
- Dojo's Holiday 29<sup>th</sup> Monday

## Sharing the feeling of Black Belts

### Shodan

Travelling alone in Bali I was invited to dinner with a friendly looking couple who wanted to introduce me to their daughter who was going to Australia and wanted some travel advice. We drove for about an hour until we arrived at the house where I was given dinner and interrogated by the father of the household. The next thing I was led into a small room where I was confronted by 3 Men and one chunky Lady. They forced me to play poker against a Chinese man who turned up later and they made sure that I was getting the winning cards as apparently they wanted his money as he had an abundance of it. After winning around about USD\$10,000 I protested and said that I was no longer going to play. They made me play one last round and assured me that I could go home after this round. I reluctantly agreed. As it was the last hand, the Chinese man placed a bet of USD\$30,000. At that point my heart stopped beating and everything went into slow motion. I knew how much trouble I was in, I was thinking of a thousand things. How could I escape from this room, I was not confident, I was playing their game and even if I did manage to escape how would I find my way back to my hotel (That they knew the location of). At this moment I thought "If I get out of this situation I am going to learn how to defend myself" and that is how my Shodan Journey began.

Brendan (my dad) was always asking me when I was going to start training at the dojo and he also would tell me how lucky we were to have Mori Sensei as an instructor. I totally agree with Brendan, Mori Sensei & Shuko Sensei have made the perfect dojo in Brisbane. The training is suited perfectly for us Aussies with our bad Knees and keeping the classes interesting by mixing up the tempo and content. I have trained a little in Karate and did a tiny bit of Aikikai in Japan and the classes were long and involved a lot of time wasting. Brisbane Yoshinkan's lessons have kept me interested now for over 3 years and plan to stay for many more.

Now it comes to the part where I want to thank everyone for all the bruised arms, snapped tendons, concussions and my favourite, "aikido toes". Mori Sensei thank you for every technique that you have given me and thank you Mori Sensei & Shuko Sensei for the "Best dojo In the World". A big thanks to all the people who helped me through all my gradings and general classes/Demo training. See you all at training and now onto the steps for the next chapter in my life.

And back to the cliff-hanger that I left you on at the start of my article. The crooks were clever and they had asked me questions about when I was leaving Bali and asked me what type of credit card could be used in Australia, and then they asked me what type I used. When I was giving all this important information away I



didn't realise because they were asking about their daughter who was going to travel to Australia but it was all part of their master plan. They asked me what city I was from and I told them that I was from Brisbane, they must have memorised something about every city in Australia as they said that she was going to be working as a nurse at Prince Charles Hospital in Brisbane.

The Chinese man had produced all the money in cash and refused to show the cards unless I could show him that I also had the cash. As I didn't have any money they told the Chinese man to come back in an hour and locked up the money and cards into a safe and the Chinese man left with the key. Once they closed the door they told me that they were going to take me down to the ATM to withdraw all my money and to get a cash advance with my credit card. They knew that I had a credit card so I couldn't pretend that I didn't. My hands were sweating and my head was spinning. I lied and told them that I had overdrawn my daily limit and I would have to wait until the next day until I could withdraw anymore cash. They took my wallet off me and searched it and stole 10 000 yen and a bit of Bali money from it (I had some Aussie money the day before but had to use it to bribe a police officer or else he was going to arrest me for driving a motor scooter. This ruled out going to the corrupt police as an option.) Lucky I had strapped my passport to my chest and when they asked me for my passport as collateral I told them that it was at my hotel in the safe. At this stage they figured out that they couldn't get any money out of me until the following day so they told me to go home and come back tomorrow with the money. They said that their uncle was working at the Airport and that they were going to wait outside my hotel. They dropped me off at some shops and I told them that I would meet them there at 10am the next morning. I went back to my hotel shattered and in a mess then I locked myself into my hotel room that was on the wrong side of town. I had booked it on the internet and the building was nothing like the photos on the net and they didn't mention that it had an open sewerage channel passing through the car park. I couldn't get any sleep that night as I was worried about the next day. I was 100 times more nervous than before my Shodan grading and was thinking up ideas of how I could sneak out. I packed my bags and checked out of the hotel at about 6am. I snuck out of the hotel down a secret alley and headed to the main tourist area where I had made friends with the shop owner of the Art gallery. I told him the story and he let me into his shop that was also his home. He comforted me and made me some tea and then told me to get some sleep in his bed. I slept for a few hours and then he made me lunch and he told me that this is the first time that he had heard this story but said that I had done the right thing also he assured me that they wouldn't be waiting at the airport as the security was tight (This was at the time that Schapelle Corby had just been detained for smuggling 5kg of drugs into the country) He organised me a taxi and I thanked him and gave him the rest of my money that I had been hiding as a gift for his friendship. I experienced total evil and humanity at its best in my stay at Bail. The experience changed my life and I hope that I will also one day add the same amount of value to someone that is in need of help. I think that Aikido training is not only about training your body but also training your mind. It can be used in any place and at any time and I know that the path that I'm on is the right one.

Osu!

*Joe Stuart*

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## **Sandan**

UKE'S INTENT,

Well here we are once again authoring a letter to my fellow students doing my best to express my passion for Aikido. I say passion because if nothing else has stood out in recent months, the passion many have for aikido has. And without that passion I would never have reached this milestone in my training.

As many of you already know I have been living in Sydney for the first half of this year and training with Sensei Daren Friend. At his Dojo I have found a strong training environment and a warm comradely not unlike Brisbane. As my training schedule has at best been inconsistent, I was relatively happy with my 3rd Dan grading. I know within myself though that I could have delivered a stronger grading if my preparation was



more constant. Sensei Mori is as always the one who judges and I am grateful he sees me fit to represent the rank of 3rd Dan, not just for Yoshinkan but also for him as a teacher.

So now this leads me to what I would like to share. I believe that writing a newsletter is not just a chance to thank all that have helped you along the way but also an opportunity to express the lessons learned and future goals of your aikido. A snapshot if you will, that you can reflect on at your next Dan grading and ask yourself 'did I achieve the goals I set myself' or 'what the hell was I thinking when wrote that'.

On my way to 1st Dan I learned about myself and my body, my technique's were focused on me and my line and my posture. Now I know there were moments of harmony along the way. But now I know, how could it really happen when I was only polishing one side of the coin? Above all else I had learned the most important thing for this stage 'How to learn Aikido'.

On my way to 2nd Dan I learned about uke, and their role in completing a technique. I also learned about focused training and how quieting my mind during training and thinking only of the moment of training in front of me, increased my understanding of how to deal with uke in a moment. Although more often than not I see the moments but have to wave as they go straight past me.

So now what have I learned over the last two years? I would say that I have spent most of it learning to harmonise my two competing wills. The will of my body to maintain the correct posture and angles of any given technique's. And my will to harmonise with uke and lead him/her without conflict through the entire chosen technique. It's sometimes to me like patting your head and rubbing your stomach. I know what I'm trying to achieve but I feel this conflict within me and if I give in to one the other will suffer. This is a sensation that never really goes away because as your understanding of your techniques increases so does the feeling of your technique, and how you were doing it moments before suddenly falls short of the mark. This is both the single greatest and worst feeling all at once, great because I'm moving forward, and worst because to do so means I'm starting again. I love Aikido.

Over the last year I have become aware of a part of my Aikido that will be my goal to better understand by time I reach 4 Dan. That part is the role of intent, uke's intent is the one thing that happens before anything else. If I first say that as uke my experience has been that the harder I attack the easier it is to uke, and the cleaner I'm thrown (depending on shite). This is no surprise, energy in energy out and all that. But what I have learned is that if I just attack without intent I have cheated myself out of being able to experience the technique fully from a senior student or Sensei. Without Intent I just experience the form of the technique. Intent is not anger it is simply a single-minded commitment. If my attack is katate-mochi, I will try to grab the wrist of shite as quickly and as strongly as I can and most importantly even if I'm in the air I don't let go till I'm forced to. Not attacking with intent also cheats shite out feeling the effect of their technique on a full speed, fully committed attack. Of course all this is still subject to working in harmony with your partner.

I know as uke that my intent to grab shite started before I even moved. And this is the Intent I want to understand more about. It's is one thing to lead the attack of uke but a completely different thing know how to draw the attack out of uke and therefore have some insight into how or when your attacked. Anyone who has seen a demo from any Sensei will remember that all the Sensei's will encourage their uke's to grab harder or run faster in jiyuwaza. This to me is them drawing the attack, increasing uke's intent. Gozo Shioda has written in 'Aikido Shugyo' about times, where when an attack was immanent he riled up his opponents and drew their attacks. And to quote him on intent he wrote 'The strategy of martial arts involves the question of how I can make use of the emotions, the intent, of an enemy who is bent on destroying me.' All this leads me the believe that a better understanding of intent will lead me further along in my understanding of Yoshinkan Aikido. So wish me luck and fingers crossed on my way to 4th Dan.

I do miss training at Brisbane very much, and will endeavour to return as often as I can. To all the students of the Dojo, thankyou very much for your passion for training. To my fellow seniors that have helped me to this milestone thankyou. Thankyou also to Brent W. my uke and also a fellow member of the PUU (we're in the puu now). Also a mention to Lawrence and Greg D. who also uke'd (well done on your 2nd Dan Greg). And finally thank to Sensei and Shuko-san for the wonderful dojo and constant encouragement. I'll see you all on the mats soon I hope. Sam

Osu!!!

*Sam Gray*