



## August Report

New members 4

Total number of adults training 61

Total number of children training 53

## 14<sup>th</sup> Annual Demonstration Awards

### ◆ Jiyu-waza

#### 1<sup>st</sup> Award

Ryan Slavin & Kaido Mori

#### 2<sup>nd</sup> Award

Lawrence Monforte & Julian Ladd

### ◆ Renzoku-waza Award

Brenton Bills & Ricky Truong

### ◆ Aubrey Bannah Award

Ryan Slavin

Lawrence Monforte

Mark Davies

Mark Beverstock

## Events in September

### 1. Sogo Shinsa

- Training starts, Friday 11<sup>th</sup> 7:15pm~
- Steps, Friday 25<sup>th</sup> 7:15pm~
- Shinsa, Saturday 26<sup>th</sup> 1:00pm~

### 2. Teens' class Holiday

- ◆ Teens' classes are closed from 19<sup>th</sup> Sep to 6<sup>th</sup> Oct. Classes resume Wed 7<sup>th</sup> Oct.

### 3. This Month's Holiday

- ◆ Dojo's Holiday - Monday 28<sup>th</sup> September

## SHARING THE FEELING OF BLACK BELTS

### **Shodan**

Where to begin? All long journeys that are worth taking start with a single footstep. I have started a couple of different martial arts over the past 20 years, and this is the first in which I have persisted until obtaining a black belt. So it is with a certain sense of achievement that I finally got there. I was thinking about a glass of port when I got home to celebrate after the 90 minute drive, but I wasn't sure of whether I had passed and everything hurt, I opted for two Nurofen and a glass of milk. My first step in Aikido was in March 2005 when my two boys and I came to Sensei Mori's dojo. I have met and learnt from many people, brown belts, black belts my fellow white belts and occasionally if I was lucky Sensei.

My journey, much like everyone I have started with, has been interrupted. Being overseas for 8 months, then moving up the Sunshine Coast, and finishing my university studies. The In (Aikido) and Yo(distractions) battle I call it. When I have been away I have tried to continue my learning through talking to other people or trying to train with people who have done Aikido. This is where I learnt that some Aikido 'artists' don't like to share. People wouldn't tell me things! Perhaps as they thought I wasn't worth the trouble or by passing on the techniques and knowledge that I would be better than they are? Meh! Where there is a will there is way, and that's when I started reading about the techniques and practicing movements in my head. People think you are strange when you start doing these aikido movements in so I kept it upstairs so to speak. This is one of the reasons why I like the Brisbane Dojo and have returned despite living 2 hours away (traffic). Sensei is always willing to help, answer questions and besides that he is the best I know, and he is so close.

After 10 years of studying at Uni, I like to find the answer out sooner rather than later. In mastering Aikido techniques there are some tips I have picked up. 2<sup>nd</sup> lesson is a definite must as this is where you do some really interesting stuff. Read the newsletters. I recommend Sensei's March and May 2008 newsletters for some of Aikido's secrets. I have been working on my kihon dosa even if it doesn't show. Aiki-royoku, well I just don't get it that but I will keep on working on it and watching Sensei's demo videos on you tube.

Application on the unsuspecting Uke is always a nice bonus as well; I have been as surprised as Uke when the techniques have worked. I have used my training in practical application at work with a few

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'naughty' persons over Xmas and, in teaching operational techniques to my colleagues. I heartily recommend the benefits of sankajo and yonkajo on to the bonnet of the police car, its neat, it looks nice and 'uke' is stopped before they hurt themselves or some member of the public. Nikajo also works a treat with a pair of handcuffs! Who would have ever suspected? For those who don't have similar opportunities, the dojo is probably the better and legally appropriate place to practice, and fluffy cuffs are best kept in the closet.

Some thanks. Peta, and the kids for putting up with my Aikido obsession. Sensei and Shuko for starting and keeping me on my journey. Aarjuan for whispered techniques and pointers (nice work). Urs, Adam, Dennies, Mark, Helly, Amy, Aaron, Evan, Chris, Lawrence, Adam, Joe, and Francis for helping me on my journey. A special thanks to Richard, who can finally remember my name, pssst its not Bill nor Ted.

I have started to share the Aikido techniques and am learning that you have to know the technique better to teach it. Sensei is making it harder again!! I have started reading the Aikido books and asking questions of Sensei to better understand the techniques. I tried to share one of these tidbits of information last week to a white belt and learnt something new. We were doing shumatsu dosa, and I asked why we do this. Thinking to share the information, 'that it is about regaining your centerline after training, improving your stability, and learning how Uke moves'. She replied, 'because I got mugged in Cuba'. Now that is going to be an interesting black belt story. I'm still learning, my journey is continuing.

**Osu,**

*Jamie Baker*

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I started training at Brisbane Yoshinkan Aikido in late 1996 until middle of 1998 at Fish lane Southbank due to personal commitments, unfortunately I stopped training.

I still recall when my cousin Michel and I were searching for a martial art school. We saw how highly talented Mori Sensei was through his reference in the yellow pages. We decided that this was the first place to visit. We were impressed by the techniques. Because it seems effortless yet very effective. I was also amazed by Mori Sensei's style of teaching and the unity of the students towards each other.

I came back to training in November 2007. My first lesson only lasted 15 minutes. And my second was 30 minutes. Because I have not done strenuous exercise for a while. I think I forgot how physically demanding Yoshinkan Aikido training is.

I am glad to see how Brisbane Yoshinkan Aikido Dojo grew bigger and stronger and to see familiar faces still training up to this moment.

Aikido is a traditional martial art and a powerful form of self defence, it improves your coordination, build up confidence and also a great way to maintain or improve your fitness.

Black belt is the achievement that every student wants to achieve. Wearing a Black belt has a great deal of responsibility to meet the expectation of beginners and visitors. It reflects how they see and think about the Brisbane Dojo. The level of instructor and the style of Yoshinkan Aikido.

In my own opinion, Shodan is graduating from beginners and it's the beginning to advance learning. In other words I just reach the entrance of the Aikido world, more steps to the next level.

I feel honoured to be a one of many Sensei's Black belt students, and hopefully that I meet these expectations.

I would like to take this opportunity to thank Shuko San's friendly and comforting nature and Mori Sensei for his patience, guidance and understanding.

Good luck to all the students of Brisbane Yoshinkan, especially to all newly arrive students.

**Osu,**

*Dennies Delos Santos*



## **Sandan**

Osu, I can't remember which news letter which Sensei depicted his training experience. Sensei said when he was second Dan toward third Dan, he observed that no matter how much he trained, how fast he was pushing, he can only go as fast as he can be, then he started to think of techniques. I begin to explore what is technique, and I would like to share my discovery.

Start from watch Sensei's Aikido and mimicry the movements was my first try, but in order to have similar to Sensei's outcome I need to speed up and put a lot of strength pressure, then I might be able to move my opponent little bit in a forcing way, ye...ye...ye... we all know that we need to move as one and maintain our own balance at same time obtain Uke's balance, then the rest will be a mere trifle to contend with. But "How" is my first question, and train harder scenario can no longer satisfied my enthusiasm. Therefore, I would like to know "How exactly" do I progress.

Sensei always showing that to do aikido you don't need big muscle, and look at Gozo Sensei he is even more slim. But if you don't use muscle then where the force is, and where the power is. I think this should be a sciences question instead of myth. So I looked into Biomechanics and the human movement, by more understanding the human body, I realise that the function of the muscle is design to move your joint, therefore, how to move your joint correctly will be the key to perform in the aikido techniques .

During practice Shumatsdosa and Hirikinoysei, I start to focus on how my muscle and joint relate to the movement, I found it is very hard for me to keep balance because I am not use to it, at same time I found the movement require quite a bit of muscle energy to maintain the balance (Homeostatic Control Mechanisms). Suddenly I saw where my energy were wasted, we was spending a lot of energy to maintain our own balance in order to look good, while we were doing these basic movement, as most of the energy were spent in looking "good", the move itself no long has strength, which would be the reason that we need to multiply our muscle force when we were performing our techniques. Therefore, if we align our joint more correct and recruit legs from our hip to toes, and the arms from shoulder to fingers, then we no longer need muscle to maintain our balance, so that the real power can be displayed, that's why Sensei said Kamea is the most difficult technique.

You could try this, when you Kamea, try align your bones one on the another, maybe align is a bit abstract, let's put in the way, feel the gravity, if the top parts of the bone doesn't sit on the bottom parts properly you will require muscle strength to hold your balance. If you can get bones and joints aligned then your body can be totally recruit; after that your spine will naturally straight and without being use muscle strength to hold it, at this moment your neurone system is allowed to travel through your body without been obstructed then you will be sense a lot more (only at this moment you can have right timing). Only at this stage you are allowed you use your body structure, you will be surprise by the outcome while you are using your structure to do aikido, you can't feel it as there would be minimal muscle tension through your body. I guess that might be the reason why Sensei's Aikido looks so effortless.

In reality we spent most of resource to make us look good, and we end up only focusing on this fashion and ignore the function, this is inappropriate, we should internalise what we are doing in order to maximise our training hours, as moderm society gets quite busy sometimes, we don't always have much time and mine to train, so when you on the matts make every second counts. I hope my discovery can help us progressing.

**Osu,**

*Eagle Kao*