

NEWSLETTER



No. 173 January 2010

AIKIDO YOSHINKAN BRISBANE DOJO

December Report					
New members 6		Total number of adults training 68			
Results of Sogo Shinsa on 19th December					
Shodan	Kaido Mori	8 th Kyu	Daniel Gort	4Y6 step	Lee Stemm
Jun-Shodan	Kris Anderson		Tomoko Urano	3Y8 step	Matt Carpenter
1 st Kyu	Genevieve Sargent Oliver Bradshaw	9 th Kyu	Simon Horn Erik Lundberg	3Y2 step	Greg Dickenson
2 nd Kyu	Murray Booth Choi, Sukchul		Roger Yang Amy Lee	2Y6 step	Mark Coleman Lawrence Monforte Francis Hollingworth
5 th Kyu	Silverio Pangonilo Peter Hills	9 th Kyu	Jessica Chou	2Y2 step	Joseph Stuart
7 th Kyu	Tony Starkie Rebekah Webb	Teen's Shodan	Steven Bannah Alexander Hanley	S5 step	Julian Ladd Mark Davies
				S3 step	Matthew Ryan
		5Y6 step	Emmanuel Economidis	S2 step	Marek Coleman
Events in January					
1. Getsurei Shinsa			2. Teens class		
<ul style="list-style-type: none"> • Training starts, Friday 15th 7:15pm~ • Steps, Friday 22nd 7:15pm~ • Shinsa, Saturday 23rd 1:00pm~ 			<ul style="list-style-type: none"> • Children's class starts on 27th Wednesday. 		
			3. This Month's Holiday		
			<ul style="list-style-type: none"> • Dojo's Holiday 25th Monday • Australia Day 26th Tuesday 		

2010 YEARLY PLAN

JANUARY	23 rd	Saturday	Getsurei Shinsa
FEBRUARY	27 th	Saturday	Getsurei Shinsa
MARCH	27 th	Saturday	Sogo Shinsa
APRIL	2 nd – 5 th	4 days	Easter Holiday
	24 th	Saturday	Getsurei Shinsa
MAY	15 th	Saturday	Teens' grading test
	29 th	Saturday	Getsurei Shinsa
JUNE	26 th	Saturday	Sogo Shinsa
JULY	24 th	Saturday	Getsurei Shinsa
AUGUST	22 nd	Sunday	15th Annual Demonstration
			No Getsurei Shinsa
SEPTEMBER	25 th	Saturday	Sogo Shinsa
OCTOBER	23 rd	Saturday	Getsurei Shinsa
	30 th	Saturday	Senshusei (Hajime) Class
NOVEMBER	20 th	Saturday	Getsurei Shinsa Teens' grading test
	27 th	Saturday	Special Class & Demonstration
DECEMBER	18 th	Saturday	Sogo Shinsa



A bit of knowledge for Aikido

DVD of 2009 14th Annual Demonstration has arrived.

Finally, our 2009 14th annual demonstration DVD has completed. I would like to express my biggest appreciation to Eagle who had been spending so much time and effort to make the DVD top quality.

I thoroughly enjoyed watching it through and was very pleased with the standard of our dojo. Senior black belt demonstrations that represented our dojo the most showed the spirit and the essence of Yoshinkan. I am very proud of the Yoshinkan Aikido style as a martial art because of its power and practical applications and our seniors demonstrated it clearly. Thank you for the great work, black belts.

Tanto-soho and Kihon-dosa-renzoku that white and brown belts demonstrated are not practiced by general students, only by uchi-deshis and riot policemen at the Headquarters. They are quite complicated and require a lot of training time to memorise the movements and to make them look smooth and strong. Besides, students at the Headquarters start training Jiyu-waza (there is no Renzoku-waza at the Headquarters as it is unique to our dojo) only after about a year of training for preparation towards the black belt grading. I too could not do any jiyu-waza, or more accurate to say that I never practiced it, when I was a brown belt until the shodan grading came. General students are quite scared to take Jiyu-waza uke due to their poor ukemi and they would not practice at least for a year. So, the standard white and brown belts are showing in our dojo is quite amazing and this is something they can be very proud of. Beginners and brown belts of the Headquarters would be very surprised and impressed if they have a chance to watch the demo DVD. So, please show the DVD to your family and friends with absolute confidence and to boast about our world class dojo.

In the end, I checked my own demonstration and I am happy to say that I was very satisfied with my demo this year. The quality of my demonstration depends on not just my level of Aikido but the balance and harmony between me and my uke. I believe that my demo looked the best out of fourteen annual demonstrations and it means the level of uke's and the level of the dojo itself (because they are the representatives of the dojo) is advancing quite a lot.

The interpretive demonstration I performed was the style of the demo Kancho Sensei (Master Gozo Shioda) created. I admired his demonstration very much not only because his Aikido was amazing with power and falcon-like speed/nimbleness but because he was a great entertainer at the same time making the audience feel happy and the demo enjoyable. Being his uchi-deshi, I am pleased if my demo gets a step closer to what he demonstrated. Watching the DVD the audience seemed to enjoy my demo more than other years and I was relieved to hear the laughs and to see the pleasurable expressions.

I am aware that my Aikido is nothing like a falcon-like Kancho Sensei's Aikido but I was satisfied with my speed and especially the spring in my lower body this year for a forty-three year old man. As I mentioned in the past newsletter my body shape began to change dramatically after I hit the age of forty receiving lots of God's protection called 'fat' around my belly, it was 'ugly' to my eyes as a professional martial artist. I could not win against nature and God's gift kept growing steadily. I had to take action as I could not allow myself to lose my disciplined shape due to my Japanese samurai spirit. I began jogging regularly three years ago. It worked brilliantly and brought my shape back to that of my early thirties with more fitness.

My interpretive demonstration takes about forty minutes and it requires stamina. It was at the November dojo's demo for the students in 2008 that I could not perform tasu-dori as my stamina did

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not last from the heat and humidity. It was a big disappointment for me and I decided to work harder to gain more stamina. Because the time is limited and I could not spare more time to use for my body work I bought a sauna suit and began to jog for about five kilometres everyday wearing layers of clothes and the sauna suit on the top instead of a pair of shorts with naked upper body, to gain stamina against the heat and humidity using the boxer's training method. After about half an hour of training including some muscle workout I lost around 1.2 kilograms from sweating. One year had passed since I began the sauna suit running and the 2009 November dojo demo arrived. Although it was a very hot and steamy day again my body responded to my orders very well this time and I was able to perform all the techniques I planned to do. I was quite pleased with myself to overcome my weakness.

My case was just an example of setting and achieving a goal through daily training and using the demonstrations as the focusing measures. Although the purposes and reasons to come to the dojo vary between individual students – for exercising, improving health, making friends, learning self-defence, using for work, aiming to become a professional instructor, etc –, I would like to ask everyone, at this beginning of New Year, to set an individual goal to train in a focused way towards the demo. Please use the DVD to study your strong and weak points to improve your good points more and overcome your weak points. We cannot achieve a satisfied demonstration with short-term crammed training but if we start now I am sure we will be very pleased with ourselves when the time arrives.

2010 annual demonstration will be the Brisbane dojo's 15th anniversary demo. We all shall unite our minds together to advance individual skills as well as to raise the level of the dojo and to hold the satisfying 15th anniversary demonstration.

Osu!

Michiharu Mori