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AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: <http://yoshinkan.info>

Facebook: <http://bit.ly/dojojb>

Twitter: <http://twitter.com/YoshinkanAikido>

August Report

New members 5

Total number of adults training 63

Total number of children training 46

15th Annual Demonstration Awards

◆ Jiyu-waza

1st Award

Ryan Slavin & Peter Hills

2nd Award

Michael Bannah & Kaido Mori

◆ Renzoku-waza Award

Dean Kelly & Alister Bridge

◆ Aubrey Bannah Award

Evan Chapman

Dennies Delos Santos

Mark Davies

Jim Stanley

Events in September

1. Sogo Shinsa

- Training starts, Friday 10th 7:15pm~
- Steps, Friday 24th 7:15pm~
- Shinsa, Saturday 25th 1:00pm~

2. Teens' class Holiday

- ◆ Teens' classes are closed from 18th Sep to 5th Oct. Class resumes Wed 6th Oct.

3. This Month's Holiday

- ◆ Dojo's Holiday - Monday 27th September

Sharing the feeling of Black Belts

When I first moved to Brisbane I started a job on nightshift which gave me plenty of free time during the day without distractions. So I decided to learn a martial art which was something I'd been wanting to do for quite some time. I got onto the net and tried to find a place that had classes during the day. I found Brisbane Yoshinkan Dojo pretty much straight away. I read up on Sensei and was very impressed not only for the fact that Sensei had studied in the headquarters for so long as a full time student but also that he was Japanese. I thought SWEET!!! This guy is the real deal, so I headed over there the next day to check it out.

As I walked through the doors of the Dojo for the first time I was greeted by who I thought was probably the head Sensei's oldest son. I said G'day mate howzit going! After a brief meeting he showed me down the hall to a seat where I sat and looked out onto the mats.

Lee, Matt, and I think Greg were in Seiza awaiting the start of the lesson. A moment later the young bloke I was talking to at the door walked onto the mats bowed in then walk around the other students, straight away I realised who he was – Sensei - and hoped I hadn't offended him with my loud Aussie slang and probably lack of respect.

As I watched the lesson I was instantly attracted to Aikido's flowing, almost rhythmic type movements and it is something I've always enjoyed about Aikido. Watching Sensei perform the techniques for the first time was fascinating, with such speed and accuracy, Sensei made it look so easy! Well that was it I was hooked.

I was so excited when I started Aikido that I'd talk to all my friends about Aikido, but often they didn't share the same enthusiasm as I did, especially after I'd twisted their wrists and arms . I'd try to show

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them some techniques but I would always get the same remarks “why do I have to attack you like that nobody attacks like that.” At first I didn’t understand why we still used attacks like shomen-uchi and yokomen-uchi. I started to think that maybe Aikido was a little out dated, until I’d had more training and Sensei explained to me the line of attack theory. Not to concentrate on the fist or the foot or a hand held object but to concentrate on the line from the fist or foot all the way back to the body. Once that was explained to me in more depth I really started to understand how Aikido could be utilised in the modern world for effective self defence. This also made me much more confident in my own ability and I was able to explain to my sceptical friends the effectiveness of Aikido.

It has been a great experience all the way from white to black belt. Not only have I met people who I might not have met during my normal social life, I have also learnt a few things about myself that I may not have learnt until later in life or not at all. Also Aikido has taught me that sometimes you **MUST** leave your comfort zone or you will never progress. For instance, at first gradings were the scariest thing I could think of (and don’t worry they still are scary but definitely easier than the first few times) although if I did not push myself to do it I would not have progressed. The same is true with jiyu-waza, at first I had to learn renzoku-waza which wasn’t so bad because it was an organised procedure. But then jiyu-waza came along and I thought now I’ve got to really think ahead. Now I know men are typically bad but I think I’m particularly bad at doing two things at once, sometimes I don’t know how I drive a manual car?! I left my comfort zone and practiced, now there’s still heaps of room for improvement but I don’t feel so uncomfortable. Again it is all about leaving your comfort zone and getting into a situation in which you can’t expect to know everything but to just have a go anyway, and if you fail then keep trying with spirit.

I would like to take this opportunity to thank you Sensei for your continual commitment to the Brisbane Dojo that you have built from the ground up, a Dojo I can truly say that I am proud to be a part of. Thank you also for your patience. I know I can be frustrating sometimes. Thank you for being a great example of discipline, goodwill and humour. You’re someone that I and many other people look up to and I feel I am a better person due to your teachings. Thank you to Sensei, Shuko and Kaido for always making the Dojo feel like a place I can go to and feel welcome and for the warm greeting each and every time I walk in the door.

I would also like to sincerely thank all of my fellow students I have trained with. I have learnt so much from all of you and many of you have helped me with my technique throughout the years. Thanks to the lads Marek and Julian for the help and training leading up to our black belt grading you guys helped a lot. The biggest thanks go to my darling wife Renee for all the support you have giving me throughout the years. I wouldn’t be the man I am today without you.

Let’s all aim to improve ourselves each time we enter and exit the Dojo. Let’s take what we learn on the mats and try to apply it to our everyday lives. Let’s do so with spirit and harmony.

OSU!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Mark Davies