



August Report

New members 1

Total number of adults training 67

Total number of children training 45

17th Annual Demonstration Awards

◆ Jiyu-waza

The Best Overall Jiyu-waza Award

Tom Bannah & Joseph Stuart

Excellent Jiyu-waza Award

Greg Smith & Simon Nordon

Tony Starkie & Matt Hede

Jarrold Crouch & Alister Bridge

◆ Aubrey Bannah Award

(Four-person Jiyu-waza)

Kaido Mori

Genevieve Sargent

Marek Coleman

Steven Bannah

Events in September

1. Sogo Shinsa

- Training starts, Friday 7th 7:15pm~
- Steps, Friday 21st 7:15pm~
- Shinsa, Saturday 22nd 1:00pm~

2. Children & Teens' class Holiday

- Children & Teens' classes are closed from 22nd Sep to 7th Oct.
- Class resumes on Wed 10th Oct.

3. This Month's Holiday

- Dojo's Holiday - Monday 24th September

Sharing the feeling of Black Belts

Shodan

Firstly I would like to sincerely thank Sensei and Shuko for all their support and patience these last few years. I would also like to thank them both for all their hard work in creating such an incredible dojo. I feel very honoured to be a small part this dojo and am still amazed that a place such as this exists in Brisbane. Also I would like to thank everyone I have trained with for their help in getting me this far. I want to especially thank Richard, Lawrence and Kaido for really going above and beyond, both during and after class, to help me not embarrass myself too much during the grading. Finally I would like to thank Justin for being a



great training partner. Having someone to train with every day made the whole process a lot less daunting.

When asked to write this article, it seemed like it should be a time to reflect more on the past. My thoughts however are firmly on the future. The lead up to the grading was filled with as much training as I could manage. Coming from the step gradings I had thought this would be mostly a time of refining those practiced techniques. It turned out to be quite the opposite.

I think there were more new techniques than any other grading so far. Along with all the corrections from every other technique I've graded on, it was probably the most in-depth learning experience and mentally exhausting grading I have experienced. On top of the corrections to areas I knew I needed to improve on, there were corrections to aspects I thought were ok and to areas I didn't even know existed. As training continued and I tried to keep track of everything I was learning, the couple of times when I experienced new aspects stuck with me the most.

Techniques I had done so many times before had new elements I never even realised. I found this incredibly interesting. It was like there was more to the art than there had been before and I wanted to learn more. It also helped me to get a glimpse of how much more there is to learn and just how much I didn't know. As the grading was quickly approaching these thoughts certainly weren't boosting my confidence towards the grading. When experiencing for myself how much more there is still to train, it felt as if I wasn't performing the technique as good as I was before. It seemed at times like I was going backwards... fast.

But as I looked around during training, the mats were full of seniors still training hard as well. I wondered if they too (2nd, 3rd, 4th Dans) still experienced the same thing. New aspects to the art they didn't know of. Coming into the grading with thoughts of refinement, I had read others' statements of having so much to learn to be about small refinements. I thought these small points just had a big impact on them. Now I'm wondering if they were talking about whole unexplored aspects which were coming to light for them too. Areas which until then had remained secret. This helped me to get some of my confidence back. Maybe this was what everyone else was going through and although it seemed like I was going backwards it was really a normal stage of progression. I currently think the only way to really understand all this is to keep training and find out for myself.

Going through all this, it wasn't until the last day or two before the grading that things seemed to start to come together. Whether it did or not I am still unsure but from this whole experience I am more eager to train than ever and hope to keep learning to see what other secrets there are. It was a great feeling experiencing new aspects of techniques and hope through hard training it can continue.

OSU!

Cameron Blake