



No.209 January 2013

AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: <http://yoshinkan.info>

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

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

## December Report

New members 1      Total number of adults training 56

## Results of Sogo Shinsa on 14<sup>th</sup> & 15<sup>th</sup> December

<b>Sandan</b>	Ryan Slavin Lawrence Monforte	<b>4<sup>th</sup> Kyu</b>	Bradley Cornell	<b>4Y9 Step</b>	Matt Carpenter
		<b>5<sup>th</sup> Kyu</b>	Gareth Badcock	<b>4Y4 Step</b>	Sam Gray
<b>Shodan</b>	Joel Delaney	<b>6<sup>th</sup> Kyu</b>	Niklas Pettersson Stephen Cuthbert	<b>3Y3 Step</b>	Kaido Mori
<b>1<sup>st</sup> Kyu</b>	Simon Horn Darsy Darssan Lisa Milne			<b>3Y2 Step</b>	Dennies Delos Santos
		<b>7<sup>th</sup> Kyu</b>	Vanessa Larsen Flynn Conroy Kent Windress	<b>2Y12 Step</b>	Mark Coleman
<b>2<sup>nd</sup> Kyu</b>	Joshua Rolfe			<b>2Y2 Step</b>	Genevieve Sargent Mai Bui
<b>3<sup>rd</sup> Kyu</b>	Mackenzie Lange	<b>9<sup>th</sup> Kyu</b>	Viraphorg Phounesana Neale Windress	<b>S5 Step</b>	Matt Hede
<b>Jun-3<sup>rd</sup> Kyu</b>	Simon Nordon			<b>S4 Step</b>	Steven Bannah Greg Smith
	Lu Jiang Andrea Troncoso Salas			<b>S2 Step</b>	Dominic Hogan

## Events in January

### 1. Getsurei Shinsa

- Training starts, Friday 18<sup>th</sup> 7:15pm~
- Steps, Friday 25<sup>th</sup> 7:15pm~
- Shinsa, Saturday 26<sup>th</sup> 1:00pm~

### 2. This Month's Holiday of Adults' class

- Australia Day/Dojo's Holiday – Monday 28<sup>th</sup>

### 2. This Month's Holiday of Adults' class

- Australia Day/Dojo's Holiday – Monday 28<sup>th</sup>

## **A Happy New Year to my dear Brisbane Dojo students**

I will turn forty-seven this year and the age of forty-seven is a sort of milestone for my Aikido life. When I entered Yoshinkan to become an uchi-deshi at nineteen years old I was told to watch Master Gozo Shioda's movie called "Aikido" and in it he was forty-seven years old performing strong and sharp techniques. For a teenage boy, the age of forty-seven sounded very far away and beyond my imagination. The Master's actual age was almost seventy then and the age both forty-seven and seventy was categorised as old for a young male. I realise that I am in the old age category now from the eyes of the younger generation and wonder if I am anywhere close to the Master at the same age.

Well, when I hit forty I remember I was excited to see how the world was going to open up while entering into the mature age - I was expecting something special. Contrary to my excitement, what I saw was the reality of aging; thickening fat around the lower stomach, thinning muscles around the chest and losing physical muscular strength. It was just a natural course of aging. I felt the difference but ignored it thinking it was my imagination. But one day, my wife said looking at my naked upper body, "You have acquired a presence." Although I do



not know if she meant to comfort my concern or to give me a sarcastic comment, the word ignited my motivation to train my body.

I began jogging which I never liked, heavier weights training, increased push-ups and sit-ups to regain strong muscles all over my body. Once I started the heavier routine of work outs I realised that if I stopped even for a few days my body got back to the original state (more fat, less muscles) very quickly. Now, there is no ending and I have to keep training my body if I wish to sustain the body I want. Well, my efforts of the last six years definitely gave me a positive answer and my muscles got conditioned to the strongest state ever in my life, thanks to the fight against fat. The result of my training obviously gifted me with a better performance in the Aikido demonstration; being fitter with faster speed, applying sharper movements and stronger techniques.

Master Gozo Shioda's performance at forty-seven in his movie "Aikido" (you can see it on youtube) was absolutely amazing. His nickname "falcon" which is used as the logo mark of the Headquarters suited him so well with his fast, sharp and springy movements. I am truly proud of his Aikido style which I cannot stop boasting to people about - and that is my Aikido. Since he opened his own Aikido style being sponsored at the age of forty he vigorously worked hard to introduce Aikido all over Japan. It was after seven years of his active work that his Aikido gained fame; many celebrities like Robert Kennedy visited him; lots of media sources came to report this amazing art; even featuring in a movie. He built on the momentum of spreading Aikido with his energetic activities around this age.

I, here in Australia, have been running a Yoshinkan dojo for seventeen years away from the root of Aikido, Japan. Brisbane Yoshinkan Dojo may be still the size of a seedling but I would like to nurture and build it to the size of a great tree, slowly but surely spending many, many years to come. I do not plan to build exactly the same style of Aikido my Master established but a dojo adjusted to suit Australian culture. I wish to develop my dojo together with my Australian students by responding to their requests and desires, and that is why I have been creating original weaponry skills and more applied techniques as I wrote in the last newsletter.

I wish to keep actively performing and instructing Aikido, longer than my Master was able to do and that means I have to maintain my body in a decent condition beyond seventy-five years of age. Well, to achieve my wishes I cannot be lazy but keep working hard or harder for another thirty years to come. Everyone, please work together with me to grow Yoshinkan Brisbane Dojo to the size of a great tree that our future generations can be proud of.

OSU!

*Michiharu Mori*