



No.218 October 2013

AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: <http://yoshinkan.info>

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September Report					
New members 7		Total number of adults training 74		Total number of teens & children training 35	
Results of Sogo Shinsa on 27th & 28th September					
Jun-Godan	Brent Weston	5th Kyu	Tim Bishop-Kinlyside Wikrom Tang	5Y2 step	Jason Williams
Shodan	Dominic Hogan Darsy Darsan Steven Bannah	6th Kyu	Jared Mifsud Wesley Drake	4Y12 step	Matt Carpenter
				4Y6 step	Sam Gray
				4Y3 step	Ryan Slavin
1st Kyu	Simon Nordon Lu Jiang	8th Kyu	Maxim Petrovic Thomas Murden	3Y7 step	Kaido Mori
				2Y12 step	Peter Hills
2nd Kyu	Andrea Troncoso Salasa	9th Kyu	Olivier Allart John Bellamy Laura Allen	2Y4 step	Adam Winlaw Jocelyn Fergusson
Jun-3rd Kyu	Kerry Nicholson Dean Jones Sean Keogh			S4 step	Tony Starkie
				S2 step	Lisa Milne
Events in October					
1. Getsurei Shinsa			2. Hajime Class		
<ul style="list-style-type: none"> • Training starts, Friday 12th 7:15pm~ • Steps, Friday 19th 7:15pm~ • Shinsa, Saturday 20th 1:00pm~ 			<ul style="list-style-type: none"> • Saturday the 27th 1:00pm~ • Please note that we will have no regular classes on this day. 		
			3. This Month's Holiday		
			<ul style="list-style-type: none"> • Labour Day – Monday 7th • Dojo's Holiday - Monday 22nd 		

Paragraphs from the Demo winners

Aikido to me is a lot like dancing and as the saying goes it takes two to tango, so firstly I would like to thank Simon for being my partner. I enjoyed my time immensely whilst training with you as we worked out throws, locks and oh how best to kick each other's butts on the matts!! There were so many great displays of jiyu waza on demo day that I was very surprised in receiving the honor of the best overall. So thank you to all my fellow students for keeping such a high level of aikido in our dojo, you helped us achieve this award. To Sensei and Shuko thank you for always giving me the opportunity and guidance I've needed, you both are a great source of inspiration. Last but not least thank you Lawrence for being my uke in the women's self defense demo, I know we will be dancing aikido together for a very long time. OSU

Mai Bui

I had the great pleasure of training with some very good partners for the demonstration. I felt that Kaido's 4 man Jiyu-waza was well composed and I was grateful to be a part of it. I felt that Mai's technique was strong and harmonised well to match the unusual difference between shite and uke in this case. It made my experience quite pleasant as all my movements as uke felt very natural and I didn't need to think about how I would fall or receive the technique at all.

Receiving an award acts as a symbolic representation of my progress over the last 365 days, and I really see it as a symbol of how much help I have received at the dojo, as it obvious to the point of intuitive that I would not have done it alone. I don't believe Aikido is a competitive art, or if it is, the only



person you are competing against is yourself. So in this way I see all the other members of the dojo as my team mates and I really do sense an environment of trying to help each other at the dojo.

I've been living in the dojo for a little over 8 months now. I had no idea what to expect when I accepted to live here, and I was very very nervous about doing so. I had lived a very sheltered life, and never really faced any meaningful hardship nor had any real responsibility, not even to care for myself. This type of living does not prepare you for life at all and after becoming an adult the affects were devastatingly clear. Fortunately for me there seemed to be an abundance of people who wanted to help me. From Greg Smith and his Fiancé Kym for taking me into their home for 7 months and introducing me to Aikido, and continuing to support me today, Laurence and Mai for always pushing me and Sensei, Shuko and Kaido of course for not only creating and maintaining the unique and supportive atmosphere of the dojo but accepting me into their home so that they may help to an even greater degree.

In all honesty the implications of their generosity have not fully caught up to me, I am revelling in the benefits and this helps to remind me every day. I've never been more focused or confident in my direction and it is a great pleasure to use Aikido and the teachings of the dojo every day, whether it be excelling at university or speaking with a broad variety of people and being disciplined enough to control my actions and thoughts to a greater degree. Yoshinkan means the school of cultivating the spirit and that is the reason I train, I interpret cultivating spirit as mastering one's self.

I have been cultivating my spirit for a year now and I have changed a lot but I would be disappointed if this development ceased anytime soon, if ever. I am naturally torn between doing as well as possible at university and continuously training, fortunately university has about 5 weeks left until I can fully focus on training. I hope to make this time training during the summer very hard, I know I won't be so confident when it gets that hard however so I'm glad the seniors will push the juniors and I will aim to train hard with my peers as well. OSU!

Simon Nordon

Tradition

I was recently privileged to participate in the 2013 Brisbane Yoshinkan Aikido annual demonstration. I use the word privileged because the opportunity to represent the dojo, its traditions, and more importantly Sensei is a great honour to me personally.

At the heart of our annual demonstration resides the highest effort of all our students both new and experienced as we strive to execute our Aikido in the Yoshinkan tradition. The traditions of our Yoshinkan way are in my view every bit as important as the forms and waza that we constantly practice under Sensei's ever watchful presence. The traditions that we see at annual demonstration day such as the commencement ceremony with formal bows and neatly pressed hakama are the public face of our Yoshinkan way and make visible the essence of our Aikido in a very honest and public display of these traditions.

For parents and their children who come to witness the demonstration they are offered glimpses of our traditions through the formalities and behaviours we exhibit during the demonstration and hopefully they are influenced in some small way. These formalities and behaviours reflect the beauty and essence of Aikido and for those of us participating; they provide a grounded life experience that provides a directional compass in our ever changing lives. These familiar traditions often help us to orient ourselves in situations that seem stressful such as last minute changes to our own demonstration routines and part of the demonstration build up teaches us to deal with the stress both real and imagined in a calm and centred way.

In this aspect of our Yoshinkan traditions, the annual demonstration day allows us to personally experience and learn about the importance of calm and focus as we face our public examination. Our foundational traditions of Rei – correct formal personal conduct and Metsuke – eye contact, are also examples of our tradition that give us a calm comforting familiarity as we perform our demonstration routines. For the audience, these traditions give some visible clues to the mindset and principles that we



strive to improve upon each time we come to the dojo. Some of our traditions such as Zanshin – remaining mind and full effort, have applicability in the world outside the dojo in the context of work life and as such, represent a tangible demonstration to the public, of the benefits that we gain from our Yoshinkan way.

The measured focus required to execute our Aikido using dangerous weapons and empty handed techniques requires a presence of mind that when applied in other contexts such as stressful work or study, can clearly be seen by observers as a valuable and desirable trait in our lives. The Yoshinkan values that are publicly observed at annual demonstration day, are a tangible aspect of our lives that are greatly enriched through our continued study and belonging in the Yoshinkan Aikido tradition. Osu

Murray Booth

'Firstly I would like to say how grateful I am to be able to participate in this years 2013 demonstration. I would like to thank Sensei and Shuko for their hard work in organizing the event. It is with a great sense of pride and achievement that I was able to participate once again.

Many thanks also to Dominic for his help and guidance. On the day everyone performed with great spirit, dedication and enjoyment. Special thanks to all the high ranks for their assistance in helping us all to achieve and do better.

Yours in Yoshinkan,

Tony Starkie

I was quite surprised to receive an award this year. Watching everybody else I thought that there was a high standard generally, and I think there are any number of other people who trained hard and were excellent in the demonstration. I'm glad I don't have to make these decisions, as I'd have a hard time choosing.

I found the period of demonstration training very enjoyable this year, it's a great chance to train with a lot of different people and try out a few things you don't normally get to work on. For me one of the most interesting moments was when Sensei instructed us to perform the brown belt renzoku, except uke was attacking with the left hand. Something I'd just spent months practicing suddenly fell apart. These were techniques I should have had at least a simple grasp on, but I had only practiced them on one side, and whatever I'd learned didn't automatically cross to the other side. It became very clear that it's all well and good to be able to visualise a technique, or try to explain it to somebody (or in my case, have it explained to me), in the end there's no substitute for actually practising it.

I feel I've been learning something from every different person I train with, from the advanced students to the beginners, so to be fair with my thanks I'd really have to name all of you. Since I'm told to keep this brief, I want to thank Tony for grabbing me early on in the process to partner up, and motivating me to train harder, it's always enjoyable training with him. Thanks also to Kaido for convincing me to participate in the group jiyu waza. At first I was reluctant, but as the demonstration approached I found myself glad that I was doing it. Kaido, Darsy and Simon were all great to train with and I attribute the group jiyu waza demonstration to their skill and hard work. Most of all, thanks to Sensei and Shuko for providing such a fantastic dojo and teaching us. Osu!

Dominic Hogan

I have participated in my first Yoshinkan demonstration and won two awards. At home, I was forced to participate in this year demonstration. I thought of participating only in the two people Jiyu-waza. There was no intention in winning an award. However, we wanted to demonstrate a clam and agile Jiyu-waza.



I had Jiyu-waza partner at home, so we did train whenever we had spare time. We brought two trophies home by winning the excellent Jiyu-waza award.

A month before the demonstration Kaido asked me, "I'm forming a Jiyu-waza group, do you want to participate?" I replied "Yes, I'm honoured". Two weeks later he sent a three pages word document, with pictures, arrows, and technique names. We trained extremely hard, each member of our group were involved productively with mutual interest. Each of us deserved a trophy. Congratulations to other groups who trained hard as well.

I had enjoyed training for the demonstration. Thanks to my Jiyu-waza partner, four men group mates, and every person trained for the demonstration with me on the mats. Special thanks to Sensei and his family.

Darsy Darssan

I watched the demonstration past two years. This is the first time I participated. I was much excited and relaxed during the demonstration. It was really fun. I will definitely participate every year from now on. I recommend it to everyone, no matter whether you are a white belt, brown belt or black belt, just enjoying the demonstration and do not worry about anything.

I would like to share some experiences. I started feeling panic and stressed a few months before demo. I said to Darsy: "This is too hard, I can't do it." Darsy said: "Just practise every day, you will be fine." We did and I felt so good and confident. I leant to smash Darsy, of course many times I thought my bone was broken while I was his uke. We decided doing the jiu-waza with harmony. Meanwhile, Lawrence invited me to join their four men group. I had so much fun practising with Lawrence, Mai and Cameron.

I learnt the Tanto movements for the demonstration. I think it will be useful for my Jun Shodan grading. I enjoyed practicing with Janna. I will learn another weapon for the next year demonstration. I take this opportune to thank Mori Sensei, Shuko San, Darsy, Lawrence, Mai, Cameron and Janna. OSU!

Lu Jiang

Yay! Finally finished the 2013 18th Annual Demonstration! Firstly, I deeply would like to thank Mori Sensei and Shuko-san for running a fabulous dojo and letting everyone train till 9:00pm every night, thanks to that, everyone built more confidence to demonstrate their techniques. Winning the 2011 & 2012 Group Jiyu-waza Award made me feel a little bit stressed, since I wanted to win again and make it wayyyy better than previous years'.

When I decided to write up the techniques, I watched the past group Jiyu-waza demonstrations and realized that the longer the group performed, you got bored when watching. I figured that if the techniques were short and snappy making the techniques look sharp, it gets people's attention and they won't get bored. For that reason, our group won the Group Jiyu-waza award 3rd year in a row, I think!!

Secondly, I would like to thank the group members, Dom living far away yet training with us till late, Darsy...instead of spending his time with his wife, spending more time for us, and Simon sacrificing his sleeping time and study time to train hard for the demonstration. And lastly, I would like to thank everyone who has trained hard together for the demo. Really looking forward to the next year's 19th Annual Demonstration! OSU!

Kaido Mori