

NEWSLETTER



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AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: <http://yoshinkan.info>

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December Report					
New members 6		Total number of adults training 59			
Results of Sogo Shinsa on 20th & 21st December					
Godan	Brent Weston	3rd Kyu	Stephen Cuthbert	4Y5 step	Lawrence Monforte
Yondan	Matt Carpenter		Sean Keogh	3Y10 step	Kaido Mori
Nidan	Peter Hills	Jun-3rd Kyu	Wikrom Tang	2Y5 step	Mai Bui
Shodan	Tony Starkie	4th Kyu	Sandra Contreras	2Y3 step	Joel Delaney
1st Kyu	Vladimir Roudakov	5th Kyu	Mark Cocquio	2Y1 step	Darsy Darssan
	Janna Malikova		6th Kyu	Laura Allen	S2 step
	Andrea Troncoso Salas	8th Kyu	Thomas Gilbert	S1 step	Lu Jiang
2nd Kyu	Mackenzie Lange		Christian McFarland		
3rd Kyu	Dean Jones	9th Kyu	Don Butler		
Events in January					
1. Getsurei Shinsa			2. This Month's Holiday of Adults' class		
<ul style="list-style-type: none">• Training starts, Friday 17th 6:00pm~• Steps, Friday 24th 7:15pm~• Shinsa, Saturday 25th 1:00pm~			<ul style="list-style-type: none">• Australia Day – Monday 27th		

A little more knowledge for your Aikido Training

New syllabus for 2014 –Tateken

I assume that most of you who are passionate about martial arts love Bruce Lee. I, however, did not quite like him for a long time. The reason goes back to my primary school age where I hated his famous shout "Achoo" as its high-pitched shrilling noise offended my sense of beauty. Besides, boys in my class who were rather behind in their maturity loved mimicking Bruce Lee shouting "Achoo, Achoo" all the time everywhere at school, which annoyed me so much.

So, my image of Bruce Lee was devalued at my young age and I never watched his movies. One day, when I opened my youtube account just as per my usual routine, my "recommended for you" section was full of Bruce Lee clips. Since youtube was determined to lead me watch the movies consistently, I yielded to youtube in the end. Well, youtube was right! They were all very interesting to watch and his movements gave me lots of useful information for my job, developing and teaching Aikido. I know that a large number of professional martial artists in various styles showed lots of respect to Bruce Lee and as I ignored the fact for so long I could not instantly change my attitude of disliking him to loving him, feeling too embarrassed. But now, I humbly say that I am fond of his art with high respect –I watched all the clips I could find through youtube.

There were two main points I was pleased to learn from his art. As you know, we have kicking practice at our dojo now. Although we never train kicks at Aikido dojos generally as Aikido techniques do not involve kicking skills, I thought we needed to train them to practice Aikido techniques against them. I introduced two types of kicking, Shomen-geri and Yokomen-geri using the front and side lines, because I thought they were the two major kick lines (you know, I am not professional in the kicking field.) Bruce Lee, however, hardly used these two types of kicking but the side kick in the front line which seemed the most effective way for him in power, speed and timing. That's the reason I added this kick calling Yoko-geri to our attack patterns that we practice at the start of basic class. I believe that in training Aikido techniques realistically, we need to have realistic attacks to train against. Therefore, we have to improve our kicking skills too to train Aikido better.

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The second point was his kamae (basic posture) and the movement from it. His basic posture was what we call Migi-hanmi kamae and his reason was to make great use of his dominant side, using right arm and right leg, which made his attacks much faster. When I was training boxing in my youth I had a doubt about the boxing basic stance where I had to be left side forward (Hidari-hanmi) to perform straight punch with my right arm. I did know that the left side stance was reasonable to make my right arm punch more powerful but I felt using jabs more effectively was the key to win the fight. For that reason I thought I could use jabs with my right arm more if I was in the right side stance and I wanted to try it out but my idea was denied at once by my boxing coach.

After my twenty eight years of Aikido training, now I definitely keep my posture in the right side if I have to fight in boxing style. So, I instructed my son to try it out at his gym where he works during boxing training but again his coach stopped him. Well, I was quite excited to see the legendary martial artist Bruce Lee proved my theory of attack. The way he threw his right punch was Tateken (using fist vertically) that used the impact from making a fist without a taking back motion. While Seiken (our Shomen-zuki, straight punch in boxing) is truly powerful, where the highest level martial artists can burst opponent's internal organs by a single blow, Tateken is very effective and powerful enough to give opponent a good damage to lead the fight.

Tateken is also very useful in conjunction with Aikido techniques. Since we are already in our kamae stance (in your dominant side) we can easily throw Tateken out to opponent's face that gives us a chance to restrain him with Aikido locks to finish it off. With these reasons I thought of bringing Tateken into our training from this year. But prior to introducing this to the class I had to test how it worked. Fortunately, I have a good guinea pig at home that I have trained since he was young and he is used to getting sudden attacks from any direction from his father. So, whenever I had a chance I gave him Tateken to see his reaction. As I expected he blocked them in the same way as he deals with Shomen-uchi and that meant I could easily perform Shomen-uchi Ikkajo-osae (1), taking him down instantly. Then I taught him Tateken too, to try it on me. I naturally blocked it just as he did and performed Shomen-uchi Ikkajo-osae (2). That meant we are able to do any other basic techniques subsequently against Tateken. Well, now it's a matter of bringing it to the dojo for everyone to practice and then we can develop the technique together by removing unnecessary moves and adding necessary moves. I will add Tateken attacks and techniques against them to our current syllabus after modifying and refining them in 2014. Techniques are something that we need to keep developing by studying them diligently but not just preserving them blindly, I believe.

Aikido has an 800 year history and that is its fascinating aspect but it can be disadvantage too. Most of those 800 years were spent by samurais in circumstances that were different to ours in this modern society. As samurais had Japanese swords in the first place, it was simply too stupid to try punching or kicking them –as you were cut in half instantly. What samurais disliked was when attackers invaded their safe distance, within the length of sword, and grabbed them or dragged them down as then the swords were of no use. Therefore Aikido was created and evolved to compensate for the disadvantage the samurais had. As you know, no one carries samurai swords on the streets anymore (except idiots) and since original Aikido techniques were developed in the old circumstances, we who train Aikido in this modern time need to make efforts to compose new techniques suitable for the current circumstances in addition to the established techniques. In this way, Aikido has a lot more potential to grow and expand.

Being one of the direct disciples of Master Gozo Shioda, I am confident of having profound knowledge of Aikido Yoshinkan and that is why I feel I need to study, research and expand Aikido more with the cooperation of my students from Brisbane Dojo. Please everyone, train Aikido diligently and steadily with me all the way through this new year at our dojo. Happy New Year to you all!

Osu!
Michiharu Mori