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AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: <http://yoshinkan.info>

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<b>June Report</b>					
New members 3		Total number of adults training 61		Total number of children training 44	
<b>Results of Sogo Shinsa on 27<sup>th</sup> &amp; 28<sup>th</sup> June</b>					
<b>1<sup>st</sup> Kyu</b>	Dean Jones Stephen Cuthbert	<b>5<sup>th</sup> Kyu</b>	Comila Roebuck	<b>5Y4 step</b>	Jason Williams
		<b>6<sup>th</sup> Kyu</b>	Victor Ovcharenko	<b>4Y9 step</b>	Lawrence Monforte
<b>2<sup>nd</sup> Kyu</b>	Wikrom Tang	<b>7<sup>th</sup> Kyu</b>	Andrew Crampton	<b>2Y11 step</b>	Murray Booth
<b>3<sup>rd</sup> Kyu</b>	Steve McKewin		Sandy Lokas	<b>2Y10 step</b>	Cameron Blake
	Kent Windress		Pol O Sleibhin	<b>2Y2 step</b>	Dominic Hogan
<b>Jun-3<sup>rd</sup> Kyu</b>	Mark Cocquio	Pedro Gouvea	<b>S5 step</b>	Lu Jiang	
	Roland Thompson	<b>8<sup>th</sup> Kyu</b>	Ross Macpherson		
<b>4<sup>th</sup> Kyu</b>	Jared Mifsud	<b>9<sup>th</sup> Kyu</b>	Charlotte Crampton		
<b>Events in July</b>					
<b>1. Getsurei Shinsa</b>			<b>2. This Month's Holiday of Adults' class</b>		
<ul style="list-style-type: none"><li>• Training starts, Friday 18<sup>th</sup> 7:15pm~</li><li>• Steps, Friday 25<sup>th</sup> July 7:15pm~</li><li>• Shinsa, Saturday 26<sup>th</sup> July 1:00pm~</li></ul>			<ul style="list-style-type: none"><li>• Dojo Holiday –Monday 28<sup>th</sup></li></ul>		
			<b>3. Children's class Holiday</b>		
			<ul style="list-style-type: none"><li>• Children's classes are closed from 28<sup>th</sup> June to 12<sup>th</sup> July. Class resumes on Thursday 17<sup>th</sup> July.</li></ul>		

## A little more knowledge for learning Aikido

### Being humble/accepting is the fastest way to learn an art

New comers and beginners often ask me what they should do to learn and improve Aikido faster. They expect me to talk about the technical side of training or specific workouts to make an Aikido body. My answer is, however, about the spiritual side –the mindset and attitude– from my experiences as a professional Aikido practitioner. Being humble/accepting is the fastest way to learn and master Aikido.

As a child I was quite an independent boy among five children, so my parents told me. I hardly bothered my parents but sat down quietly and read books or learned letters. One day I had to take an intelligence test before starting primary school education. To the surprise of adults around me, I wrote all the letters reversed, in mirror writing. Since my mother believed in me, thinking her son was smart, the shock she got was so big that it turned into anger. Looking at her son writing letters proudly with no pause in thinking, but getting every word wrong, she had to hold back her impulse to smack me on my head. She was so embarrassed... Contrary to her disappointment, I took this incident as to the proof of my special ability, being proud that I was different from others. How silly was I...

I, until very recently, did not know this special ability was called dyslexia and it is labelled as a learning disorder. One night when I was talking about my school age episodes proudly to my wife, she labelled me, saying I had a disorder... What a shock... Looking back my school results it actually makes sense since I had a very biased performance academically. In subjects I favoured like history and certain sciences my marks were extremely high, absorbing pages of information instantly but in the subjects which did not make sense to me, like English, which appeared to be rows of alphabetical codes without any meanings, my marks were extremely bad. Or rather, I simply did not like to follow the instructions of the teachers, like remembering formulas to solve mathematical problems. My brain wanted to work them out in my own way which usually did not work. Well, my school results from twelve years of education gave me both confidence and a sense of defeat and failure.

# NEWSLETTER



When my path, after graduating high school, for my further education was set to enter an Aikido Headquarters, (This was my church's -run by my father- decision, rather than for my personal interests, as a means to spread Tenrikyo teaching overseas because the philosophy of Aikido matched well with Tenrikyo teaching) I knew I could not fail in mastering the art like the way I had failed in some subjects at school. It was a mission for my lifelong duty, otherwise it would become my lifelong shame if I failed, I thought. In a way, I was mature enough to recognise my temperament by then and I was aware of my strong ego that brought me many disadvantages in my life. I had to change my habit of doing things in my way, with my own interpretation, that had prevented me from learning things steadily. Thus, I told myself to not to carry the habit with me when leaving for Tokyo, but keep the mind of humility that, I felt, was the key for my success. In addition, an Aikido book that I happened to buy, long before I knew I was going to learn this art, instructed its readers to have the attitude of 'complete obedience' in the martial arts field. That supported my resolution as being in the correct direction.

When I entered Yoshinkan Headquarters as an uchi-deshi I had six senior uchi-deshis above me and Master Gozo Shioda at the top of course. It was not an easy life there not just because the training was physically hard but because I had six demanding bosses all the time with severe, mean or bullying attitudes, when having one mean boss is usually enough for anybody. Although I got motivated to get away from the environment numberless times, not from the training but from the mental stress, I could not allow myself to fail. While it was hard mentally having many seniors telling me what to do constantly, I found it a great advantage to learn the art.

I thought it was very interesting that they all had their individual styles of Aikido even though learning from the same master. I got confused at the beginning as each senior taught me something different that conflicted with each other and it was hard to hold back an impulse to react each time whenever I was forced to change a form, angle or direction that had been corrected by another senior a minute ago. Here, I had to apply my resolution of being accepting without my own interpretation, pushing ego out of my way and I tried to take the instructions obediently, as they were, replying "Osu!" to each senior no matter if I agreed or not. As a result, I was able to master six different styles to apply techniques, through many years of dedicated training that provided me with a deeper understanding of the art, enhancing the range of techniques. After this learning stage I began to develop my style, eliminating negative elements, but keeping effective and reasonable methods in techniques from my accumulated knowledge, as a natural course.

I have seen many beginners get confused when they are given different instructions or they react against the seniors saying "I want to do like this" or "This is the way I do" or such, both at the Headquarters and at my dojo here. My advice for them is simple, just be humble/accepting and follow the instructions as they are without one's own interpretation. I believe that this is the fastest and easiest way to improve this art surely and steadily in the end, from my experiences of nearly thirty years of Aikido life. Not only for beginners do I recommend to keep the mind of humility, but even experienced black belts should better keep the mind of being a beginner to absorb and learn the art more deeply and to maintain satisfactory progress. I wish for everyone at my dojo to enjoy learning the art and develop and improve not just Aikido, but your life at the same time by all of us working together in harmony and unity as the family members of Brisbane Dojo.

**Osu!**

**Michiharu Mori**