

NEWSLETTER

No.254 October 2016

AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: <http://yoshinkan.info>

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

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

September Report					
New members 4		Total number of adults training 64		Total number of children training 37	
Results of Sogo Shinsa on 23rd & 24th September					
Yondan	Kaido Mori	5th Kyu	Anika-Jovi McCarthy	5Y5 step	Ryan Slavin
Shodan	Simon Nordon		Louis Chatfield	5Y2 step	Lawrence Monforte
2nd Kyu	Neale Windress	6th Kyu	Jack Donnelly	3Y5 step	Murray Booth
	Vaughan Gray	7th Kyu	Steve Turner	2Y10 step	Joel Delaney
3rd Kyu	Thomans Gilbert	8th Kyu	Sanae MacPhail	2Y2 step	Roland Thompson
	Ross MacPherson	9th Kyu	Darren Evans		Dean Jones
	Lily Crampton		Seiki Kimura		Andrew Crampton
Jun-3rd Kyu	Duong Thai		Thomas Wheeley		
4th Kyu	Greg Burley		Kate MacPhail		
Events in October					
1. 21ST ANNUAL DEMONSTRATION ON SUNDAY THE 30TH OCTOBER			2. Adults' Rehearsal for the demo		
<ul style="list-style-type: none">◆ 11.30am Start packing up at the dojo◆ 12.00pm Start setting up at the venue◆ 12:30pm Children's Rehearsal◆ 12:30pm Doors open◆ 1:00 ~ 3:30pm The 21st Demonstration◆ 3:30pm Awarding ceremony and taking a photo◆ 3:45pm Remove all the mats and clear the venue by 4.00pm.◆ 6:00pm Dinner Party			<ul style="list-style-type: none">◆ 29th Saturday 1:00pm~ at the Dojo◆ Everyone is expected to attend the rehearsal.◆ Please note that there is no rehearsal on the demo day at the venue.		
			3. Children's Rehearsal for the demo		
			<ul style="list-style-type: none">◆ 29th Saturday 10:00am~ at the Dojo		
			4. This Month's Holiday		
			<ul style="list-style-type: none">◆ Queen's Birthday: Monday 3rd October◆ Dojo's Holiday: Monday 31st October & Tuesday 1st November		

Coffee Break

Place a burden on oneself

There is a well-known phrase that expresses the spirit of Bushido that I personally do not favour. Yukimori Yamanaka in 16th century prayed to the moon, "Please, bestow seven defects and eight agonies (extreme difficulty) on me," in order to take on all kinds of troubles in exchange for the restoration of his Master's clan. His spirit of pure loyalty and self-sacrifice for his master became a great model of the spirit of samurai who would devote oneself selflessly for others while one takes on all the hardships willingly. Later on, his phrase began to be understood as the spirit of disciplining oneself; wishing to receive extreme difficulties voluntarily to train one's body and spirit strictly. Well, I do not favour this spirit as I wish to live an easy, smooth and enjoyable life.

I, however, have realised that I do have a habit of placing an extra burden on me to train myself. For instance, when I jog. I mentioned about this before in my article; I began jogging in the dojo wearing just a pair of shorts and naked from the waist up, being normal as my body got hot. But I felt it was far too easy and too kind to myself. So, I put on more clothes; t-shirt, long sleeves, a sweat shirt and a pair of pants. I was happy feeling harder to breathe and sweatier. Then, as I got used to them I added a rain coat on top, finding more joy from seeing the streams of sweat. Eventually, I bought a sauna suit for

NEWSLETTER

boxers and even went outside into the broiling summer sun, being so excited to see more sweat and to feel more exhaustion.

Once I went outside, I realised how alien I was in a pitch-black sauna suit among smart females and males who wore fashionable and colourful running gear. They looked like they were enjoying some exercise while I suffered from the heat with laboured breathing. Yet, the result was quite obvious. I came home from only twenty minutes or so of running and I had stripped two kilos off. My wife commented to me, "You look haggard like a skeleton," looking at my sunken cheeks. The sauna suit worked but not only that. It was my way of running too. I made sure to dash and overtake anyone whenever I saw someone running before me, no matter how far from me, male or female. It was nice when I hardly saw anyone, but when it was full of people running in the beautiful Orleigh Park, it became hell for me.

The other day, I found, regrettably, a man jogging far ahead of me and I muttered in my head, "The heaven has given me one agony." As I prepared myself for a challenge and sped up with momentum, well-grown giant flies that had gathered around the smelly rubbish bin from BBQ leftovers, flew away madly after getting a scare from my sudden movement. To my horror, one of them plunged into my mouth as I breathed harshly; it bounced up and down, left and right in my mouth, and got stuck in my throat, leaving a bitter and burnt taste on my tongue. I stopped on the spot at once, trying to spit it out desperately but no success. He stayed at my throat for a while although both of us did not wish so. Well, Heaven surely did give me one agony...

We, ordinary people, not like Yukimori Yamanaka who had an extremely tough spirit, do not need to seek for agonies or extreme challenges. Yet, placing a certain level of burden on oneself while we train Aikido helps us to improve either skills or fitness. Here are some examples. Trying to get oneself up faster and returning to Kamae as quick as possible each time after you are pinned down on the ground can strengthen your arms, legs and abdominal muscles. When I was young I changed all of my forward breakfalls to forward-jump breakfalls with my hand clutching on my belt for extra difficulty. There I gained skills to control my body against any types of strong throws by strengthening legs and abdominal muscles particularly necessary for keeping my body-position in the air and for landing safely. When you are ukeing for basic movements, instead of resting, concentrate all of your senses; especially your hand skin where contacts are made with shite in order to feel everything without missing even a subtle force. Learning how it travels through your body can develop the ability of your senses. It is a tiring effort to maintain your concentration through the whole class but any extra load will help you to achieve more progress.

It is difficult to make a progress when we train vaguely without having short goals. Knowing one's strong and weak points and finding ingenious ways to create some burdens on oneself are essential for us to keep improving our level of Aikido. You will feel the utmost delight when you see that your efforts of embracing burdens will bear even small fruit. Just be careful, not to be carried away too much like me...

OSU!

Michiharu Mori