

NEWSLETTER

No.261 May 2017

AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: yoshinkan.info Facebook: facebook.com/BrisbaneYoshinkanAikido/ Twitter: twitter.com/YoshinkanAikido

April Report					
New members 4		Total number of adults training 51		Total number of children training 35	
Results of Getsurei Shinsa on 28th & 29th					
4th Kyu	Avinash Premnath	9th Kyu	Ana Cuthbert	2Y12 step	Joel Delaney
5th Kyu	Van Morris			2Y8 step	Stephen Cuthbert
7th Kyu	Rebecca Qiu	5Y12 step	Jason Williams	2Y6 step	Andrew Crampton
Events in May					
1. Getsurei Shinsa			2. Special Class - Practical Aikido only		
<ul style="list-style-type: none">• Training starts, Friday 19th 7:15pm~• Steps, Friday 26th 7:15pm~• Shinsa, Saturday 27th 1:00pm~			<ul style="list-style-type: none">• Saturday 20th 1pm~• More direct techniques, useful on streets.		
			3. This Month's Holiday		
			<ul style="list-style-type: none">• Labour Day: 1st Monday• Dojo Holiday: 29th Monday		

Sharing the feeling of Black Belts

Shodan

Not long after completing the introductory course, I realised that I had forgotten the techniques taught in the course. Let's not even mention technique, I can't even do Shumatsudosa properly and often gets confused as to which foot was left and which was right. I decided then to follow a regular training regime in an attempt to remember the movements and the techniques. Fast forward to today, now when I train I can feel the difference in my skill level compare to when I first started. So how did I get here?

Galileo said "You cannot teach a person anything, you can only help them find it within themselves". This has been my experience in Aikido training - Sensei would demonstrate a technique and offer guidance on the technicality of making it work then it is up to the student to put that into practice by training it's execution...and training...and get input from Sensei and training and training and...training and training and ... did I mention training? Training. For me, training is the magic ingredient to be taken regularly to improve the techniques – a tweak of the rotation, keep centre, roll the hip, puff out the chest, square shoulders, weight forward, U-shape, keep connection, control the elbow, relax. These small (and sometime major) adjustments made by Sensei and numerous senior black belts add up; fitness level adds up, skills add up. Like the old saying – you eat a whole elephant one mouthful at a time – you also get black belt one training session at a time with a lot of help from Sensei and senior black belts. Thank you very much Sensei and Shuko-san for creating the Brisbane Dojo and instilling it's magic by providing timely and measured guidance to allow students to practice and discover things within themselves. I am honoured and privileged to be your student and to received Shodan under your tutelage. To each and every black belt I had the privilege to train with, thank you – you help create the magic at every training session.

For me, training is the reward in and of itself. However an added bonus I get from training is stillness and calm. When a particularly strenuous class comes to the end (especially one with line work), I struggled with exhaustion - standing up is a challenge. Sensei called to face your partner.

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Kamae. Seiza. Mokuso. Breath out. Sitting in complete darkness. Heart pounding heavily from training. Breath in deeply to try to take in all the available oxygen in a single inhalation. Sweat trickle down the eyes and mouth. Long exhale. Stop. Listen. What do you hear? Nothing. Just trying to breath. Don't try – just breath, deeply. Listen. Nothingness. Heartbeat. Breathing. Silence. Stillness. Peace.

See you in Training.

OSU,

Wikrom Tang

Shodan finally, it feels like being white belt again!

I started martial arts in 2006 or 2007 back in my country Chile. My dad wanted me to do some kind of sport or physical activity since I was still growing (believe it or not I was a bit shorter back then). So he found a small Karate dojo 20 minutes from home, which was the beginning of my life in martial arts. I've been doing karate since then until I moved with my family to Australia in December 2010.

Starting a new life in a new country was very exciting and scary at the same time, but we were doing quite well. After we settled I decided I wanted to return to practice karate again. I looked for my same style Uechi-Ryu but I couldn't find anything near home and I didn't want to training a different style so I asked my dad what can I do?? And he said to me "Why don't you try Aikido?" He said that back in Chile my Sensei's Sensei taught karate and Aikido and that it was a nice style to practice. I didn't hear about that before and I didn't know what Aikido was, but either way I looked for a dojo nearby to go and join. From the ones I found I choose the West End one because it was closer, up until today I can't believe how LUCKY I was to randomly choose Mori-sensei's dojo!

Without knowing anything about Aikido and even less about Yoshinkan I turned up and started training! I was so happy I found such a nice dojo, sensei and his family and all the seniors were so nice, welcoming and encouraging. It felt like back at my little karate dojo in Chile. It was the same kind of atmosphere, it was what I was searching for so I couldn't be happier feeling I was in good hands. Not to mention that I also found the love of my life in here 😊

Now it's been a few years of training, very hard training. Being a shorter person made me feel like all the techniques were double as hard to apply. I always had to look for a way to adjust and because of that it would take ages for me to go for my gradings, always making sure I would do the best technique I could. So thank you to all the people who have help me through the years and during the final two weeks. A special thank you to Wikrom for being so patient with me and a great training partner. Thank you to Richard for taking us on the last weeks before the grading, thanks to him I learned a "new" move for my Jiyu-wasa that made a great impression 😊. Thank you to Cameron for not going easy on me. And finally the biggest thank you Shuko-san and Sensei for their awesome teaching and support over the years. I hope I get to keep training with everybody!

Osu!

Andrea Troncoso Salas 😊