

# NEWSLETTER

No.266 October 2017

AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: [yoshinkan.info](http://yoshinkan.info) Facebook: [facebook.com/AikidoYoshinkanAUS/](https://facebook.com/AikidoYoshinkanAUS/) Twitter: [twitter.com/YoshinkanAikido](https://twitter.com/YoshinkanAikido)

<b>September Report</b>					
New members 2		Total number of adults training 50		Total number of children training 38	
<b>Results of Sogo Shinsa on 22<sup>nd</sup> &amp; 23<sup>rd</sup></b>					
<b>Godan</b>	Jason Williams	<b>8<sup>th</sup> Kyu</b>	Tfer Newsome	<b>2Y11 step</b>	Stephen Cuthbert
<b>Nidan</b>	Michael Bannah Joel Delaney	<b>9<sup>th</sup> Kyu</b>	Allan Lu Alex Lu Zoran Kazovic	<b>2Y10 step</b>	Andrew Crampton
<b>1<sup>st</sup> Kyu</b>	Greg Burley Louis Chatfield Duong Thai		<b>2Y6 step</b>	Vladimir Roudakov Janna Malikova	
	<b>3<sup>rd</sup> Kyu</b>	Thomas Murden	<b>5Y1 step</b>	Kaido Mori	<b>2Y1 step</b>
<b>8<sup>th</sup> Kyu</b>	Lisa Wang	<b>3Y10 step</b>	Cameron Blake	<b>S3 step</b>	Neale Windress Lily Crampton
		<b>3Y9 step</b>	Murray Booth	<b>S1 step</b>	Charles Delaporte
<b>Events in October</b>					
<b>1. Getsurei Shinsa</b>			<b>2. Hajime Class</b>		
<ul style="list-style-type: none"><li>• Training starts, Thursday 19<sup>th</sup> 7:15pm~</li><li>• Steps, Friday 27<sup>th</sup> 7:15pm~</li><li>• Shinsa, Saturday 28<sup>th</sup> 1:00pm~</li></ul>			<ul style="list-style-type: none"><li>• Saturday 21<sup>st</sup> 1.00pm~</li><li>• Please note there is no usual class.</li></ul>		
			<b>3. This Month's Holiday</b>		
			<ul style="list-style-type: none"><li>• <b>Queen's Birthday:</b> Monday 2nd</li><li>• <b>Dojo Holiday:</b> Monday 30<sup>th</sup></li></ul>		

## Paragraphs from the Demo Winners

I was very impressed by the annual demonstration: first and foremost, by the magic technics of Mori Sensei, but also by the instructors, black belts and other students who demonstrated their skills and strong spirit. It is great to see that aikido can inspire so many people to give the best of themselves, commit to learn, progress and achieve something that has a universal value. I feel that practicing aikido links us to the rich traditions of Japan. It also has the power to transform us in ways that are probably far beyond what we expect.

I would like to give a special thanks to Vladimir who kindly proposed to be his partner and gave me many advices, with details on each technic but also paying attention to the positioning and smooth transition between the technics. Thank you also to all the black belts for their advices, although unfortunately they will have to repeat these advices many times... it was too much for me!

I truly enjoyed the preparation for the demo: going over the same technics again and again, rolling until exhaustion and feeling that – little by little – things get better. I did some stretching at home and it improved my footwork. Surprisingly during the demo I felt very relaxed. To the point that I was a bit embarrassed and thought that “maybe I should be more worried...”. But it ended up ok. After all, the kids did not seem to be worried and as Jason said very well “they were, after Mori Sensei, the stars of the demo”!

Osu!

**Charles Delaporte**

I accept this award on behalf of everyone who I've had the opportunity to train with. This award belongs to you too because it is through training with each of you that I cultivate my Aikido skills. Thank you. Special thanks to Roland, my very capable uke who helped me execute the routine; Jason Economidis and Kaido Mori who helps fine tuned the techniques; Murray Booth and Dominic Hogan who helped with ideas on the transition. Lastly Thank You Sensei and Shuko-San for providing a place for us all to devote ourselves to the cultivation of Aikido.

Osu.

**Wikrom Tang**

# NEWSLETTER

Firstly, I would like to thank Sensei and Shuko san for always being supportive and encouraging me to train more, even though there have been plenty of excuses or me resisting/ me being lazy. It was with a great sense of pride and achievement that I was able to participate once again in this years' demonstration.

Secondly, I would like to thank everyone that I have trained with leading up to the demonstration, especially the Senior Black belts; for picking up on my sometimes average technique's.

Finally, I would like to thank Kaido, for choreographing the formation and techniques of our group demonstration, in such a short amount of time. Thank you to Steve and Lawrence for training at their very best, showing great harmony and great spirit!

## **Tom Bannah**

Firstly, I would like to start by thanking everyone who helped, trained together and made the last week of demo training enjoyable. Most of the time I had Cameron as my training partner as we had to practice for the Goshin-waza (self-defense techniques) ... now that was intense for me and probably easy to Cameron as everyone knows he's called the energizer bunny in the dojo or cyborg at our Mori family household. As everyone saw, it was 2 mins of shite-uke swapping non-stop and 5 throws each of Jiyu-waza. He had always pushed me to my limits which I'm grateful for, since I was able to gain part of my fitness back which I needed for the demo, thanks Cameron. Although he did complain to Sensei that my fitness has dropped and wasn't too impressed.

Once we had the Goshin-waza down to pat, I had my own group Jiyu-waza to work on which I stressed about since we didn't get to practice as much till the last week. We only trained a few times during the last week but trained intensively. I had always wanted to make a group Jiyu-waza with the Bannah brothers since the award goes under their father's name. Thank you, Lawrence, Tom and Steve, for your time and corporation to win the award. It was a lovely moment to see Tom and Steve, the Bannah brothers throwing each other in harmony. I'm looking forward to train with everyone till the next demo. Osu!

## **Kaido Mori**

### **Practice Persistence.**

I have persistently practiced for over 10 years now. I try to train at least once a week. It's not always easy, but the effort is worth it. Finally, I managed participate in Kyogi embu and not freeze. And even when I forget, my 10 years of muscle memory now keeps me moving and doing something not too silly.

Thank you Sensei Richard.

### **Face your Fears.**

For most of us it's pretty scary to get up in front of a crowd to demonstrate our skills. It doesn't matter - do it anyway! There's always someone that can lean from us and appreciate our efforts. Thanks mum :-)

We think we are not good enough or somebody else is better. It doesn't matter - do it anyway! There's always someone better! Even if they are not up there with you. But the best way to improve yourself is you push yourself - even if it's just a little bit. That's why I participate in Kyogi embu nearly every year.

So next year - join us in Kyogi embu. For yourself.

## **Lars Kjaersgaard** (Southside Dojo)

I always find great joy in participating in the Brisbane Dojo annual demonstration. Like every year, I've always thought about what it would be like to win. Well it doesn't come close to the feeling when your name actually gets called. One of my goals has always been to win a trophy at their demo, and thankfully, I can now say that I have happily accomplished another one of my goals upon getting my black belt. There is only more going forward from here and I'm awaiting the journey eagerly.

## **Marian Meciar** (Southside Dojo)

Firstly, congratulations to everyone for another fabulous demonstration this year! As always, there was good spirit, good aikido and a great amount of fun in the 22nd Brisbane Yoshinkan aikido demonstration.

This was the fourth demonstration that I participated in, and the first time I was able to do all three weapon demonstrations. Congratulations to Dominic, Murray and Vladimir for a well organised demonstration.

# NEWSLETTER

Also, I was also lucky enough to take part in Sam and Kaido's demonstrations. Thank you to both of you for letting me participate! It is certainly a great experience, and I hope I didn't let you down! :P

I am very grateful to be awarded the best-overall demonstration for this year. During my demonstration, I go in to try and do my Jiyu-waza with great intensity, to try and show spirit and make faster, powerful movements. Needless to say, I had a few bruises after the demo, and I am sure that my demonstration partner, Wikrom, would have had some too after my face-palm Irimi zuki. Massive thanks to Wikrom for all the hard training we went through!

Lastly, thank you to Sensei and Shuko-san, I am very privileged to be a part of this dojo. I enjoy the training, the atmosphere and the challenges that I get to face with Aikido, and I hope to continue training as long as I can. See you all at the mats! Osu!

**Roland Thompson**

*"The only source of knowledge is experience."*

*Albert Einstein*

It is always a challenge to help someone to get better, to teach someone. Be it at work, training in the dojo or anything else you do. Sometimes you wish it would work like in the movies: you find the teacher, you go through training sequence and all of a sudden you are good at something. Or even make it as easy as in The Matrix movie Neo: I know kung fu.

But everyone who did at least one Yoshinkan demonstration knows that there are barely any shortcuts and that you actually have to push yourself to achieve what you want: improve existing techniques, learn new weapon or be a better uke.

Every year I have mixed feelings about demonstration. From one side it is an exciting opportunity: I can practice more weapons and really concentrate on improving jiyu-waza techniques. On the other hand, every year I have that uneasy feeling about finding a partner and practice a bit more (but in reality, much more) than usual. This year I was pushed even more outside of my comfort zone when Sensei asked me to lead Tanto (knife) group for the demonstration. That was invaluable experience and I'm looking forward to do that in the future. However getting sick and losing my voice on the week of demonstration complicated things even further.

But what I found is that my best ability to learn when I'm not feeling comfortable or secure (to the point and not all the time of course) and this demonstration proved it again. More you push yourself, better you are going to feel afterwards with results or at least with amount of work you have done. I'm very grateful to Sensei, Shuko san, my jiyu-waza partners in crime Charles, Stephen, Dominic and Andrew, Tanto group and all Yoshinkan students doing their best and to pushing me out of my comfort zone once again. I'm looking forward to the 2018 Yoshinkan annual demonstration and I hope you too. See you on the mat.

**Vladimir Roudakov**

Firstly, I'd like to thank Tom and Lawrence for letting me continuously practice mainly one technique over and over, and Kaido having the patience with us and me in particular trying to remember the sequence of the techniques.

Secondly to everyone that helped me up to the demo especially when doing the 10 to 15 minutes of line work.

Finally, to thank Mori sensei and Shuko sensei for all their time, effort and dedication they have given to the dojo over the years. Osu

**Steven Bannah**

Firstly thank you to Kaido, Tom and Steve for a great partnership for the four man this year and to Kaido for putting a great sequence together. And well done to the other groups who had put a strong and dedicated effort to their four man performances. I very much enjoyed participating in the four man as it was nice and intensive which is a way I personally like to train and demonstrate. It was a pleasure to partner with these guys as they have been there since I first started Aikido at the Brisbane dojo 11 years ago!! I was not planning on participating in a four man this year but was glad I did and will seriously consider joining a group next year!! Osu!

**Lawrence Monforte**