

NEWSLETTER

No.267 November 2017

AIKIDO YOSHINKAN BRISBANE DOJO

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

October Report					
New members 4		Total number of adults training 54		Total number of children training 45	
Results of Getsurei Shinsa on 27th & 28th					
7th Kyu	Tfer Newsome	9th Kyu	Benjamin Cribb	2Y11 step	Andrew Crampton
8th Kyu	Zoran Kazovic		Jonathan McConnell	S4 step	Lily Crampton
				S2 step	Charles Delaporte
Events in November					
<u>1. Self-defence Class & Demonstration</u>			<u>2. Getsurei Shinsa</u>		
<ul style="list-style-type: none">• Self-defence class; Saturday, 25th 1:00pm~2:30pm• The class is not for public but only for the members.• Everyone who wishes to participate in the self-defence class needs to register at the counter with \$20 cash participation fee. (will be used for BBQ party and drinks)• BBQ Party will be held after the demonstration and everyone including your family and friends are welcome to join us.• Demonstration; 2:45pm~• All of the black belts and Mori Sensei will display their demonstrations after the class. You can invite your family and friends for the demonstration.			<ul style="list-style-type: none">• Training starts, Friday 10th 7:15pm~• Steps, Friday 17th 7:15pm~• Shinsa, Saturday 18th 1:00pm~		
			<u>3. Children's demonstration, new colour belts awarding ceremony and X'mas Party</u>		
			<ul style="list-style-type: none">• Saturday the 18th 10.00am~• A grading demonstration by all the children starts at 10am.• Awarding ceremony, some games and X'mas party are planned after the demo.• Dojo will provide some soft drinks and a small X'mas gift for each child.• Please bring a plate with you.		
			<u>4. This Month's Holiday</u>		
			<ul style="list-style-type: none">• Dojo's Holiday 27th Monday		

Paragraphs from the Demo Winners

So far, I have been training Yoshinkan Aikido for almost half a year, and it has been a very enjoyable and uplifting experience. From day one I have felt welcome, training with a motivated group ranging in experience, I have been able to improve both my skills and discipline. The most enjoyable aspect of Yoshinkan Aikido I find, is the focus needed which takes one's mind away from all negativity or stress and is put to use in learning new techniques.

My journey, although being a satisfying and ongoing enjoyable experience, has provided me with several challenges. My largest one being motivation. After a stressful or full on day it can be easy to tell yourself that you're too tired or have done enough for today, but there has not been a single time where I have come out of training and don't feel more accomplished, relaxed and refreshed. As I continue on with my journey my main goal is to simply expand and improve my techniques and knowledge of the art, and continue to learn from the many talented and friendly people I meet along the way.

Ronan Grau

The Art of Aikido is one that draws the attention of anyone who has heard or seen the art. But only once you've trained do you really realise the unique reason of why you're really drawn to Aikido, and this paragraph is the story of my unique reason.

When I first started Aikido in early 2014 I entered with the hopes to learn my first martial art and to get an insight to what self-defence is like, but what I have gained from Aikido currently is so much more. Firstly, it has helped me gather a sense of self-awareness and discipline that I didn't have before. But it has also taught me the important skill of maintaining high spirit, confidence and constantly pushing myself to achieve a standard or goal, which these are obviously all-important characteristics that will benefit me for the rest of my life. Finally, we have one of the main reasons and this is the dojo's community. We are so fortunate to have the Sensei and Senior students that we have, as they are always able to help us maintain a high standard and help us learn and improve our Aikido skills. But of course, there is the wonderful students that help us with our skills, but more importantly

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keeps the environment positive and inviting. But I believe that events like Demonstrations or Barbecues really demonstrates how far our community has expanded even past the students of the dojo.

So overall what really keeps me coming back for more is not only the positive environment, but the fact that after every class even if I feel my skills have not improved I will always take something away from it that will have a forever lasting positive impact on my life and me as a person.

Jacob Holloway

Sharing the feelings of Black Belts

Nidan

It has been 13 long years since, I acquired my Shodan from Sensei. Today you will read about my experience leading up to 2nd Dan.

Training for 2nd Dan has shown me in many ways that, You don't lose to the choices you make, you lose to the choices didn't make.

It is funny how you remember being "better" or "knowing" alot more than you do. However if you're not as "good" or "knowledgeable" now, how can you be so sure about what you did or knew back then? Make the choice to better yourself tonight at training. Push past what you did last week, don't make that same mistake again, keep going until..... Your almost passed out and your gi has doubled in weight, dizzy from exhaustion and Sensei just smiling and watching you. Training to me is a choice I make regularly every day. Training isn't just Aikido it is making the most of every day. Making the choice to haul your ass out of bed and do something today and every day.

Funny thing about Aikido is that there is no ceiling. No best of this or best of that. There's no way to really gauge anyone's "level". Not on the colour of the belt they wear, not on how they interact with other students, not even the colour of their hair. You can do aikido for your entire life and not reach its peak, or even feel like you're getting anywhere. I feel that I missed the whole idea itself of grading for the next belt/Dan.

The past month of training has been great. That's why when i found out it was a Sogo Shinsa, I thought I might be able to grade again. With only 4 nights that I could attend, my nerves and determination were taking over even when not on the mats. I have to give my thanks and apologies to all the people who trained with me in the week. Especially to Mori Sensei and Shuko Sensei not only for this month but for all the knowledge, patience and never ending virtue over many many years since first walking through the dojo at Fish lane.

Osu,

Michael Bannah

I was chatting to a couple of the fellow black belts the other day about why we think people stop training or stop continuing past getting brown belt or 1st dan. We all agreed that it was individual as to why, but I believe people who stay start to realise just how deep aikido can go.

First you really want to finish a technique well, then you realise that if you start a technique well you can finish it far easier and better. Then you realise it's all about the basics after all (like the seniors keep telling you) and then you think you've got it. Then you realise how little you know.

I believe once you find the joy in learning you see how amazing aikido is and how amazing the dojo is. You develop understandings of the techniques that you didn't know existed and an understanding that aikido is far more than just locks and throws. You see how the lessons in the dojo are extremely useful for real life and you find a passion to turn up year after year.

My journey to second dan has taken a while but I'm very proud and grateful that I've stuck with it and reached this milestone. I've enjoyed the lessons along the way and having aikido as a constant in my life.

As always, thank you sensei and shuko for providing such a place for us to train and learn. Also I appreciate training with everyone at the dojo and for teaching me something, even if it's just patience!

Osu.

Joel Delaney