

# NEWSLETTER

No.273 May 2018

AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: <http://yoshinkan.info>

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<b>April Report</b>					
New members 6		Total number of adults training 53			
<b>Results of Getsurei Shinsa on 27<sup>th</sup> &amp; 28<sup>th</sup> April</b>					
<b>Jun-Shodan</b>	Louis Chatfield	<b>9<sup>th</sup> Kyu</b>	Adler Hofea	<b>2Y10 step</b>	Dominic Hogan
<b>4<sup>th</sup> Kyu</b>	Steve Turner	<b>5Y11 step</b>	Ryan Slavin	<b>S5 step</b>	Greg Burley
<b>7<sup>th</sup> Kyu</b>	Koby Scarff	<b>2Y10 step</b>	Vladimir Roudakov		Duong Thai
<b>9<sup>th</sup> Kyu</b>	Martin Fernandez		Janna Malikova	<b>S2 step</b>	Bastian Hartmann
<b>Events in May</b>					
<b>1 Getsurei Shinsa</b>			<b>2. Aiki-waza Class</b>		
<ul style="list-style-type: none"><li>• Training starts, Thursday 17<sup>th</sup> 7:15pm~</li><li>• Steps, Friday 25<sup>th</sup> 7:15pm~</li><li>• Shinsa, Saturday 26<sup>th</sup> 1:00pm~</li></ul>			<ul style="list-style-type: none"><li>• Saturday 19<sup>th</sup> 1-3pm</li><li>• Please take this special opportunity to feel and learn Aiki-waza from Sensei!</li></ul>		
			<b>3. This Month's Holiday</b>		
			<ul style="list-style-type: none"><li>• <b>Labour Day</b> 7<sup>th</sup> Monday</li><li>• <b>Dojo Holiday</b> 28<sup>th</sup> Monday</li></ul>		

## Sharing the feeling of Black Belts

### Shodan

In October 2018, my Yoshinkan Aikido journey will be 9yrs old.

In the mid eighties I was working in a Government Office and Vern, one of my older colleagues with a dodgy knee overheard me talking about Karate. Later in the day he approached me to gauge my interest in a different Martial Art he was involved with – Aikido. He demonstrated some of the techniques he learned at the City YMCA, bending my wrists and elbows in the limited space of the storeroom, throwing me in all directions, crushing every cardboard box in sight. The timing to train was never right but I always remembered the power and finesse of the techniques.

Emmanuel Economidis and I were having a random discussion during a Music Festival Site build in 1998 and he mentioned Yoshinkan Aikido – I was immediately interested. I'm not sure when but soon after I visited the Dojo during a lunch time class – Sensei was looking at the floor (I later realized he was reading the grading sheets) calling out techniques – the students were busy throwing each other onto the mats and I was hooked: shortly after I had to travel overseas for an extended stay. Whenever I worked with Manny, I would ask him about Yoshinkan Aikido and he was always very enthusiastic explaining how fortunate we were to have someone of Sensei's Profile teaching in Brisbane and how superior this hard style of Aikido was to alternative Martial Arts.

Fast forward to October 2009 – my brother Scott suggested we should start the beginner's class at West End (first lesson free). We dressed in our finest shorts and T Shirts and hit the mats under the watchful eye of Richard Diehm. My intention was to train for 1 month: possibly give it 3? If I lasted a year then I would give it 10: Two weeks in, we both purchased Gi's and after 6 months, Scott decided sore wrists and falling on the mats wasn't for him. He returned to Kick Boxing and immediately fractured his ribs.

Remembering the names of techniques seemed to take forever so I assigned numbers to everything and fortunately during gradings the order remained constant. At some point everything made sense, however there's nothing like the challenge of learning new moves.

November 2010, I was absolutely committed and paid 3 months in advance to minimize any excuses. I attended the annual Self Defence Class and ruptured my ACL – a full reconstruction plus if possible 12 months of rehab. February 2012, I called Sensei and Shuko to give them an update. I didn't really consider myself capable of participating in class, however Sensei offered to accept me as a private student which I've continued to this day.

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I soldiered on determined to be the best white belt the club had ever seen – low ambition for the aging frame, however I realized that I would soon tire of the 9th Kyu requirements. Sensei's DVD's and You tube have been invaluable tools especially when I'm away working, however there's no substitute for hitting the mats in regular classes. Absence from Class makes it difficult on many levels to progress – fitness (difficult but not impossible): remembering techniques - more challenging with higher gradings: and harmonizing with Uke.

## **Things to avoid during Private Class:**

I asked Sensei about a Master Shioda technique that I saw on You Tube – I'll call it the Toe Crusher? He was very excited and eager to demonstrate: I couldn't believe the pain and limped for a week.

Never get carried away with a technique: the look on Sensei's face reveals another side of Aikido – “first let me show you what you've done and then I'll demonstrate the correct technique” – there are no winners!

Due to my work commitments, I'm not always in Australia and/or available but I love the challenge Aikido provides for the body and spirit and will be always grateful for the support and dedication that I receive from Sensei Mori, Shuko and the Brisbane Yoshinkan Alumni.

**Osu!**

**Kerry Nicholson**

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## **Nidan**

### **Small thoughts of a black belt**

I first seriously started thinking about Ni Dan at New Years last year. Prompted by Christine to set some goals for the year, I decided to see how close I could get by the end of the year. It meant committing to every grading and training as much as possible in between to improve skills and fitness. After a month or so I was surprised at how my thinking on Aikido had changed, instead of focussing on each technique, I was considering all the techniques in the step together and how they were related just to be able to learn them in time. I also had to let go of the idea of mastering them to make them perfect and to see it as a part of a progression in continuous improvement.

The most interesting twist came as I had to research new techniques that we had not covered in class. I went back to some of the books I read when I first started training and realised how much more was in them. I also looked online and found many new resources, articles and videos looking at techniques and history of Aikido. This challenged me to think more about how Aikido is a living art that is continuing to evolve and improve and to realise how much Sensei is contributing to this growth.

This year my journey has taken a new twist as I return to New Zealand. I am looking forward to training here in Wellington and helping to spread Brisbane Yoshinkan Aikido.

I would like to thank Sensei for all the help and instruction over the last four years both physically and spiritually and Shuko for all her support of my family. It has been an interesting time for us over the last couple of years.

I would also like to thank all the people I have trained with in Brisbane as they have helped my Aikido grow in many different ways. From explaining and demonstrating techniques to discussing the ideas behind them and of course practising them as Shite and Uke. I look forward to training with you all again soon either in Wellington or Brisbane.

**OSU**

**Andrew Crampton**