

NEWSLETTER

No.276 August 2018

AIKIDO YOSHINKAN BRISBANE DOJO

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

July Report

New members 2

Total number of adults training 48

Total number of children training 41

Events in August

1. 23RD ANNUAL DEMONSTRATION ON SUNDAY THE 5TH

- 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 23rd 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

2. Adults' Rehearsal for the demo

- ♦ 4th August 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

- 4th August, Saturday 10:00am~ **at the Dojo**

4. Getsurei Shinsa

- Training starts, Friday 17th 7:15pm~
- Steps, Friday 24th 7:15pm~
- Shinsa, Saturday 25th 1:00pm~

5. This Month's Holiday

- Dojo's Holiday 6th Monday & 27th Monday
- Ekka Show Day 15th Wednesday

Sharing the feeling of Black belts

Shodan

Dear Sensei and Shuko san, thank you both for everything. I love being at the dojo and part of our Aikido community which you have made possible and continue to nurture and grow. Also thank you very much to everyone at our dojo for your training, support, spirit and teachings.

I have come to realise that right now Shodan is both everything and nothing. I can explain this if I may borrow Sensei's analogy of climbing Mt Fuji of Aikido life (See the July Newsletter). Shodan is place somewhere at the very very bottom of the pathway up this mountain. Even so the view is magnificent and carries a strong sense of pride. If I look back down the path I can see a lot of effort and places so difficult to traverse that I would not have crossed without help from those that have been before me. After a moment, I turn around and see I have arrived at nothing more than a small clearing on the path which has a tiny sign that says this is but the start of the Shodan section. Then, looking ahead along the path and beyond up the mountain that is Aikido which towers above me and the clouds, this path only gets steeper and rises over more difficult terrain than I have already encountered. And yet, I cannot see the start of Nidan, it is way in the distance and out of sight. All I can do from here is take a breath and a step and another and carry on along the path. As I start along this section in a split second I see Sensei running back and forward to help everyone whatever stage they are at. Then I realise we all have to go back and forward on this mountain with as much commitment, enthusiasm and readiness to help others as we can muster in order to gain the strength needed to reach a higher point than we have been before.

Thank you everyone, See you on the mountain!
Osu!!!

Greg Burley

So here I am, in a place I never thought I would be. Before I ramble on, I need to give my utmost and unreserved thanks to Sensei Mori and Shuko-San for their unwavering support, patience and kindness they have shown me on my journey so far. Sensei's commitment to get a some of us mere mortals into shape in the pre-grading training

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sessions was a lesson in itself on pushing yourself to the next level. I also give a special thank you to Sensei Mori for always being ready to answer my never-ending questions about Aikido and helping to widen my understanding of the Art.

I would also like to thank everyone that I have trained with over the last couple of years for all your tips, advice, assistance, patience and of course adapting yourselves to my short comings – without you guys – I would not have got to where I am today.

Special thanks also to my good mate Gregg for being such a solid mate and training partner since the beginning – making me do the extra 5 percenters really does work especially when your shattered from 2 classes already. I would also like to thank him for the intense and spirited grading sessions we have shared together.

So... reaching Shodan, it has to be one of my top life time achievements. However, to me it's a station on the journey - its not the destination. To me it always has been more about the journey: The personal change; physically; mentally; and spiritually.

Physically – because I am fitter and healthier now than I was 25 years ago.

Mentally – Aikido has helped me deal with issues away from the Dojo in a much better state of mind –Jiyu Waza practice has taught me far more than physical techniques and the annual Hajime class is incredibly character building. Whatever else is going on in my life, I've realized it completely pails into insignificance when I'm being hurtled across the tatami – because at that point I think of nothing – I am but living in the moment.

Spiritually, Aikido has allowed me to simplify things and take stock of life. As with life and training in Aikido, there is always someone that you look up to, and always someone that looks up to you. There is always someone that will help you and someone that you can help. This is something easily forgotten in the busy lives we lead. It is one of the beautiful aspects to our Dojo.

I feel blessed to be part of our Dojo. A place where Egos are neither nurtured nor cultivated.

Why we train, why we turn up at the dojo when we're tired, hungry, and aching – is not for ourselves – but for others - because someone else might need an Uke. Someone might need to practice their Kote Gaeshi or Juji Nage on someone, or need us to help fix their kamae or show them how to tie their new white obi.

For those who are just beginning their own journey, I cannot emphasize enough that this is a challenging martial art. Whilst you are concentrating on one thing another part will move incorrectly. You focus on those two things and something else will slip. Or you might think last week it went well and this week it didn't. Don't despair or be dispirited and do not lose focus. We have all been there (and I probably still am). Aikido takes time. Aikido, to me is also about patience and self-mastery. The easy route is to give up when it's not working. Unfortunately, you cannot binge on Aikido on YouTube over the weekend and come back on Monday thinking you have nailed it. Aikido needs to be learned by practice and lots of it.

Art. I read somewhere that art is the external manifestation or representation of the internal feeling. In my transformation from novice to my current place I realize that less is actually more. The tense grip is fading away as I tune into Uke's energy and try to use more technique than force. I am beginning to sense in others that which others once sensed in me – that is a progression we can all achieve. Whilst I have reached the level of Shodan, the learning is just beginning. I look back at how much I have been taught and realize how far I have come but acutely aware of the long path ahead which will be taken one step at a time.

I have been lucky and fairly injury free, but I know life can change quickly and so each training session I accept that it could always be my last. For this reason, I always aim to do my best at each class and feel honoured to train with such great people and blessed to be instructed and guided by Sensei Mori and Shuko-San.

Finally, in closing I would like to say thank-you to my children, who have been the best and most supportive Uke's I could ask for. Without their interest and support I might not have been training as often and progressed as well. I hope my training will continue to feed into their enthusiasm to train which will in turn give them a solid centre and balance in life.

Oh and before I forget – remember - Masakatsu Agatsu!

Louis Chatfield