

NEWSLETTER

No.277 September 2018

AIKIDO YOSHINKAN BRISBANE DOJO

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

August Report

New members 4

Total number of adults training 48

Total number of children training 40

23rd Annual Demonstration Awards

◆ Jiyu-waza with no weapons

The Best Jiyu-waza Award

- Vladimir Roudakov & Hermaan Chen

Mori Sensei's Award

- Jacob Holloway & Kayla Holloway

◆ Jiyu-waza with weapons

The Best Weapon Jiyu-waza Award

- Joel Delaney & Kaido Mori

Mori Sensei's Award

- Greg Burley & Charles Delaporte

◆ Goshin-waza (Self-defence style)

The Best Self Defence Award

- Jacob Holloway & Kayla Holloway

Mori Sensei's Award

- Henry Sheng & Alister Bridge

◆ Aubrey Bannah Award

- Michael Bannah & Steve Bannah

Results of Getsurei Shinsa on 24th & 25th August

Jun-3rd Kyu	Jonathan McConnell	9th Kyu	Chun Lee	2Y6 step	Roland Thompson
8th Kyu	Caitlin Baptist		Hui Lee	2Y5 step	Viktor Ovcharenko
	Shane Baptist	2Y12 step	Vladimir Roudakov	2Y1 step	Greg Burley
			Janna Malikova	S4 step	Bastian Hartmann

Events in September

1. Sogo Shinsa

- Training starts, Friday 14th 7:15pm~
- Steps, Friday 28th 7:15pm~
- Shinsa, Saturday 29th 1:00pm~

2. Children's class Holiday

- Children's classes are closed from 22nd Sep to 7th Oct. Class resumes on Thursday 11th Oct.

3. This Month's Holiday

- Dojo's Holiday - Monday 1st October

PARAGRAPHS FROM DEMO WINNERS

Hello, my name is Hermaan. I'm 12 years old now and have been training with Aikido Yoshinkan for 7 years.

Early this year Sensei allowed me to train in the adult class. I was really excited and proud to have been promoted.

My first lesson with the adults was tough. But after a while I got the hang of it and started to progress steadily.

When the demonstration was nearing, I had volunteered to do 2 group techniques. Until Vladimir asked me if I could be his partner for the Jiyu-waza no weapons. I was so excited. We trained hard, after classes and during classes.

I practiced hard with Vladimir and memorized all of my techniques and was confident that we would do well. Until I saw everyone else's techniques at the demonstration. They were either higher ranks or stronger and bigger than me. Then my hopes went downhill. When it came to the award ceremony I was sure we weren't going to win it. When Vladimir's name was called for the award my heart skipped a beat. I was shocked, surprised, happy everything. It was amazing to win that trophy. Thank you to Vladimir, Sensei and everyone who helped me practice when Vlad wasn't there. Thank you.

Hermaan Chen

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I am honoured to have received a Mori Shihan award along with my training and demo partner Charles at this year's demo. Thank you Sensei we are very lucky and honoured by this award. Thank you Charles for training with me, good work mate! And also thank you to everyone who attended this years Demo and who worked so hard to represent our dojo, Always Inspiring! OSU!

Thank you,

Greg Burley

Aikido symbolises the way of adapting the spirit. I joined Aikido Yoshinkan at the Sunshine Coast Dojo in 2015 because I was intrigued by watching my brother train. Not only because it looked fun to flip people around by a 12-year-old but because I was curious of the art behind this martial art. I knew I wasn't going to become the Karate Kid because that's not what Aikido is about. At the Sunshine Coast Dojo we have become a close community and I have made new friends, this shows how the spirit doesn't just have to be when we're training as students but that it's all around us as human beings.

Osu!

Kayla Holloway

Dread, Trials and Cake

How would you describe your relationship with The Annual Demonstration? For me this has been forever changing throughout the years. For my first couple of years doing Aikido I had extremely feared the demonstration, and the only thought I had was to survive. Survive and move on; that's what I wanted. Then the next year it changed to being approved. It was that time of year that I had to show why I was worthy of my rank and a place in the dojo. A trial more so than a celebration. But now demonstrations mean so much more to me.

The short time frame to reach such high standards is no longer a dread but a blessing. It forces me to get to a place I otherwise wouldn't strive for, and to sum up everything I've learnt and work for during the past year. A chance for others and myself to see the rewards of training class after class.

But after doing a few demonstrations I have acquired a confidence I'm so grateful for, because this has allowed me to try and tackle more each year and seek to do something new each demonstration. Whether it's incorporating new weapons, being uke more often than previously or even throwing my sister around with music blaring in the background, all are thrilling new experiences only possible through the Annual Demonstration.

Even though demonstrations give so much to me personally, they give something even greater to the dojo. They have the ability to unite everyone by giving us one parallel goal; to establish the growth of the dojo. This brings the students of Aikido even closer than before, as it forces us to rely on one another, give to one another and push one another. Whether this means trusting your Shite, giving yourself as uke or practising with each other to ensure perfection.

So how would I describe my relationship with The Annual Demonstration? To me The Annual Demonstrations is like baking a cake. Sure, you may dread the preparation and cooking, and stress when you forget an ingredient; but in the end it always tastes great and leaves you hungry for more.

Osu!

Jacob Holloway

I'm very grateful to receive the weapons award. I've done a few demos with Kaido now but yet to win a prize. As you know Kaido wins a lot of awards, so I can only assume that not winning was related to me!! It

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makes me very happy that we can share this together and hopefully means I'm showing some improvement. I look forward to training harder for next year's demo and appreciate the hard training that I share with everyone at the dojo. OSU.

Joel Delaney

Another year, another demo has passed. Hopefully we all pushed ourselves to reach new heights both mentally and physically. Training is never easy and there is always something out there to challenge you: new injuries, your head might be tricking you into watching new TV show or movie, or your thoughts might be somewhere domestically or work related, or you can just be tired. In my opinion, this is where aikido helps you more than you might think. Routine training not only takes your mind away from problems but also pushes you to stay focused on improving your techniques or learning new things (even about yourself).

Demo training is especially important because it gives us opportunity to work with people, weapons, techniques and ourselves we don't usually have otherwise. Sensei is changing the program every year allowing us to experience new things and giving opportunity to try something we might not have experienced otherwise. Next year demo training already started for all students but our day-to-day routines usually aren't allowing us to see it until the program is released. But once sensei would put demo sheets 2019 up on the wall I would encourage everyone (even if you just started) to pick at least one weapon and one ji-waza just to break the shield of your daily foggy business and one more time to concentrate on your aikido. Osu!

Vladimir Roudakov

I need to thank everyone that has trained with me for the demonstration; the 3 jiyu-waza programs and my 4th Dan Demonstration. I want to thank Joel especially since he was my partner and we have done a few jiyu-waza's together in the past but this was our first trophy to win. I hope it means that we both improved since the past few times! This year was the most enjoyable compared to the last 18 demonstration that I've participated in. There was less people participating, but the intensity of the dojo was probably the highest. The programs were certainly different allowing everyone to train more and with different varieties of attacks of types. I'm definitely looking forward to next year's demonstration!

Osu!

Kaido Mori

I would like to thank Mori Shihan for welcoming & allowing us to be a part of their Demonstration. I also thank all of the students for giving us a warm welcome & making us feel comfortable & for their kind comments after the demonstration. And thanks to my partner Henry Sheng. I'm very happy to have received this award but disappointed in my performance as I forgot the ending which was Henry's finale. I've never just stood there & done nothing before in a demonstration, I've always just winged it if needed, so it's hard to take for me. We wanted to do something unique. We could have done with a bit more practice to increase the speed & overall quality of our performance, but with how many years we've trained, we should be able to perform without much practice. We'll be back next year with something different again. Our aim will be to again do something that hopefully has never been seen before & to take it up a few levels. We'll train hard for next year, we now know for sure the competition is very good, if not near impossible to beat. Congratulations to all of the students demonstrations, they were impressive to watch with some good comedy thrown in.

Alister Bridge

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I just want to firstly thank you Mori Sensei and Shuko for creating an amazing environment at the dojo, and to thank Emmanuel and Tom for helping me trying to get everything to work out and to Michael for pretty much thinking it all up. I hope that everyone enjoyed watching it as much as I was doing it and I can't wait to see what everyone is planning on doing next year. Osu

Steven Bannah

Sharing the feeling of Black Belts

Shodan

When I was a kid my parents emigrated to Canada and I became a “bloody Frenchman”. I was the enemy. I had to fight back to defend myself and I fought almost every day. These were kid's fights not hitting hard physically, but mentally it was tough. I was one against all - a pretty desperate situation! Of course, I should have been more flexible and blend into the group, but I could not find the way. I was just an 8 years old boy! The only thing that I understood is that I did not have the right to lose. And I stood up.

Many years after that, even after I went back to France, I kept fighting, sometimes in the classroom. Oddly enough, I think that I was a nice and very happy boy, a bit shy. I was not aggressive, I did not want to fight, I just didn't know any other way to solve conflicts.

Time has taken its toll: I am no longer this shy boy fighting to be himself. I have travelled around the world and discovered beautiful countries and fantastic people. I'm a husband and a father, and my main concern is the wellbeing and development of those who I love.

Yet, martial arts remain an essential part of my life. I have had the privilege to study with amazing masters. I discovered Aikido when I arrived in Brisbane 5 years ago and I am deeply grateful to Mori Sensei for his teaching. There is something in Aikido that resounds deeply to me: the roots of Aikido are fighting and they remind us that our mind and body have to be sharp so that we can stand firm.

But what makes Aikido really interesting is that it has moved away from fighting. Sensei seldom talks about fighting, he mostly talks about technics and training. And indeed, that's so much more appealing! The Aikido technics embody an incredibly rich Japanese heritage, it's the modern form of an art made perfect by generations of samurais. The work that we (all students) accomplish develops our engagement and together we contribute to keep Aikido alive for the next generations.

We all gain something from that, and probably this “something” is different for each of us. As far as I am concerned, I get liberty: the liberty to be myself, but not against others – with others. There is another word that Sensei sometime mentions, it's harmony. Here also, we probably all have our own way to interpret this word. As far as I am concerned, I see us (humans) as a string stretched between the earth and sky, and harmony is about making this string vibrate. To vibrate, it takes a tension, liberty and texture.

And last but not least, Aikido is also good fun, a place to meet interesting persons, stay healthy and keep a good life balance. So here are my many reasons to enjoy Aikido and to be proud of passing the Shodan. And to say “Merci Sensei d'enseigner l'Aikido”!

Osu

Charles Delaporte