

NEWSLETTER

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AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: <http://yoshinkan.info>

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June Report					
New members 3		Total number of adults & teens training 55		Total number of kids training 33	
Results of Sogo Shinsa on 28th & 29th June					
Nidan	Vladimir Roudakov Janna Malikova	2nd Kyu	Caitlin Baptist	5Y12 step	Lawrence Monforte
		4th Kyu	Martin Fernandez	4Y2 step	Cameron Blake
Jun-Shodan	Van Morris	5th Kyu	Danielle Gravalin	2Y11 step	Roland Thompson
1st Kyu	Jonathan McConnell Vaughan Gray	6th Kyu	Michael Mader Ayumi Mori	2Y7 step	Greg Burley
				2Y5 step	Andrea Blake
2nd Kyu	Tfer Newsome	9th Kyu	Manatsu Ezaki	2Y4 step	Duong Thai
Events in July					
1. No Shinsa			2. This Month's Holiday		
• Due to the demo training			• No day off! We'll keep training hard until the demo.		

A little more knowledge for your Aikido training

Training for three years ahead

In the Sumo world they have appreciated for a long time the proverb "Training for three years ahead". Sumo wrestlers dedicate themselves to train seriously hard day-after-day aiming to be a Yokozuna, the highest rank in Sumo. But the world of victory and defeat is severe, and it is not easy to achieve an outcome. They believe that only patient, consistent and steady effort accumulated step-by-step over time can become your true strength and will bear fruits. The training today, tomorrow and the day after are for the three years ahead, and your true strength will never betray you in a long term. This is the attitude Sumo wrestlers appreciate highly. I understand that the Aikido world is exactly the same.

During my nearly ten years of uchi-deshi life, I felt that my level progressed every three years. The first three years was all about basics, remembering endless numbers of techniques and transforming my body into a new Aikido body, imprinting Aikido movements on an instinctive level. I copied Takeno Shihan's (then the top instructor at Headquarters) movements as much as I could and focused on improving the speed, power and timing of my techniques. However, I hit a wall where nothing improved, and I felt the limit of growing.

About this time was when Takeno Shihan left for his hometown to open his own dojo and Chida Shihan became the top instructor. He did not like me at all as I was a mini-Takeno because I admired him the most and my technique was completely his style. Chida Shihan made sure to fix my every movement and technique to reshape me into his style. Well, as you can guess, I did not like that at all. I thought Takeno Shihan was the best and could not see or appreciate Chida Shihan's technique at the beginning. Yet, I slowly began to realise the reason I hit the wall. Aikido was not a simple art of power and speed, but I needed to study its principles to keep improving my level. Thankfully, Chida Shihan taught me and shared his knowledge of Aikido principles he earned that helped me break my wall for the next level. Once I appreciated his style, I eagerly

NEWSLETTER

copied his techniques and listened to his explanations to absorb everything he could offer. This was the next three years.

Spending six years (I mean full six years, training morning to night almost every day), I learned the basics of Aikido and its principles while my body kept getting stronger where it could perform the techniques in the way I wanted with the right speed, power and timing. Since I improved my level as uchi-deshi, Master Gozo Shioda began to use me as his uke finally. This was the first time I felt the ultimate level of Aikido. So, the last three years of my uchi-deshi life was all about experiencing Master's Aiki-waza and studying it to find a way to master the pure essence of Aikido for myself and for future generations. I was truly blessed to have had the top Senseis of Yoshinkan Aikido at the right timing in my uchi-deshi life.

Well, what I wanted to write about was the importance of training hard now for the future after three years' time, because I really felt this truth looking at one of our dojo students. We had recently started training towards this year's demonstration. Looking at everyone training hard stirred a memory from three years ago.

He was a white belt rank at that time, yet he signed up for high level programs such as Jiyu-waza, Ken-dori and Jo-soho. The first-year white belt did not know very much of course, and that meant his presence troubled each group leaders a lot. But they all patiently taught him with care that I was very impressed with and he tried hard to respond to his leaders' diligent instructions. As I watched these scenes, I thought I would look forward to seeing him in three years later, knowing the proverb.

In the second-year demo training for him, he still had great difficulty catching up with other students though there was a steady progress. The third-year demo, he was still fighting against his habits from the previous martial arts in which he had trained for a long time that was preventing him from improving his Aikido techniques. The fourth-year demo after three years had passed, it was very clear to anyone's eyes that his techniques were strong, and the lines of movements were smooth and sophisticated. Further, his position got changed, from a student who troubled black belts to a teacher of white belts student, very obvious progress. I was so proud of him and the delight of having him in my dojo was huge.

As everyone knows, the 24th Annual Demonstration in August is approaching. It is my greatest pleasure as the dojo-cho if each of you gains something and derives meaning from the demo by overcoming your pressure and challenges. Please train persistently as you imagine a great achievement and your beautiful techniques in three years time.

Osu,

Michiharu Mori