

# NEWSLETTER

No.288 August 2019

AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: [yoshinkan.info](http://yoshinkan.info) Facebook: facebook.com/BrisbaneYoshinkanAikido

## July Report

New members 1

Total number of adults training 49

Total number of children training 33

## Events in August

### 1. 24<sup>TH</sup> ANNUAL DEMONSTRATION ON SUNDAY THE 4<sup>TH</sup>

- 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 24<sup>th</sup> Demonstration
- 3:30pm Awarding ceremony and taking photos
- 3:45pm Remove all the mats and clear the venue by 4.00pm.
- 6.00pm Dinner Party

### 2. Adults' Rehearsal for the demo

- ♦ 3<sup>rd</sup> 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

- 3<sup>rd</sup> August, Saturday 10:00am~ **at the Dojo**

### 4. Getsurei Shinsa

- Training starts, Friday 16<sup>th</sup> 7:15pm~
- Steps, Friday 23<sup>rd</sup> 7:15pm~
- Shinsa, Saturday 24<sup>th</sup> 1:00pm~

### 5. This Month's Holiday

- Dojo's Holiday 5<sup>th</sup> Monday & 26<sup>th</sup> Monday
- Ekka Show Day 14<sup>th</sup> Wednesday

## Sharing the feeling of Black belts

### **Nidan**

I tend to get pretty uncomfortable with myself. I remember the first time i heard my voice recorded and thought: "It's not me! I do not sound anywhere near to what I'm hearing now!" I did not sound like I imagined I would. Very similar thing happened when I was watching video of my ni dan grading. I noticed that my ushiro rioto mochi ji-waza looked nothing like I thought it would. In my head I had graceful and big moves that were executed methodically, whereas in real life I looked quite stiff. Instead of leading my uke in a big circle around me I was doing short and quick spins while performing the technique.

Ushiro rioto mochi is quite complex technique if you don't know what I'm taking about. It consists of the attack, block, response attack, response block and then uke would go around shite while trying to grab shite's hand. And this is just a setup for the technique. Going back to the recording, I was puzzled why the image in my head was so far away from the real thing. I narrow it down to 2 things: reflection and focus.

Watching the video of my ji-waza triggered multiple tips from Sensei and other students they gave me during training. On numerous occasions I was told to pause, lead uke, take bigger steps and many more. Although I kept it all in my head and could reflect on it, I didn't have enough practice to put all the tips to effective use.

One day class I had one on one lesson with Sensei while preparing for ni dan. For the most of the

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class sensei told me to focus on 2 compulsory techniques from the grading syllabus. And although I didn't film the techniques I could feel I can perform them with less struggle by the end of the class. Repeating those techniques multiple times with the right advice and guidance allowed me to see (and possibly fix) some of the mistakes I was doing.

So, after the ni dan grading I decided to reflect on what I have learnt from that video and focus on the ushiro rioto mochi technique to get it to the point where I'm happy with how it looks. Luckily, the Yoshinkan Brisbane demo is coming up in August and I can practice the technique for my ji-waza. I can also see if there is any progress afterwards.

What fascinates me about aikido is that every technique can be broken down into smaller pieces. Once you get better at one of the technique elements, you are ready to break it down once again into smaller more intricate pieces to sharpen it further. That is why back when I was white belt it felt strange to receive different advice from various people about the same technique. In many cases, they were focusing on different parts but for me it felt like they were talking about two different techniques.

I sent a small video of my ni dan ji waza to my classmate who never practiced aikido or martial arts in his life. He pointed out the moment where I throw my uke Lawrence and started laughing: "This is all fake. Big guy (that's what he called Lawrence) rolled by himself and you didn't even make an effort." So big thank you to all of you who gave me their time and advice in order to reach ni dan and make it look effortless (at least to the person who only saw aikido in the movies :)).

One more thing I keep reminding myself: there are no shortcuts in aikido but there are always plenty of techniques to focus on, there are plenty of Yoshinkan students to help you to get there.

Osu,

**Vladimir Roudakov**

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Firstly, I'd like to express deep gratitude to Sensei and Shuko-san for all the support and guidance in the training. Dojo is an amazing place, filled with amazing people! It's such an honour to be a part of the AIKIDO YOSHINKAN BRISBANE fellowship! Thanks to all students for all the help in the training and for being ukes (especially two years ago when yonkajo step took me most of the year to complete).

It's been four and a half years since my shodan grading, the road to ni-dan was a bit longer than I expected (even though I'm not in a hurry). When things take a long time, doubt creeps in. The most difficult thing during the training is the lack of visibility of the progress: Am I getting any better? Why do I still forget some techniques and mess up jiyu-waza? Surely with so many years of training, I should not be doing such silly mistakes. But all I can do is take a breath, re-focus and keep training. Well, see you back on the mats and let's have the best Dojo Demo ever!

Osu,

**Janna Malikova**