

# NEWSLETTER

No.291 November 2019

AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: [yoshinkan.info](http://yoshinkan.info) Facebook: [facebook.com/BrisbaneYoshinkanAikido/](https://facebook.com/BrisbaneYoshinkanAikido/) Twitter: [twitter.com/YoshinkanAikido](https://twitter.com/YoshinkanAikido)

<b>October Report</b>			
New members 4		Total number of adults training 52	Total number of children training 41
<b>Results of Getsurei Shinsa on 26<sup>th</sup> October</b>			
Jun-3 <sup>rd</sup> Kyu	Michael Mader	8 <sup>th</sup> Kyu	Gregory Zavialov
8 <sup>th</sup> Kyu	Portia Woolley	9 <sup>th</sup> Kyu	Gillis Carruthers
		<b>S1 step</b>	Tfer Newsome
<b>Events in November</b>			
<b>1. Self-defence Class &amp; Demonstration</b>		<b>2. Getsurei Shinsa</b>	
<ul style="list-style-type: none"><li>• <b>Self-defence class; Saturday 23<sup>rd</sup> 1:00pm~2:30pm</b></li><li>• The class is not for public but only for the members.</li><li>• Everyone who wishes to participate in the self-defence class needs to register at the counter with \$20 cash participation fee. (will be used for BBQ party)</li><li>• BBQ Party will be held after the demonstration and everyone including your family and friends are welcome to join us.</li><li>• <b>Demonstration; 2:45pm~</b></li></ul> <p>All of the black belts and Mori Sensei will display their demonstrations after the class. You can invite your family and friends for the demonstration.</p>		<ul style="list-style-type: none"><li>• Training starts, Friday 21<sup>st</sup> 6:00pm~</li><li>• Steps, Friday 29<sup>th</sup> 7:15pm~</li><li>• Shinsa, Saturday 30<sup>th</sup> 1:00pm~</li></ul>	
		<b>3. Children's grading-demonstration, new colour belts awarding ceremony and X'mas Party</b>	
		<ul style="list-style-type: none"><li>• <b>Saturday the 16<sup>th</sup> 10.00am~</b></li><li>• A grading-demonstration by all the children starts at 10am.</li><li>• Awarding ceremony and X'mas party after the demo.</li><li>• Dojo will provide some soft drinks and a small X'mas gift for each child.</li><li>• <b>Please bring a plate with you.</b></li></ul>	
		<b>4. This Month's Holiday</b>	
		Dojo's Holiday 25 <sup>th</sup> Monday	

## Sharing the feelings of Black Belts

Shodan

**You had me at Leverage!**

I was formally introduced to Yoshinkan Aikido when I attended our daughter's first annual demonstration in 2016. Back when we were looking for a martial art for our kids we had a quick search and Brisbane Yoshinkan Aikido dojo is just down the road. None of us had heard of Aikido before but when we learnt that Sensei has a direct lineage to Yoshinkan founder Kancho Shioda, our daughter was quickly signed up. I had watched a couple of the children classes but couldn't grasp the art plus I was still too busy with a toddler in tow to read up on it. Watching the adult demo was eye popping. It was the first time I saw adults performing Aikido - is that even real? It looked awesome but did those guys just acrobatically throw themselves on cue? When Sensei came on stage to do his demo and explained the principles behind it he mentioned the word "leverage" - I tuned in.

Being in Finance I understand leverage - good leverage will reward you beyond your means but leverage gone bad leads to financial ruin. I left the demo greatly intrigued. I was also at the stage where I could spend a couple of hours a week away from my young family to take up a physical sport - out of nowhere, Aikido was now a real possibility.

It needs serious consideration. I was exposed to Shaolin Kungfu as a teenager (not at a dojo but in a private setting by a Fourth Dan) and loved the principles and the yin and yang of the moves. It was the martial art I wanted to pick up again when family life permitted. The next two weeks were spent pouring over several Aikido text books, pros and cons, and archived videos of Shioda (back then Brisbane Yoshinkan didn't have an internet presence).

Joining a dojo is also a major decision - what is the culture of this dojo and is there a depth of knowledge and expertise I can tap into? Will only the traditional techniques be taught or has there been ongoing development to bring the art up to date? Reading through years of the dojo newsletters helped answer these questions,

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positively. Over the past 15 years, the common threads were consistent: there is a very high level of respect and appreciation to Sensei and Shuko San, and students feel deeply grateful for the positive influence of Aikido principles and disciplines on their personal and work lives. Sensei was highly committed to the continual development of Brisbane Yoshinkan Aikido. Techniques around common punches and kicks have been incorporated into the syllabus. Sensei sets annual personal Aikido goals. All indicated a very healthy and sustainable dojo indeed.

Satisfied with the findings, I did a quick assessment: the theory is plausible, the harmonious principles are amicable, Sensei's lineage traced directly to Shioda ("that old small man" was very entertaining to watch) and he is committed to the art; the dojo is in great health.

The quest is decidedly on. I locked in for one year with Sensei for 2 hours a week - mainly driven by my then perception of the complexity of the art. The three month milestone went oh so slowly (and painfully). I felt hopelessly clumsy and frustrated at my inability to translate what I comprehended to my body movements. How long does it take for the lower parts to respond to neuro connections? Needless to say, extreme frustration followed. I hereby deeply thank Shuko San and Sensei for the encouragement during that time in particular. My appreciation and thanks also to my husband Damian who listened and encouraged me every step of the way during the "first major failure" of my life! Something had to change.

Aimed with a new paradigm shift, I approached training with adjusted milestones and attitude. Around this time I discovered grading training. This was exactly what I needed - one to two weeks of intensive training designed to embed the important Yoshinkan Aikido fundamental movements - Kihon Dosa, and to expose students to Yoshinkan's vast technique repertoire. The syllabus is so clever. It keeps building you up in waves to just the right stage then throws you to the next level with the right intensity - enough to land you well - consistent with my personal experience of Sensei's Aikido style. I never forgot being thrown by Sensei the first time. I was training on my 6th Kyu and Sensei demonstrated his point on a sokumen nage (a throw) while my training partner (5th kyu) was watching. Knowing I tended to land hard at that stage, Sensei expertly threw me so that I hit the mat in a perfectly controlled manner. How on earth did he do that? This thing is definitely real. Watching the dojo's high grade ukes being thrown very hard by Sensei is a gut wrenching and macho experience, but for me that exquisitely controlled throw is Aikido at its finest in principle and application. I felt happy, amazed and enlightened when I got up from the mat, not angry nor resentful because I had hit the mat. It was intentionally measured for my ukeme ability and physical make up. On this note, I would love to see everybody making an effort to take care of your uke for the long run to ensure there are always plenty of willing ukes to train with. It's necessary to push uke's limit sometimes but please consider using your uke's body with consideration and respect. Thank you to all my ukes (all belt colours united) for trusting me with your bodies.

Having said that, looking at my Shodan grading jiu waza footage, I will try to throw harder to make it look more committed and less like dancing around while giving Cameron a light spring dusting.

Thank you Sensei, Cameron and Matt for taking the extra time to train me for my Shodan grading. As with all the gradings, my good techniques were dedicated to my teachers.

My special thanks go to my early days' trainers, especially Cameron, Andrew (hi from Oz), Matt, Dominic, Steve, Janna and Vladimir, who tirelessly trained and mentored me. My hat is off for your perennial patience and commitment to train us night after night knowing very well many of the students won't stay for the journey.

Your unquestionable loyalty to Sensei and the dojo's development is impressive and priceless.

Last but not least I would like to thank my husband Damian for your continuing support despite your heavy work schedule, it makes the achievement milestone even more worthwhile. Thanks Ella and Alex for waiting for me at the dojo while I trained during your school holidays. It's so nice to see that you are so proud of me.

Personally I will try to train better to fulfil the responsibility of a black belt. I will do my best to pass on what I've learnt from Sensei and the seniors so Brisbane Yoshinkan Dojo continues to be as nice a place when I found it.

OSU!

*Van Morris*