

NEWSLETTER

No.293 January 2020

AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: <http://yoshinkan.info>

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<u>December Report</u>					
New members 1		Total number of adults training 37			
Results of Sogo Shinsa on 20th & 21st December					
Jun-5th Dan	Matt Carpenter	6th Kyu	Portia Woolley	4Y3 step	Cameron Blake
2nd Dan	Roland Thompson	8th Kyu	Gillis Carruthers	2Y10 step	Greg Burley
3rd Kyu	Martin Fernandez	10th Kyu	Bernadith Woolley	2Y7 step	Duong Thai
	Michael Mader		Ai Mochizuki		
	Danielle Gravalin		Perry Mader		
<u>Events in January</u>					
<u>1. Getsurei Shinsa</u>			<u>2. Children's Class</u>		
• Training starts, Thursday 23 rd 7:15pm~			Children's class starts on Thursday 30 th		
• Steps, Friday 31 st 7.15pm~			<u>3. This Month's Holiday</u>		
• Shinsa, Saturday 1 st Feb 1.00pm~			• Australia Day: 27 th Monday		

A Happy New Year to you all!

Year 2020 is starting, though I feel as if we celebrated year 2000 only a few years ago.

The other day, I was thinking of what kind of guidelines I should apply for the new year and I saw a TV show about baseball (you know, I am a typical Japanese old male who loves baseball.) In the show, I heard a Japanese baseball commentator speaking about what advise he gives to young players. Because using the gym equipment to train their bodies is common in the young generation they tend to focus on their upper bodies. The commentator said, "Although it is quite ok to train upper bodies, the key for successful performance is to focus more on the lower parts of the body. You know, no matter how much you train your arms you can walk only a few metres by handstands when legs can run many kilometres. The arm power can never beat the power of legs." And, he suggested to simply run more.

Well, it made sense. The Senshusei Course, known as the Riot policeman's course, at the Yoshinkan Headquarters goes for nine months and the first one month is nothing but the basic movements only. This is the hardest and toughest month yet necessary to build a strong lower body to train the rest of the eight months in order to be a professional Aikido-ka in such a short period. Right, back-to-basics, I need to focus on training my lower body by practising proper basic movements over and over. Anyone who agrees with me, I suggest doing basic movements for ten minutes before each class.

温故知新(*onkochishin*) is a wise phrase which means developing new ideas or principles based on the study of the past, i.e. learning from the past. The 'Dojo' was developed as a place to discipline oneself and polish/cultivate one's spirit. This old culture is ever precious even in this modern world, I believe. Learn the principle of harmony through hard Aikido training and learn the mind of respect and helping each other at the dojo. I hope our dojo will always be the place to contribute to our society in that manner, and that the year 2020 will be no different.

OSU!

Michiharu Mori

2020 Dojo Calendar

Month	Date	Event
January	7 th – 30 th	Self Defence & Introductory Course
	27 th	Australia Day
	31 st & 1 st Feb	Getsurei Shinsa

NEWSLETTER

February	4 th – 27 th	Self Defence & Introductory Course
	28 th & 29 th	Getsurei Shinsa
	2 nd March	Dojo Holiday
March	3 rd – 26 th	Self Defence & Introductory Course
	27 th & 28 th	Sogo Shinsa
	30 th	Dojo Holiday
April	7 th – 30 th	Self Defence & Introductory Course
	10 th – 13 th	Easter Holiday
	24 th	Getsurei Shinsa
	25 th	Anzac Day
May	4 th	Labour Day
	5 th – 28 th	Self Defence & Introductory Course
	16 th	Special Class
	29 th & 30 th	Getsurei Shinsa
	1 st June	Dojo Holiday
June	2 nd – 25 th	Self Defence & Introductory Course
	26 th & 27 th	Sogo Shinsa
	29 th	Dojo Holiday
July	7 th – 30 th	Self Defence & Introductory Course
August	2 nd	25 th Annual Demonstration
	3 rd	Dojo Holiday
	4 th – 27 th	Self Defence & Introductory Course
	12 th	Ekka Holiday
	28 th & 29 th	Getsurei Shinsa
	31 st	Dojo Holiday
September	1 st – 24 th	Self Defence & Introductory Course
	25 th & 26 th	Sogo Shinsa
	28 th	Dojo Holiday
October	5 th	Labour Day
	6 th – 29 th	Self Defence & Introductory Course
	17 th	Hajime (Senshusei) Class
	30 th & 31 st	Getsurei Shinsa
	2 nd November	Dojo Holiday
November	3 rd – 26 th	Self Defence & Introductory Course
	14 th	Children's grading demo & X'mas Party
	21 st	Self Defence Class, Demo, BBQ
	27 th & 28 th	Getsurei Shinsa
December	30 th	Dojo Holiday
	1 st – 22 nd	Self Defence & Introductory Course
	18 th & 19 th	Sogo Shinsa
	24 th ~ 28 th , 31 st ~ 3 rd Jan	X'mas & New Year's Day Holiday