

# NEWSLETTER

No.311 July 2021

AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: <http://yoshinkan.info>

Facebook: <http://bit.ly/dojofb>

<b>June Report</b>					
New members 3		Total number of adults training 46		Total number of children training 42	
<b>Results of Sogo Shinsa on 25<sup>th</sup> &amp; 26<sup>th</sup></b>					
<b>Nidan</b>	Duong Thai	<b>9<sup>th</sup> Kyu</b>	Carlos Ordens	<b>3Y5 step</b>	Michael Bannah
<b>Jun-3<sup>rd</sup> Kyu</b>	Perry Mader		Cassandra Baptist	<b>S3 step</b>	Michael Mader
<b>5<sup>th</sup> Kyu</b>	Cameron Hunter				Caitlin Baptist
<b>Events in July</b>					
<b>1. Getsurei Shinsa</b>			<b>2. This Month's Holiday</b>		
<ul style="list-style-type: none"><li>• Training starts, Friday 16<sup>th</sup> 7:15pm~</li><li>• Steps, Friday 23<sup>rd</sup> 7:15pm~</li><li>• Shinsa, Saturday 24<sup>th</sup> 1:00pm~</li></ul>			<ul style="list-style-type: none"><li>• <b>Dojo's Holiday:</b> Monday 26<sup>th</sup></li><li>• <b>Kids class</b> restarts on <b>Thursday 15<sup>th</sup> July.</b></li></ul>		

## A little more knowledge for your Aikido

### *Predictive ability/sensing feelings*

There are many episodes that indicate O Sensei (Master Morihei Ueshiba) had supernatural power; he warded off sword swings right and left as he read the movements, he clutched the fist of a boxer's punch in full fight, and the most extreme story of all is when he dodged gun bullets as they flew towards him. He was surely a psychic if these episodes were true. Because the ability of O Sensei was far beyond ordinary people like me, I usually ignore them regarding these events as like that of fairy stories. Yet, I sometimes feel the desire to know this special world where you can reach above and beyond normality.

What is psychic? There are different definitions. The most common definition is about having a special mental ability, such as being able to read the minds of others or to see into the future. Other definitions state that, "A psychic is a person who has extrasensory perception (ESP) of five senses (visual, auditory, olfactory, gustatory, tactile) by birth." If I take these definitions as realistic, not as fiction, then a psychic is a person who can read people's minds or sense things because they have sharper senses than ordinary people either by birth or by training. Well, we all have a mental ability and five senses even if they are not special. In that sense, we all have the capability to be a 'psychic', I think.

Veteran samurais who survived many battles in Japan's age of civil war must have achieved an ability to predict things, or in other words trained to be 'psychic' to remain alive. Just imagine, surviving numerous arrows flying at you and hundreds of swords and spears brandished at you, and not only once but many times. Therefore, they were not just strong or lucky, but they must have developed some sort of special ability to read and predict attacks and dangers. I think O Sensei was one of them, that he obtained extraordinary senses through the war, through the battles he went.

It is wonderful that we do not live in the age of civil war, and we do not need to survive using weaponry to kill. Still, it is the spirit of martial artists to keep training diligently aiming at the greatest height. Although I am just an ordinary Aikido-ka, my body has mastered a sense of "Aiki-waza" to a certain level. The knack of Aiki-waza is about the skin's sensory (the tactile sense out of five senses) that allows you to feel how you can take your opponent's balance off through a contact point by either being grabbed or blocking an

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attack. The closest part of your body to your opponent is your skin which has sensing ability, but muscle and bones under the skin has no senses. This sensing ability to feel an opponent's balance and centre through your skin and understanding how your body movements travel to the opponent's body through the contact can be developed from the accumulation of daily training experiences.

As I always say, the best training to develop this skin sensory is training basic movements with your partner. Please concentrate on your skin's feeling as to how your movements travel to your partner's body through the contact when you are shite and how your partner's movements enter your body through your skin at the contact when you are uke. Concentrating to sense and learn this flow of strength/movements in every move on both sides is essential to improve your Aikido level. There is no time to rest or lose your focus while you are training *kihon-dosa*, it's not boring at all! Jiyu-waza is a perfect training to predict your opponent's movements. As you attack, don't just concentrating on how you attack, but try to keep sensing how your partner moves (inside or outside turn, stepping forward or spinning and more) and read what techniques are coming; don't miss any subtle movement your partner makes. This is the purpose of Jiyu-waza training.

These training methods (*kihon-dosa* and *jiyu-waza*) are a purely physical way to sharpen your senses. We also need to train our senses mentally without direct contact too. Serving my master as an *uchi-deshi* was the best means to train my senses. "Say one, know ten," is a Chinese proverb and best explains the relationship of master and disciple. My master hardly explained anything at all, not about Aikido or anything inside or outside of the dojo either. He telephoned the dojo and I answered. He would say, "Ah~,ah~..." and I had to guess correctly whom he wanted to talk to and what about. He gave me a word and I had to build proper communications with him, making sure I offered him the right answers. If you witnessed these communications made at the dojo, you would have thought *uchi-deshis* were people who had mastered ESP. This backstage training was as critical as the daily physical training on the mats so that we were able to read what Master wished to perform when he was demonstrating, and when we were able to harmonise with his thoughts, intentions and movements we were safe from his deadly techniques.

This "Say one, know ten" ability is very useful in our daily life. For instance, you can avoid accidents more efficiently if you can predict things faster and more accurately from an occurrence you see, and you can act in a best way calmly and rationally. One example of where this is applicable is when you are driving. Also, you can create good relationships with your bosses or subordinates by avoiding conflicts and frictions from reading their thoughts and wishes and acting with them in harmony. Martial arts training should be something that we can apply in our life.

Well, I try to use "Say one, know ten" ability with my wife, which unfortunately seems to keep failing... I try to read ten when she says one, but my tens are full of misinterpretation. I don't think it's because of the lack of my reading ability but perhaps it is because I am male and she is female! Well, my advice to all the husbands is to listen to your wife until the last word she gives you. I clearly haven't had enough training in life yet, even though I have an 8<sup>th</sup> Dan rank in Aikido!

OSU,

**Michiharu Mori**