

NEWSLETTER

No.312 August 2021

AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: <http://yoshinkan.info>

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

July Report					
New members 0		Total number of adults training 45		Total number of children training 45	
Results of Getsurei Shinsa on 23rd & 24th					
Jun-Shodan	Danielle Gravalin	8th Kyu	Cassandra Baptist	S5 step	Martin Fernandez
Jun-3rd Kyu	Samuel Baptist				
Events in August					
1. Children's 26th Annual Demonstration			3. Getsurei Shinsa		
<ul style="list-style-type: none">• Children's demo: Sat 14th 10~11.30am• Assembly at 9.30am for rehearsal• Rehearsal on Sat 7th 10am~			<ul style="list-style-type: none">• Training starts, Monday 23rd 6:00pm~• Steps, Friday 27th 7:15pm~• Shinsa, Saturday 28th 1:00pm~		
2. Adults' 26th Annual Demonstration			4. This Month's Holiday		
<ul style="list-style-type: none">• Adults' demo: Sat 21st 1pm~4pm• Assembly at 12.30pm			<ul style="list-style-type: none">• Dojo's Holiday: Monday 30th		

Sharing the feeling of Black Belts

Nidan

After nearly 3 years since getting Shodan I still cannot believe that I have achieved the 2nd dan during the turbulent year (Covid time) and hectic time at work. When holding the certificate given by Sensei, I can feel the pressure of stepping to the next stage in Aikido, from being a new born baby (Shodan) to a toddler (Nidan).

During the last 3 years of my Aikido journey, there have been countless issues and mistakes when doing techniques, many times of running away from my weakness (Kokyu nage), getting enlightenments from other seniors' feedback on my techniques. From now on, it is the time to overcome the weakness, advised by senior "V", whom I truly appreciate for pulling my ostrich head out of the sand.

Recently, I have grown orchids as a new hobby, just to get my mind relaxed at weekends and to lift my mood during pandemic time. It turns out that growing orchids is totally different from growing vegetables or herbs. It takes a year or more for the orchid to grow two tiny leaves, two years to get as tall as 5 or 6cm height, and several years to bloom flowers. Looking at the baby orchid I just bought while reminiscing about my Aikido time from when I was still a whitebelt in 2011, I realised that practicing Aikido is like growing orchids. Both take time, patience, and effort to get the desired result, represented by the accumulated knowledge of practicing techniques. Compared to other martial arts, the Aikido journey seems longer, doubtful and discouraging, the techniques look strange to normal people and other martial arts practitioners. In my case, it may take 50 years, 70 years or 100 years for me to be able to perform just an average-level shiho nage, who knows? No matter how long it will take, let's keep training, cultivating both our mind and body and waiting for our own time to bloom.

For everyone's curiosity, below are photos of my baby orchid, a grownup one from a private collector and a 7 or 8 year-old bush from the internet.

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I am extremely grateful to Vladimir, for being my uke in my most important grading of this year, giving me advice on how to modify the techniques to work on different people, from the giants to the dwarfs, and striking my forehead to make me aware of my own weakness during the grading.

Special thanks to Michael Bannah for being my second uke in tasu dori, giving a quick lesson of kokyu nage right after grading and various micro-tips during classes.

I am also grateful to Janna, for giving me endless feedback, particularly advising me to breathe properly, which calmed me down and allowed me to survive in 10-minute grading.

I would like to express my sincere thanks to Greg and Louis, for always fixing my mistakes and helping me to improve the techniques, as well as nagging me about my laziness.

Many thanks to Tfer, who always patiently endures my complaints about work, for going through half of the list of my syllabus non-stop during Saturday first class before grading and for proofreading this article. Thanks should also go to Van, for coming to watch my grading despite her work commitments.

My great appreciation to Lawrence for giving helpful tips of ushiro renzoku and his encouragement of being positive and patient in practicing techniques.

I would also like to extend my gratitude to Cameron, Dean, Matt, Murray, Andy, Wikrom and other blackbelts for your help and valuable detailed feedback on various occasions.

I also wish to thank all the brown belts and white belts, for unconsciously helping me on my Aikido journey.

Last but not least, I would like to express my deepest gratitude to Sensei and Shuko san, for your kindness and continuous encouragement. My achievement would not happen without Sensei's teaching, patience and strictness.

Osu!

Duong Thai