

NEWSLETTER

No.322 June 2022

AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: <http://yoshinkan.info> Facebook: <http://bit.ly/dojofb>

| | | | | | |
|---|------------------------------------|--|------------|----------|--------------|
| April Report | | | | | |
| New members | Total number of adults training 42 | Total number of children training 33 | | | |
| Results of Getsurei Shinsa on 29th & 30th April | | | | | |
| 9th Kyu | Hannah Fahmi | 3Y2 step | Duong Thai | 2Y2 step | Tfer Newsome |
| Events in May | | | | | |
| 1. Getsurei Shinsa <ul style="list-style-type: none">• Training starts, Friday 20th 7.15pm~• Shinsa, only Friday 27th 7:15pm~ | | 3. Demonstration at Nissan Arena <ul style="list-style-type: none">• Saturday 28th 12pm~• No basic and advanced classes on Saturday 28th | | | |
| 2. Special Class on Saturday 14th 1pm~ <ul style="list-style-type: none">• Police Aikido Techniques<ul style="list-style-type: none">• Not self-defence style, more "Active-type" style, not waiting to be attacked.• Everyone is welcomed! | | 4. This Month's Holiday <ul style="list-style-type: none">• Labour Day: Monday 2nd• Dojo's Holiday: Monday 30th | | | |

A little more knowledge for your Aikido

'Aiki' is something all the Aikido practitioners can do after years of training

I have read in a book that 'O' Sensei used to always say to his disciples that they should forget techniques once they remembered. "Forget once remembered" was such a paradoxical comment I thought. I did not understand what he meant at that time.

As you know, training Aikido involves memorising many things endlessly; 150 basic techniques, 3000 applied techniques and weapons such as Tanto-soho, Jo-soho, Ken-soho... I think that everyone felt the same that there were too many techniques to memorise when you graded to a brown belt level. Back when I was still in Japan, I know that one student who often practised in a "shadowAikido" style on a platform of a train station, or another who practised turning motions at home where other family members would become annoyed at being hit, or another particular student could not help herself but practise Tanto-soho whenever she had a knife as she cooked, and her husband begged her to stop. They were all desperate to memorise movements for their gradings. I think that everyone has similar episodes.

Let us think over what 'O' Sensei meant with his words. An act of remembering/memorising happens in one's brain, yet they are not useful in the reality on the battlefield. Only when one's body has remembered/mastered techniques one can respond and move reflexively against attacks or situations. Bruce Lee said, "Don't think, feel!" and 'O' Sensei's words are the same principle, I think. Using brain while you are performing techniques is too slow in the real fight.

NEWSLETTER

'O' Sensei also said, "You need to make an Aikido Body." I didn't understand these words when I heard them at the beginning of my Aikido life. I, only recently, think I know what he means. Looking back from my present eyes, I was performing Aikido from my knowledge and memory I earned from the training and *ukeing* my Master's techniques. Now, I apply any techniques sensorily especially Aiki-waza. Although I need to follow the patterns when I perform basic techniques, moving and locking uke's body is from my senses, since uke's bodies and joints are all different. I can perform a new Aiki-waza successfully only when I feel I can do it from my senses.

I believe that Aiki-waza is an outcome of these senses and the Aikido body acquired from the accumulation of experiences through training. Simply, the Aikido body can be created from the numberless repetition of basic movements, basic techniques and Jiyu-waza. Basic movements can train the lower parts of our body and our body can learn how to connect the line and strength of legs, hips, arms and hands from them. As we repeat practising basic techniques thousands of times both being shite and uke, our bodies learn and acquire the senses of how joints are moved/affected by the connected body's movements and force. Training Jiyu-waza polishes your senses and it can provide you with the sense of timing and distance.

Once we achieve the Aikido body from years of diligent training, anyone can perform Aiki-waza, I believe. In this sense, Aiki-waza is nothing special, not limited to special people, but just a natural result of long-term training.

Each session, each technique, each basic movement are all little steps to the world of Aiki. I wish everyone can enjoy feeling the world of Aiki, the world beyond the basics and limited ability in Aikido.

OSU,

Michiharu Mori