

NEWSLETTER

No.326 October 2022

AIKIDO YOSHINKAN BRISBANE DOJO

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

September Report					
New members 2		Total number of adults training 31		Total number of children training 32	
Results of Sogo Shinsa on 23rd & 24th September					
3rd Kyu	Hermaan Chen	3Y4 step	Duong Thai	2Y4 step	Van Morris
9th Kyu	Tianyi Zhao Ella Morris	2Y6 step	Tom Bannah		Tfer Newsome
Events in October			2. This Month's Holiday		
1. Special class – Self-defence and Aiki			• Queen's Birthday: Monday 3 rd		
• Saturday 15 th 1pm-3pm			• Dojo's Holiday: Monday 31 st		
• All the students are very welcome!					
2. Getsurei Shinsa					
• Training starts, Friday 21 st 7:15pm~					
• Steps, Friday 28 th 7:15pm~					
• Shinsa, Saturday 29 th 1:00pm~					

A little more knowledge for your Aikido training

Kiai

I was very glad to hear a Japanese female student of our dojo say that she loved training at the Brisbane Dojo after her return to Japan. I asked her what made her love the Brisbane Dojo so much, as I quietly expected to hear her nice praises about me, how good I was as an instructor...But her answer was totally unexpected. She loved the place where she could yell loudly very freely! Starting from warming up, the moments of applying techniques each time, or even just answering "OSU!". She yelled from her lower abdomen which gave her a huge sense of release and pleasure. Since she was sitting in an office all day and she had almost no chance to use her voice until she visited the dojo, I thought that she offered an interesting perspective about the benefits of the dojo.

Why do we *kiai* during training? It is true that releasing loud yells makes you feel energised and lifted like she mentioned. Also, it is general wisdom that releasing a shout can boost one's strength and concentration and clear one's mind of distracting thoughts. For our training, techniques become sharper and stronger with *kiai*. It also seems that *kiai* is proved by science. Cited from an online search, "The science of shouting – it triggers your brain to release adrenaline, and produce higher heart rate, increased blood flow, as well as psychological boost...Loud grunting also activates the muscles in your back and abdomen, which can increase your overall power for throwing, hitting, swinging, jumping, or punching."

We have a proverb in Japanese, "火事場の馬鹿力". The direct translation is "Enormous force in the fire." People can exercise incredible power in cases of emergency. *Kiai* is a means to draw out this potential power in an ordinary situation. So, *shite* can perform better and stronger techniques with *kiai* and it is not just for *shite*. *Uke* should also use *kiai* as it strengthens their focus level and therefore, they can learn more and cause less injuries. *Kiai* can energise each other and the atmosphere of the dojo too. I positively encourage you to use *kiai* for your training, though please excuse my quiet laugh when you start creating unique and unusual sounds of *kiai*!

OSU!

Michiharu Mori