

NEWSLETTER

No.244 December 2015

AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: <http://yoshinkan.info>

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November Report																																	
New members 1		Total number of adults training 53		Total number of teens & children training 47																													
Results of Getsurei Shinsa on 20th & 21st November																																	
5th Kyu	Ken Livingston	5Y4 step	Matt Carpenter	3Y2 step	Murray Booth																												
		4Y12 step	Kaido Mori	2Y2 step	Stephen Cuthbert																												
				S2 step	Andrew Crampton																												
Events in December																																	
1. Getsurei Shinsa			3. This Month's Holiday of Adults' class																														
<ul style="list-style-type: none">• Training starts, Friday 4th 7:15pm~• Steps, Friday 18th 7:15pm~• Shinsa, Saturday 19th 1:00pm~			<ul style="list-style-type: none">♦The dojo is closed from 25th to 28th, and is open on 29th & 30th, and is closed again from 31st December to 3rd of January 2016.																														
2. Children's Class Holiday through X'mas and New Year's Day			♦DECEMBER & JANUARY																														
<ul style="list-style-type: none">• No children's class will be held during school holidays. The last day of this year's children's class is on Thursday the 10th December. The first children's class in the New Year is on Thursday the 28th January.			<table border="1"><thead><tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr></thead><tbody><tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr><tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr></tbody></table>			S	M	T	W	T	F	S	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9
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A little more knowledge for your Aikido Training

New Year; more improvement in Brisbane Dojo's grading syllabus

The year 2015 has marked a milestone for our dojo, not just because we celebrated our 20th anniversary but because we have begun to produce our distinctive grading syllabus on DVD.

Since I knew making instructional DVD's is a burdensome task I did not dare to touch the project until last year, although I always had the intention. Thanks to my son, Kaido, who learned the skills of filming and editing through his work, we began filming the grading techniques on 26th January, aiming to finish the whole process by the end of this year. Despite of our plan, we have only managed to publish up to Shodan for now, taking much longer than we expected. I did not realise there were quite so many processes required to complete a DVD; editing video, choosing music and adding them to finish the audio part, typing in technique names, making the intro, etc. I do appreciate Kaido's work deeply, though I hardly tell him. He has been spending hours and hours in front of the computer everyday throughout this year.

I recognise that some effects appeared since the very first DVD, 9th Kyu grading syllabus, was published on 16th April. The obvious and immediate change I saw was the Taino-henko (1) performed by white belts at the grading; that the movement got much closer to my ideal line. There are six basic movements in Aikido Yoshinkan, as you know and Taino-henko (1) is the most confusing movement for beginners. Even I who trained at the Headquarters was not taught in a precise way. No verbal instruction was offered regarding to degrees or whatsoever and I had to simply mimic the senior uchi-deshi's movement. Moving diagonally forward keeping the body centred with hands in a circular motion sounds easy in writing but the actual movements vary widely according to individual

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interpretations. This problem was solved as the white belts learned the correct movement by watching the DVD closely.

The second effect was that more students gained opportunity to grade. Students who either could not attend the classes enough or missed the details during the classes, got the means to study at home with the DVD. I was so pleased to see the students who were not confident to grade before, began to take the tests more regularly. It is definite that the standard of techniques through white to black belts is progressing well and their understanding of the techniques is improving.

The third effect I am expecting is very important for the Aikido world, I believe. As I mentioned before in my article, I have been making efforts to compose our dojo's grading syllabus, which keeps developing, to be appropriate for this modern time as a practical martial art. Otherwise, Aikido becomes just an ancient martial art or an art of meditation rather than a martial art. My desire is to lead all of my students to master Aikido practically so that they can actually use it confidently outside the dojo if needed. I understand that people are busy in the today's society and cannot train like I did. Although not being able to train physically enough, I know that our brain processes and absorbs any skill by watching them repeatedly. As the brain gets familiar with certain movements by observing them over and over, the process of order to its body gets faster and more accurate. In a simple terms, we get used to things easily.

I remember that one of my senior uchi-deshi told me how shocking it was when Master Gozo Shioda performed a new technique. It was about fifty years ago in the beginning of Yoshinkan style. One day, he demonstrated a Shiho-nage while he was in the seiza position. Till then, Shiho-nage was performed only from a standing position and this looked like something revolutionary. Later, this technique was added to the grading syllabus, known as Hanmi-handachi Katate-mochi Shiho-nage which is just an ordinary technique for us now. What I want to say is that even though all the new techniques may confuse you at the beginning, they will be registered as the commonly seen scenes in your brain when you see them performed often.

Generally, Aikido is recognised as a non-practical martial art. I am not happy about this as it is not true, although I agree it is a non-violent art. Revealing practical Aikido forms against commonly used attacks in our age (like kicks, boxing and kung-fu style punches and such) to more people through DVD's and guiding my students to train them regularly, I believe, will change and enhance the world of Aikido. Therefore, I reviewed and rearranged our Yudan step syllabus for the black belt students to train in a more ordered way. So, please look forward to checking the new syllabus for the New Year, my dear black belts! Of course, I will make a new DVD too, to support you learn them quickly. I know that as the level of black belt students progresses all the other rank students will improve their level accordingly. Thank you to my dear black belt students for your hard work to catch up with my new challenge.

Please enjoy training at our dojo everyone, to master the realistic Aikido skills that you can be proud of.

Osu!

Michiharu Mori