

# NEWSLETTER

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AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: <http://yoshinkan.info>

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<b>January Report</b>					
New members 5		Total number of adults training 45			
<b>Results of Getsurei Shinsa on 30<sup>th</sup> January</b>					
<b>Jun-3<sup>rd</sup> Kyu</b>	Neale Windress	<b>5Y5 step</b>	Matt Carpenter	<b>2Y3 step</b>	Stephen Cuthbert
	Ross Macpherson	<b>2Y3 step</b>	Vladimir Roudakov	<b>S4 step</b>	Andrew Crampton
	Vaughan Gray		Janna Malikova		
<b>Events in February</b>					
<b>1. Getsurei Shinsa</b>			<b>2. This Month's Holiday</b>		
<ul style="list-style-type: none"><li>• Training starts, Friday 19<sup>th</sup> 7:15pm~</li><li>• Steps, Friday 26<sup>th</sup> 7:15pm~</li><li>• Shinsa, Saturday 27<sup>th</sup> 1:00pm~</li></ul>			<ul style="list-style-type: none"><li>• Dojo's Holiday: 29<sup>th</sup> Monday</li></ul>		

## Sharing the feeling of Black Belts

### *Thoughts on becoming Shodan*

Wow, was that five years? It seems like it was only yesterday that I was wandering round the mat, dazed and confused, turning the wrong way, and struggling to distinguish between 60% and 70% bodyweight per foot (I didnt even know you could measure it...!). And how come everyone seemed to know what all the japanese words meant...?

I fell into Aikido by mistake as I had only started it because the 2011 floods had destroyed all the tennis courts where I used to play, so in February 2011 I joined up to the beginners course and was shocked at how hard it was. I couldn't believe how counter-intuitive Aikido was, I had learned to do break-falls years ago and thought I knew how to fall, but everything I knew was wrong! I found it very hard to unlearn everything, and even harder to handle seiza with my dodgy knees, so I wasn't really comitted over the first few months. In the back of my mind I imagined that once the tennis courts were repaired myself and Mary would go back to playing tennis tournaments at UQ.

The turning moment for me came when I walked on to the mat for the dress rehearsal of my first demo. I couldn't believe the energy and team spirit I felt running through me as we all prepared for the demo - I was hooked! I felt the same sense of teamwork supporting me during this shodan training, as every day in the last two weeks someone would ask if I was going to take shodan, or give me a thumbs up when they saw me turn up day after day, miraculously injury free! I think that is what got me through it, so I would like to thank you all for the support over the years, but especially Sensei and Shuko-san for providing us with such a fantastic place to train!

So how does it feel to be a Black Belt? For me, it feels as though I am ready to start learning Aikido properly. Osu!

**Dean Jones**