

NEWSLETTER



No.104 May 2004

AIKIDO YOSHINKAN BRISBANE DOJO

◎ Report of April

New members 6 Total number of adults training 79 Total number of children training 47

★ Results of Getsurei Shinsa on 24th

<u>Jun-Shodan</u>	Albert Lu	<u>6th Kyu</u>	Johan Brink	<u>4Y3 step</u>	Emmanuel Economidis
<u>Jun-3rd kyu</u>	Heather Wood		Myles Frost	<u>3Y10 step</u>	Miki Yoshida
	Frankie Wood	<u>8th Kyu</u>	Tzen Paredes	<u>3Y6 step</u>	Brent Weston
<u>5th Kyu</u>	Joshua McCormick		Michael Ryan	<u>2Y6 step</u>	Douglas Buchanan
	Jasmine Burge		Nicholas Scholz	<u>2Y1 step</u>	Matthew Watson
	Chris Davis		Aran Dall	<u>S2 step</u>	Eagle Kao
<u>6th kyu</u>	Matthew Jukes			<u>S1 step</u>	Craig Sargent

◎ Events in May

1. Getsurei Shinsa

- ♦ 29th Saturday, 1:00pm~
- ♦ Shinsa training starts from Saturday 22nd.

2. This Month's Holiday

- ♦ 3rd Monday Labour Day
- ♦ 31st Monday Dojo's Holiday

Sharing the feeling of Black Belts

I have always tried to have some sort of challenge in my life. Particularly something I thought I never would or could do. To me, training in a martial art was and still is, one of those challenges.

When the opportunity arose to train at this dojo, I was excited but also apprehensive. To tell the truth I had no idea what I was in for!! When I started, I didn't consider training to shodan as one of my challenges, I really thought it was unachievable. I sometimes still can't believe I've done it.

If I thought the challenge was going to end with receiving my black belt then I can only be called naïve. It has only just begun and in some ways it is both more exciting and scarier than starting at the beginning!

I want to thank every student I've trained with, both senior and junior to me, I learn from everyone everyday. I would also like to thank Matthew, Sam and Rosie for being great training buddies leading up to the grading.

I'm not sure if I can express enough my heartfelt thanks and admiration to Sensei and Shuko-san for their training, support and encouragement - I will continue to appreciate every second of it. OSU!

Julie Walsh

When I received my brown belt I was so happy I just could not stop smiling every time I wrapped the belt around my waist, I was so proud of myself. Now I have a black belt around my waist my feelings are completely different. The journey to brown belt is a hard one, you do so many things wrong, you are so confused and at times you go through so much pain you just want to lose that white belt. Receiving brown belt feels like an escape from a terrible world. The journey to Shodan is completely different. When you do step and shodan grading you realise it is no longer about what you want or about what you are going to get at the end of your grading. For me doing step and shodan grading was more about showing everybody what I have learnt. It is also about saying thank you to Sensei and all the students at the dojo by showing good spirit in my grading and to show how I am progressing in the art of Aikido. So when I handed my brown belt to Sensei in return for a black belt I was not thinking about what I was about to receive I was thinking more about what I have learnt while I was a brown belt and how proud I am to be a member of Aikido Yoshinkan Brisbane. So now when I wrap my black belt around my waist and walk out onto the mats I don't think about myself or how quickly I need to get to nidan, I think more about sharing my knowledge and understanding to all those who are willing to listen and to learn from others regardless of their rank.

I would like to take this opportunity to say thank you to Julie, Sam and Rosie for being such great training partners. To Brent, Douglas, Jason Palmer, Paul and Daniel, thank you for sharing your

knowledge and time. Lee, thank you for the wonderful conversations and advice you have given me over the years and for such a great grading before mine. To the four wise men, Jason Sainsbury, Brendan, Jason and Emmanuel Economidis, thank you for showing me how important it is that when you walk into the dojo the dojo and the people in it come first and thank you for sharing your knowledge and how we as students should conduct ourself during and after class. Thank you to all the past and present students and to Sensei, Shuko, Kaido, Satomi and Yukari thank you so much for your care, support and guidance you have shown towards me.

Richard, I would just like to say thank you so very much for all the help you have given me for the past 3 and a half years. You have been such an important part in my progress and understanding of Aikido. You were the perfect uke every time we graded together and it was an honour to have you as my uke for my shodan grading.

OSU!

Matthew Watson

When I started my Aikido journey I had just moved to Brisbane. 4 months previously I was looking into different martial arts, and I bought a book by **Gozo Shioda** titled **Total Aikido**. I read the book and understood nothing, except that I wanted to learn Aikido (it should be noted that this book has greatly aided my understanding of techniques throughout my training and I recommend it to all students). Once I arrived in Brisbane I immediately located this dojo through the directory in the back of my book. I was rebuilding my life and needed to learn about focus and direction. Now Aikido alone didn't give me this, but through constant training it has laid a foundation of focus and drive that has flowed through into my everyday life and my personal success's over the last two years can be accredited in part to my aikido training. For this alone my gratitude toward Sensei and Shuko-san is immense.

Back to the start. When I started training I found myself overwhelmed with everything I needed to learn, of course no one expected me to know everything at once but my own expectations would push me. The best time to learn is at demonstration time, during this period you are able to really jump ahead in your training giving you a head start on future gradings. This year will be my third demonstration, and Sensei has seen fit to make me a group leader for Jo-soho (If you wish to be in this group just let me know at training). I'm looking forward to representing the dojo again. As my level has improved (slowly) I have come to appreciate my fellow students more and more, the seniors that push me to improve and the juniors that through teaching force me to understand the techniques at a higher level.

The biggest tip I think I could give any student just beginning is to train, over and over I've been told that the secret to training is more training, that and the basic movements. At the start I blindly followed class instruction, naively hopping to one day execute the incredible techniques I would witness sensei perform. Two years later and I have realised, that only now am I understanding how to learn Aikido. The basic movements are the foundation of our training and I encourage all junior students to execute them with focus. As repetitive as they may seem at first, I get excited every time we do these movements in class, hoping to feel more and more in tune with my body and the way it naturally moves.

So for now I continue my journey, and look forward to sharing it with all members of the dojo. Once again I'd like to thank everyone I have trained with. Namely Richard whose constant Jiea-wasza in the beginning improved my understanding of Aikido. I express once again my thanks to Sensei and Shuko. See you at training

OSU!!

Sam Gray