

# NEWSLETTER



No.136 December 2006

**AIKIDO YOSHINKAN BRISBANE DOJO**

## Report of November

New members 0      Total number of adults training 57      Total number of children training 74

### Results of Getsurei Shinsa on 18<sup>th</sup> November

<u>Jun-4<sup>th</sup> Dan</u>	Jason Economidis	<u>8<sup>th</sup> Kyu</u>	Rob Lawrence	<u>3Y5 step</u>	Douglas Buchanan
<u>Jun-2<sup>nd</sup> Dan</u>	Daniel McDonald		Michael Tuppin	<u>2Y5 step</u>	Matt Carpenter
	Sam Gray	<u>9<sup>th</sup> Kyu</u>	Megan Erikson	<u>S3 step</u>	Aaron Stewart
	Eagle Kao		Lawrence Monforte	<u>S2 step</u>	Ryan Slavin
<u>Jun-Shodan</u>	Greg Beerling	<u>4Y5 step</u>	Brent Weston	<u>S1 step</u>	William Harper
	Chris Neucom	<u>3Y10 step</u>	Eric Kwok		

### Results of Children's Shinsa on 28<sup>th</sup> October and 11<sup>th</sup> November

<u>1<sup>st</sup> kyu</u>	Aimee Pennisi	<u>4<sup>th</sup> kyu</u>	Theo Carney	<u>6<sup>th</sup> kyu</u>	Sam Holna	<u>8<sup>th</sup> kyu</u>	Eliana Kelly
	Linda Vu	<u>5<sup>th</sup> kyu</u>	Luke-George Holna	<u>7<sup>th</sup> kyu</u>	Louis Hanley		Phylia Holna
	Steven Bannah		Anthony Gillespie		Medhavi Praphakorn		Selina Lim
	Genevieve Sargent		James Gillespie		Parangana Narula		Brandon Cheng
<u>2<sup>nd</sup> kyu</u>	Nellie Godwin-Welch		Nick Lewis		Alex Sargent	<u>9<sup>th</sup> kyu</u>	Luke Smith
	Ella Keys		Sam Porter		Hisanao Komoto		Coby Stegman
	Monica Davis		Ben Macmahon		Joshua Funnell		Martin Vu
	Karlee Pennisi		Elisabeth Owens		Finnegan Laver		Gwen Gillespie
	Marek Coleman		Beth-Leeander Coleman		Ulas Caglayan		Daniel Baker
<u>3<sup>rd</sup> kyu</u>	Michael Austin		Brittany Coleman		Anita Lim		Emillio Guidi
	Isobella Austin		Lucy Davis		Dexter Friend		Thomas Baker
	Alex Hanley	<u>6<sup>th</sup> kyu</u>	Nathaniel Kelly		Thomas Byers		Zhian Johnston
<u>4<sup>th</sup> kyu</u>	Julian Ladd		Ashleigh McGregor		Bryce Thompson		Nicolas Margarit
	Devrim Caglayan		Taher Sadeghian	<u>8<sup>th</sup> kyu</u>	Kelsey Neucom		Nick O'Hara

## Events in December

### 1. Sogo Shinsa

- ♦ Saturday, 16<sup>th</sup> 1:00pm~
- ♦ Shinsa training starts from 3<sup>rd</sup> Saturday.

### 2. Kids Class Holiday

- ♦ No kids class will be held for the last two weeks in December and for the first two weeks of January. The last day of this year's children's class is on 16<sup>th</sup> Saturday. The first class in the new year is on 18<sup>th</sup> Thursday.

### 3. This Month's Holiday of Adults' class

- ♦ The dojo is closed from 23<sup>rd</sup> - 26<sup>th</sup>, is open on 27<sup>th</sup>-29<sup>th</sup> but no lunch time classes, and is closed again 30<sup>th</sup>-1<sup>st</sup> of January.

### ♦ DECEMBER & JANUARY

S	M	T	W	T	F	S
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

## Sharing the feeling of Black Belts

### Shodans

Firstly I would like to thank Sensei, Shuko for a magnificent dojo, everybody that I have had the pleasure to train with over the last 3 years. Without Sensei's patience and instruction, and training partners' assistance (in particular Ritchie, Heather and Kanako), reaching Shodan would have been unachievable.

When I started in the introductory course, one of the first things about the dojo and sensei's teaching that impressed me was the way you will train with nearly everybody else that attends the same class. There is no distinction between the belts in class and it is this inclusive approach that I feel is one of the strongest attributes of the dojo. To train with many people in class gives us the opportunity to practice our harmony and as I have found out many times, you can learn as much about your application of Sensei's teaching from a white belt as you can from a senior black belt. Add the willingness of the seniors to answer any questions or provide any assistance they can before or after class and you have a training environment that I have not seen in many other styles of martial art.



During the last months before I went for Shodan I wasn't sure if I was ready or proficient enough to wear a black belt. It wasn't until I overheard a couple of the seniors discussing the same feelings during grading practice, that the significance of belt colour became apparent. The idea put forward was that your belt colour didn't reflect a level of proficiency as such but was a measure of your dedication and time spent training. When I went home that night I thought about this concept some more and I could see how this was a fair point. When I first started in the beginner's course I was told that washing your belt was bad luck. As I came more and more to training I noticed that my belt was getting darker as time went by. Surely then if you trained for long enough, the belt would look as if it was brown. Train for long enough and perhaps your belt would look black. Train for that long and perhaps you would have attained a level of proficiency. I don't know if this is true but I like the idea that you can achieve with effort and dedication as the measure, as well as pure skill.

I look forward to training with many of you as I continue to learn from Sensei and Shuko.  
OSU!

*Mark Frost*

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Right before I did my black belt grading, I heard one particular philosophy of Aikido which really opened my eyes. At the time, Evan was translating Eagle's interview with Sensei. Sensei also explained it in last month's newsletter.

*"Welcome it, when it comes.*

*Let it go, when it leaves.*

*Harmonies it, when you are confronted.*

*1 plus 9 is 10, 2 plus 8 is also 10. So is 5 plus 5."*

Before that Aikido was becoming a part of my life anyway, as I loved training, loved the people at the dojo and socializing with them. However, this philosophy really opened my eyes in regard to relationships and dealing with people and situations at work and in life. This was an area that I had previously had a lot of difficulties with.

As I was so moved by this philosophy, I started using it straight away. Of course, I cannot say that I have mastered it, but by trying to harmonize with people and situations everyday, my life has improved dramatically.

Aikido had already improved my life...for example, my lower back pain (from lack of exercise, I think!) has gone. Aikido also helps me to control my weight. One really big thing was that it really helped me to settle down in this country. To be honest, I did not like Australia to start with. But through Aikido, I felt a sense of belonging by joining the dojo, and a sense of achievement through training and grading.

Now that I have got my black belt, I really feel that black belt just means that you have learnt how to do the basic techniques and it is just the start line. The funny thing is, right at the same time I just got a new job and started studying at university. And now I have begun to understand the above philosophy. It's very valuable and you can use it in your life forever.

I think I am very lucky to have found Aikido. I want to say thank you to Shuko-san and Sensei (even though I was really rude to Sensei the first time I met him: I thought he was a receptionist, because he looks so young!) I would also like to offer my special thanks to Richie, Miki, Lee, Myles and Lloyd who have all helped me a lot.

Chatting to Shuko-san and Sensei after classes is my favorite time, too!

*Kanako Yamaguchi*