



No. 148 December 2007

AIKIDO YOSHINKAN BRISBANE DOJO

Report of November

New members 5 Total number of adults training 57 Total number of children training 71

Results of Getsurei Shinsa on 17th November

<u>5th Kyu</u>	Adam Sawyer	<u>9th Kyu</u>	Guo Li-Wei	<u>3Y7 step</u>	Eagle Kao
	Gerry Kassman			<u>S5 step</u>	Aarjaun Burch
	Kaido Mori	<u>4Y7 step</u>	Jason Williams	<u>S1 step</u>	Jamie Baker
<u>8th Kyu</u>	William Marks	<u>3Y9 step</u>	Douglas Buchanan		

Results of Children's Shinsa on 24th November

<u>1st kyu</u>	Nellie Godwin-Welch	<u>5th kyu</u>	Alex Sargent	<u>7th kyu</u>	Kelsey Neucom	<u>8th kyu</u>	Bradley Cornell
	Ella Keys		Bryce Thompson		Phylia Holna		Matthew Evans
	Marek Coleman		Brandon Cheng		Selina Lim		Benjamin Dreyer
<u>2nd kyu</u>	Michael Austin	<u>6th kyu</u>	Louis Hanley		Gwen Gillespie		Saya Barnes
	Alex Hanley		Zhian Johnston		Thomas Baker		Monica Margarit
	Julian Ladd		Medhavi Praphakorn		Sage Springett		Yanni Michellis
<u>4th kyu</u>	Ben Macmahon		Parangana Narula		Jade Stokes		Martin Vu
	Elisabeth Owens		Elliana Kelly		Luqman Nul Hakim		Tor Brookes
	Beth-Leeander		Luke Smith		Jack Te Wiata	<u>9th kyu</u>	Adam Gillespie
	Coleman		Coby Stegman		Prater		Nicolas Michellis
	Brittany Coleman		Nicolas Margarit		O'shan Shibusaki		Anika Brookes
	Ashleigh McGregor		Kazahn Lopez	<u>8th kyu</u>	Daniel Baker		Noah Peluso
<u>5th Kyu</u>	Anita Lim		Keishi Barnes		Dane Stokes		Andrew Ioannidis
	Sam Holna		Tea Peluso		Nicole McGregor		

Events in December

1. Sogo Shinsa

- ♦ Saturday, 15th 1:00pm~
- ♦ Shinsa training starts from 1st Saturday.

2. Kids Class Holiday through X'mas and New Year's Day

- ♦ No kids' class will be held during school holiday. The last day of this year's children's class is on **13th Thursday**. The first class in the new year is on **30th Wednesday**.

3. This Month's Holiday of Adults' class

- ♦ The dojo is closed from 23rd to 27th, is open on 28th & 29th, and is closed again between 30th-1st of January. The dojo is open from the 2nd of January but **no lunch time class on the 2nd Wednesday and 3rd Thursday**.

♦ DECEMBER & JANUARY

S	M	T	W	T	F	S
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

Sharing the feeling of Black Belts

For me, its not simply about self-defence

Before anything else I would like to extend my thanks to Sensei and Shuko-san for providing such a wonderful Aikido experience here in Brisbane with direct links to O'sensei. I feel we are lucky in the sense that we not only learn the traditional Japanese art of Aikido, but we are also given the opportunity to experience, first hand, Japanese culture at Yoshinkan Brisbane Dojo. And this is in part why I enjoy the training so much.

After spending some time in Japan about 6 years ago and being lucky enough to practise there a traditional Japanese martial art, I found on my return that I really wanted to continue this experience. Unfortunately there wasn't a dojo in Brisbane that offered this particular art. Therefore I searched for something else that fitted the same criteria: a traditional Japanese martial art that incorporated weapons training and was instructed by a Japanese instructor, was non-competitive, and was serious in its approach to training.



Luckily enough I found Yoshinkan Brisbane Dojo and Mori sensei. Before I even took my first step onto the mats I was amazed by sensei as I watched him effortlessly throw people twice his size around the room. Furthermore, I found that egos didn't exist at Yoshinkan Brisbane dojo and therefore I instantly fell in love with the place and I couldn't wait to join!

At that time I was in my late twenties and I remember that all I could think was: "why hadn't I found this place earlier?" From then on training became not something I did a few times a week, but something that filled my mind day in day out. For me, the techniques I learn at the dojo are not solely ways in which to defend myself, but ways in which to live my life. I have never undertaken anything in my life- until Aikido- that has had such a profound and long lasting effect on me. I guess this is due to the fact that I am like a big kid in the sense that my interests in things wain rapidly not long after commencement: short attention span! However, Aikido has kept my interest and now I fail to see my future without Aikido in it. My wife is also thankful for this. She says that she notices a major difference in my mood now if I go long periods without training; she is always commenting on when I NEED to go to training! I guess what I am trying to say that through Aikido I have found a new perspective from which to approach and view daily life, and for this I have Sensei to thank!

Gradually, after spending more and more time training at the dojo I began to search for ways to incorporate that which I learnt in the dojo into that which I did outside of the dojo. Not in the self-defensive sense, but pragmatically in daily life. That is, to have the lessons from the dojo assist me in the routine tasks that we all go about daily, often without a second thought of how to improve on, make more efficient and more effective. For this Aikido has come to benefit me more than I ever thought possible since walking through the dojo door around three years ago. After the first couple of years of training at the dojo I began, little by little, to **try** to mentally apply an Aikido technique to the way in which I would respond to a problem or situation in my daily life: for example, if another driver cuts me off on the road, if I am greeted by somebody with a very overbearing personality in the workplace, or if I am given an unreasonable *request* from my boss, etc. For me, to mentally picture *kokyu-nage*, *irimi-nage* or even *kokyuho* on a person who takes an aggressive stance, or any of the scenarios above, often goes along way to prevent escalating the situation and allows me to visualise an appropriate response without too much emotion fuelling thoughts and actions. I guess, in essence, Aikido has given me a greater understanding of timing and control of my emotions, plus it has allowed me to look for a way to overcome an 'opponent' taking a more passive approach, rather than simply using physical force and often locking horns. Furthermore, it helped me to always be practising Aikido irrespective of where I was – 'to always be at the dojo'. Having said this however, it doesn't mean I am always successful. In fact, more times than not I am unsuccessful! I am simply a *shodan* after all and I guess the important thing is to keep trying and improving. Sometimes when I am stressed or tense, nothing feels balanced and no technique seems feasible; just like in the dojo. Although, if (and that is a big if) I can relax enough to understand the situation/problem, the most appropriate response seems much easier to come by. Again, I have Aikido, and more specifically Sensei to thank for this!

In the past I have tried other martial arts that are more aggressive, confrontational and competitive in their philosophy. After spending time practising these I quickly came to the conclusion that they weren't for me. I don't feel I have an overly aggressive, nor confrontational nature and my competitiveness is mostly directed towards my own abilities. Therefore when I am in the dojo practising Aikido I welcome the chance to challenge myself without the need to compete with others and I enjoy the willingness of others in the dojo to help.

Finally, I would like to extend my thanks to all that have helped me to reach *shodan* and again to Sensei and Shuko-san, as without them none of this would have been possible.

Osu!!!

Ryan Slavin