



No. 151 March 2008

AIKIDO YOSHINKAN BRISBANE DOJO

Report of February

New members 5

Total number of adults training 59

Total number of children training 65

Results of Getsurei Shinsa on 23rd February

<u>Jun Nidan</u>	Matt Carpenter	<u>4Y11 step</u>	Brent Weston	<u>S4 step</u>	Amy Hughes
<u>Shodan</u>	Aarjaun Burch		Lee Stemm		Helly Conroy
<u>Jun-3rd Kyu</u>	Kaido Mori	<u>4Y10 step</u>	Jason Williams		Tom Bannah
<u>8th Kyu</u>	Kris Anderson	<u>3Y6 step</u>	Sam Gray	<u>S3 step</u>	Jamie Baker
<u>9th Kyu</u>	Luke Powell	<u>2Y9 step</u>	Greg Dickenson	<u>S2 step</u>	Koray Karanfilci
	Ashley Coucill	<u>2Y1 step</u>	Ryan Slavin		Francis Hollingworth
			Aaron Stewart		

Events in March

1. Sogo Shinsa

- ◆Saturday, 29th 1:00pm~
- ◆Shinsa training starts from 12th Wednesday.

2. This Month's Holiday

- ◆Easter Holiday 21st Friday – 24th Monday

A bit of knowledge for Aikido

Kihon-dosa

I cannot remember clearly when, but when I was still working as an uchi-deshi at the Headquarters when a black belt of Ki Society from America visited us to learn Yoshinkan Aikido and I was given the job to look after him.

He was very impressed with my Aikido techniques and every time I put a technique on him he explained how and where my *Ki* power was flowing. This made me feel good, as he was so definite and stressed repeatedly that I was generating *Ki* power. I felt like if I was a man with supernatural powers. However, as I trained with him more for several days I eventually realised that the point when he said where the *Ki* power was generating was the point of when the centre line was fixed and generated the centred line power with focused strength in the Yoshinkan way. When I realised this, I mean I knew that I was not emitting a supernatural power from my body, but I was quite disappointed. I did not believe in having supernatural powers by training in Aikido but I thought that it might be possible to develop *Ki* power which was something special that would allow me to throw people without touching them or to move a cup by *Ki* power (of course not!, as Aikido is not the occult, though I heard about an aikido demonstration where an aikido-ka cut a banana in round slices without peeling the skin from a distance, this was displayed by Ki Society in Brisbane.) If I was able to perform this type of *Ki* power I would boast to everyone and would be so happy to show off the power in front of anybody any time.

Well, Aikido can definitely give you the ability to restrain or throw people effortlessly with small strength that sometimes leads others to misunderstand as if we've mastered a supernatural force, *Ki* power. Let them keep misunderstanding as it is cool, anyway. But the point is how can we improve this Aikido power, the centre line power with focused strength. Once we start learning Aikido this is the question everybody has. Since we have so many techniques to remember in Aikido we feel as if we are a beginner every time we train and we are distressed sometimes thinking that we haven't improved at all.

That's why *kihon-dosa* was developed by the Yoshinkan style. If we can practice these six *kihon-dosa movements* correctly and diligently it is the equivalent of practicing 3000 techniques in the sense of



how to use body and feet in Aikido movements and balance, as all the movements we need for those 3000 techniques are in these six *kihon-dosa movements*.

Tai-no-henko (1)

This movement teaches us how to enter one's body, the correct curved line, when we are pulled. I believe that one tai-no-henko (1) practice in front of a mirror is equal to the practice of all the sokumen-irimi-nage techniques (25 kinds including standing and sitting positions.) For me, anyway. But if you can trust my words, you will be happy to practice tai-no-henko (1) ten times diligently before the class thinking that is the equal amount of 250 sokumen-irimi-nage techniques. The simple movement of just tai-no-henko (1) has so much to learn, seriously.

Tai-no-henko (2)

This movement teaches us how to redirect the pushing strength of an onent backwards by turning and that needs lots of physical training to reverse our instinct. This is the very basic turning practice that is used in almost all Aikido techniques. If you can fully understand/fix your own centre line while you are turning, you can generate amazing aiki-ryoku (aikido power produced from the combination of one's centre line power and focused power) in your techniques. I suggest that you stand in front of the mirror and practice tai-no-henko(2) and look for your centre line. You won't be able to see it at first but you will be able to see the line clearly after one day and feel the centre line fixed in your body. When tai-no-henko(2) is well trained in your body, you will see yourself turning unconsciously when someone bumps into you from any direction in busy shopping centres. And you realise yourself dodging people so gracefully without any conscious attempts and you will be amazed at yourself. Only the problem you will experience like I do is that your body tends to do the same movement while you are driving a car. Because this imprinted movement is so strong, when a car cuts in from the side suddenly you tend to drive your car to turn unconsciously to avoid it. Shuko who is sitting next to me most of the time when I'm driving shouts, she sometimes says it is a lot more dangerous than doing nothing.

Hiriki-no-yosei (1)

This movement teaches us how not to lose our centre line once it's fixed from the kamae position in the simplest movements of stepping forwards and backwards. In contrast to dancing that needs you to move each of your body parts separately with twisting and wiggling, the movement of Aikido requires you to set all the body parts – hands, feet, hips, into one line and concentrate the combined strength from each body part into one while we move in any direction at high speed. You can train your body into this aikido way by practicing hiriki-no-yosei (1) correctly and repeatedly. If you feel your technique does not work on uke very well, you need to train hiriki-no-yosei (1) more. You do need to develop strong and stable centre line power that you do not lose even when you move freely, to make the technique work effectively. Just for your reference, you will be a dull stick at dancing when you become an expert in aikido, unfortunately.

Hiriki-no-yosei (2)

This movement is the hardest out of six kihon-dosas where we have to put 80% of our weight on each leg every time we shift our body balance. The training of not losing one's centre line and keeping one's own balance steadily in hard positions is hiriki-no-yosei (2). The amount you feel so hard by practicing this movement will build your body stronger into the aikido way and you will be able to maintain the centre line when you apply techniques on someone a lot bigger and heavier than you. If you know this fact, you will be happy to keep your positions lower regardless of how hard it is. Imagining your technique working on a big person perfectly will give you the greatest satisfaction.

We practice these two hiriki-no-yoseis the most in Yoshinkan because Master Gozo Shioda's so called Godlike technique was produced mostly from the centre line power. These two kihon-dosas are the most important practice methods which were developed in the Yoshinkan style. Please practice these



movements diligently especially if you are questioning why you are not improving your skills as you wish.

Shumatsu-dosa

Shumatsu means the end. So, this is the movement used at the end of the class to restore one's centre line after it has gone out during the training. It teaches us; how to use the hips to maintain the centre line when we move diagonally, the stability of one's hips when a foot steps through, how to maintain the balance, stability and the centre line when we shift from turning motion to a straight line motion. All of the necessary movements of aikido are in these movements and we can imprint these important movements correctly by practicing shumatsu-dosas. Everyone is tired at the end of the class both physically and mentally of course and we tend to do shumatsu-dosa in a dull motion. But here, this is the important point that can make a huge difference in whether we can progress aikido skills or not.

Uke side of kihon-dosas

We tend to rest and relax while being uke for kihon-dosas. But, we can learn so much during *ukeing* of kihon-dosas if we train uke seriously; you can keep training aikido without injuries by learning how to sense the flow of shite's strength, speed, angle, directions and that helps understand the flow of one's technique when you are shite side.

The very basic grip of uke is that you hold shite's wrist by attaching your palms quite tightly, but at the same time you need to relax your wrists, elbows and shoulders and not put any stress on shite. As soon as shite starts moving you need to feel how shite's moving strength goes through your wrists, elbows, shoulders and body by using all of your senses (skin, bones, muscles, and sensors) highly focused. Here, you should not make shite feel heavy from your uke movement since the person who is doing heavy uke tends to receive shite's technique more directly without sensing the crash of the powers and is likely to have injuries more often. A uke who can move in harmony with shite without giving stress to shite's body during kihon-dosas has a very small risk of injuries when receiving techniques, as his body can react to shite's strength instantly and naturally. And once you can understand/master the flow of strength while being uke by experiencing and sensing it in your body, you then know naturally how to work your techniques effectively through uke's body while you are on shite side. Well, I ask you to understand the importance of ukeing kihon-dosas (**not** resting time!) and practice uke enthusiastically.

Kamae

The most important training method in Aikido I believe is the kamae. The very first thing I always do whenever I stand on the mats is confirming my centre line by taking a kamae posture. You can feel the line by lifting up the heel of your front foot and flowing the power from your back foot fixed on the floor through your body to the big toe of the front foot. If your knee or hip is out of the line you feel instability and easy to lose balance. On the correct line you feel, that is where you place your hands. Fixing proper kamae position is my best training to reinforce my centre line power.

Well then, now you realise there is no time to rest and relax during a one hour class. I sincerely wish that this article is going to help you to improve your aikido dramatically.

OSU!

Michiharu Mori