



## Report of May

New members 3

Total number of adults training 60

Total number of children training 58

## Results of Getsurei Shinsa on 24<sup>th</sup> May

<u>Jun</u>	Amy Hughes	<u>8<sup>th</sup> Kyu</u>	Arnaud Jacquelin	<u>2Y11 step</u>	Greg Dickenson
<u>Shodan</u>	Kris Anderson	<u>9<sup>th</sup> Kyu</u>	Lenny Westerman-Cox	<u>2Y4 step</u>	Aaron Stewart
<u>4<sup>th</sup> Kyu</u>	William Marks			<u>S5 step</u>	Francis Hollingworth
<u>5<sup>th</sup> Kyu</u>	Anthony Williams	<u>5Y2 step</u>	Emmanuel Economidis		Jamie Baker
	Michael Tuppin		Richard Diehm	<u>S4 step</u>	Lawrence Monforte
	Wade Lacey	<u>3Y12 step</u>	Eagle Kao	<u>S3 step</u>	Joseph Stuart
<u>7<sup>th</sup> Kyu</u>	Nelson Ha		Sam Gray		Koray Karanfilci
<u>8<sup>th</sup> Kyu</u>	Chin Ha	<u>3Y1 step</u>	Matt Carpenter	<u>S2 step</u>	David Shepley

## Events in June

### 1. Sogo Shinsa

- ♦Saturday, 28<sup>th</sup> 1:00pm~
- ♦Shinsa training starts from 14<sup>th</sup> Saturday.

### 3. This Month's Holiday

- ♦Queen's Birth Day 9<sup>th</sup> Monday
- ♦Dojo's Holiday 30<sup>th</sup> Monday

## Sharing the feeling of Black Belts

### PART 1

I'm a believer that everyone, no matter what age or level in their profession needs a mentor. This someone provides us the inspiration and drive to further ourselves in whichever paths we choose in life. Mentors can affect you in the smallest as well as the strongest of ways.

I have found that in my profession as a musician, it has become increasingly difficult to source inspiration from others more experienced in the industry. In a way, this gap lead me to pursue martial arts again; (something I did as a teenager).

As you progress through the ranks, you constantly seek help from your peers as to how you can better your technique. This assistance drives you, of course, to improve. To a small degree, these people are mentoring. However, it's the overall strength and consistency in Sensei's technique and teaching that drives us and the culture at Brisbane Yoshinkan. He is able to inspire those to inspire others which I believe to be mentoring to the highest degree.

We can mentor each other in different ways. Everyone has different strengths and weaknesses and we can all be, and are, proactive in raising the standard of our fine Dojo.

So, before class, grab a white, brown, black belt; practice Aikiken/ Kihon Dosa with/without weapons. Revise through your respective grading syllabus. After class, get a group together and run through a Renzuko Waza or Jiyu Waza. Don't be hesitant to approach seniors for advice. Any extra time on the mats will greatly improve for skills.

But most of all, continue to enjoy yourself....

### PART 2

In a time of my life when so many things have been out of sync, I've tried to use my training as a tool to try and reclaim my focus and balance. Through hard training, I have truly felt that my skills in Aikido have moved to another level. At the same time, my skills as a guitarist have also improved. My playing is becoming less cerebral and more intuitive. My fingers are moving with more efficiency and my teaching has also greatly improved and become more energetic.

There are so many instances however, where I realize that some of my personal traits really hinder my development. I hope that if I can become more aware and manage these behaviours, I could take not only my personal life but my Aikido as well to yet another level.

I now feel, having received my Nidan promotion; I can start all over again with a new set of goals for improving my Aikido.

No article would be complete however without acknowledging and thanking everyone, especially the lunchtimers, for helping me with my preparations.

Thank you Shuko, for your support during what has been a testing time for me and with the greatest respect and gratitude, Thank you Sensei, especially for those intense sessions on the mats.

OSU

Matt Carpenter