

NEWSLETTER



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AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: <http://yoshinkan.info>

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February Report					
New members 2		Total number of adults training 62		Total number of children training 50	
Results of Getsurei Shinsa on 22nd & 23rd February					
Shodan	Choi, Sukchul	6th Kyu	Kent Windress	4Y1 step	Ryan Slavin
Jun-Shodan	Matt Hede	7th Kyu	Sean Keogh	3Y5 step	Kaido Mori
	Greg Smith			2Y8 step	Murray Booth
5th Kyu	Kerry Nicholson	5Y8 step	Brent Weston	2Y1 step	Joel Delaney
	Stephen Cuthbert	4Y10 step	Matt Hede	S3 step	Dominic Hogan
6th Kyu	Vanessa Larsen	4Y6 step	Lee Stemm	S2 step	Darsy Darssan
Events in March					
1. Sogo Shinsa			2. This Month's Holiday of Adults' class		
<ul style="list-style-type: none">• Training starts, Friday 8th 7:15pm~• Steps, Friday 22nd 7:15pm~• Shinsa, Saturday 23rd 1:00pm~			<ul style="list-style-type: none">• Easter Holiday – Friday 29th, Saturday 30th, Monday 1st April		

Sharing the feeling of Black Belts

Sandan

The last six years of my life has been heavily influenced by the Dojo with Sensei, Shuko and everyone else that I train with.

“Even though the body has its limits, until your death, the strength of your spirit is limitless. This is precisely why, in the martial arts, there is no such thing as deteriorating as you age.” Gozo Shioda

I find this quote very relevant to my situation as before I started training I had no spirit whatsoever!! (Not because I think I'm becoming an old man) It has been as I said six years and I feel that there have been good amounts of training, feeling pain, getting up after being thrown, dragging myself up after being tired from Jiyu-waza and trying to do techniques correctly. But for these elements of training I am happy as they polish the spirit, and mine was covered in some tough dirt!!

It is hard or nearly impossible to imagine life without the awesome friends that have been made at the Brisbane Yoshinkan Dojo, it is definitely like a family, a family where there is no one that (like a cousin or weird uncle) that you actually don't like. There is valuable information and lessons waiting from everyone there. (As hard as things can be to take at times, when we are dealing with our own ego.)

Something that I have started to learn towards the end of last year and the start of this one is how meaningful it is to try and incorporate our high spirit and good attitude to life outside the Dojo. It has really helped me at work and the most important place, HOME!! I exclaim that because you don't want to be on the bad side of Mai. But that is not the reason I try and work hard at home, it is because I love to make Mai happy and she has supported my training and (coffee dates with Greg after Tenrikyo service) Thank you Mai for being there for me always. Incorporation of Aikido principles into life have been a main focus in my life recently and definitely a very hard challenge, but I think of it all as training... and as if Sensei was watching which makes me work faster and harder.

A wise man once told me (on a coffee date) to “let go”, he said this cause I was worrying about the things that I was scared of, things that were not important. “Let go” has now been a strong focus in my mental state, in working out Aikido and life. You the man Madala!!

There have been times when I have thought that I had not trained to my own expectations and times when I did not want to go because of a long day, but the feeling of failure in those areas are a re-confirmation of the love of Aikido and the Dojo.

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It has also been a very eventful year that has gone past as we had our usual annual demonstration, self-defense class and Hajime class but there was also the fight for life seminars, in which Sensei's demonstration was very respected by the other schools. It was extremely well organized, was great to see people supporting the fight for cancer and was done by our very own Peter Hills who had said "If you don't learn anything new today, when you go home you should give yourself a good uppercut." This hit home for me and gave the realization that it is something I should be striving for every training session!! Thank you Pete!! As the day went on there was much to learn and absorb during the day from the other teachers.

Mai and I also got to go to Melbourne where we were lucky enough to have Joe Sensei instructing for a few of the classes as he is sometimes away at seminars. It would be inaccurate to say we had learned something different, perhaps a different way of doing certain techniques. Some principles felt very similar just done differently and had made us appreciate what Mori Sensei had taken the time to show us. It helped to tie some ends that we had not the smarts to completely comprehend.

So now what has been learnt post Sandan?

Trying to keep a strong spirit is not the only thing. Now that my level is higher, the work to be done feels like it will only be more challenging; this was a main topic on Sensei's last newsletter. Things that Sensei has always said like feeling your Uke's technique, try to think what the person you are teaching is thinking, doing a technique this way or that way, and how to try and keep a humble mind, it feels as though these things are getting more and more important and I believe will continue to do so.

Just the other night when we were training I saw that Sensei had done something in a technique that I had never picked up before and then I realized that it was not only important to look at what one could see, but to also look at what one could not see. This is something I look forward to developing as it is harder than it sounds.

In training for Sandan I really have to thank Ryan for being a constant training partner and pillar of support. We have always pushed each other to discomfort and beyond, to which I can say has been one of the best experiences. I look forward to trying and putting your head into the mat, and trying to feel my head hitting the mat back from you (some may not understand that but it's a sadistic challenge we set for each other)

Emmanuel has always been a massive influence on my Aikido life span, from the very beginning, up till now and always. I remember when he said that I was going to be his uke for the annual demonstration, and that's when I thought my life would end, but the opposite happened it gave me more life and more spirit. There were thoughts of fear I had but those couple of months training with Emmanuel changed my view on these fears and played a huge role in my life even up till now. Thank you Emmanuel.

Thank you very much to Sensei and Shuko for the Dojo you have given us, it is a very unique place in this world that we are lucky to have. Sensei is a man of few words, but the example he sets is stronger than any word spoken. It gives a true sense of the meaning "actions without words" I will continue to follow this example as best as I can till I get it right!! Shuko always encourages when we are down, sometimes not saying what we want to hear as we are feeling sorry for ourselves! But she tells us what we need to hear, but with such warmth it gives a new burst of energy and fresh air.

I very much look forward to training this year, as it will have many good times and new challenges. Thank you to all that I train with, I will train myself to the ground to keep up with you guys as it's only a fair repayment. Let's train hard and help each other to reach our highest possible levels!!!

OSU!!

Lawrence Monforte