



No.230 October 2014

AIKIDO YOSHINKAN BRISBANE DOJO

Dojo: <http://yoshinkan.info>

Facebook: <http://bit.ly/dojofb>

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September Report

New members 1 Total number of adults training 49 Total number of teens & children training 44

Results of Sogo Shinsa on 26th & 27th September

Sandan	Kaido Mori	6th Kyu	Sandy Lokas	4Y10 step	Lawrence Monforte
Jun-shodan	Lu Jiang		Andrew Crampton	4Y6 step	Ryan Slavin
3rd Kyu	Mark Cocquio	7th Kyu	Charlotte Crampton	2Y11 step	Cameron Blake
	Roland Thompson		8th Kyu	Sai Kiao	2Y4 step
4th Kyu	Comila Roebuck	Sushankar Khandabhattu		S3 step	Andrea Troncoso Salasa
5th Kyu	Victor Ovcharenko	Lily Crampton		S2 step	Stephen Cuthbert
	Pol O Sleibhin			Dearn Jones	
	Pedro Gouvea				

Events in October

1. Getsurei Shinsa

- Training starts, Friday 17th 7:15pm~
- Steps, Friday 24th 7:15pm~
- Shinsa, Saturday 25th 1:00pm~

2. Hajime Class

- Saturday the 18th 1:00pm~
- Please note that we will have no regular classes on this day.

3. This Month's Holiday

- Labour Day – Monday 6th
- Dojo's Holiday - Monday 27th

Paragraphs from the Demo winners

I have been training at our dojo for 16years now and this is my first trophy. As you can imagine it was a real surprise for me and humbling. My trophy proudly sits beside my TV to remind me to never give up hope and anything is possible. Firstly I am so proud of my partner on the day Sushankar. He trained hard every night showing commitment and strong spirit. I was so pleased that he got a trophy for his hard work. I wanted to congratulate everyone who participated in the demonstration. For those students who choose not to participate, I would encourage you to try next year. Stepping out of your comfort zone is so rewarding when you look back. It is a sense of achievement. Now is the time to train with a strong spirit preparing yourself for the dojo's 20th anniversary. I look forward to my sessions to come and am so grateful being part of Brisbane Yoshinkan dojo.

Osu

Lee stemm

On behalf of the Yoshinkan Southside Dojo I would like to thank the Yoshinkan Brisbane Dojo for inviting us to attend and participate in the 2014 Aikido Yoshinkan Brisbane Dojo 19th Annual Demonstration. All students on the day showed 'great spirit' and the level of enthusiasm in facilitating the event was an inspiring one.

Working towards the Jiyu-waza event was certainly a learning experience, in attempting to make the flow of the techniques work, committing them to memory and then hopefully applying them with some justice on the day. Practicing with my Jiyu-waza partner Daniel before and after lessons was essential, because as we progressed it gave us a glimpse at the potential of harmonising with your attacker's strength when applying the Jiyu-waza techniques. I would like to take this opportunity to thank Richard Sensei, in providing a great environment at the Aikido Yoshinkan Southside Dojo to train and learn the Aikido Yoshinkan traditional Japanese martial art.

On the day, Hajime! All students showed spirit in their techniques and it was great to have an appreciation of the amount of time and practice that went into each Jiyu-waza display. Then it was our turn.

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Representing the Aikido Yoshinkan Southside dojo, and a few moments later (mostly out of breath) like a flash it was done, over, and finished. Now facing my Jiyu-waza partner Daniel in Kamae, reflecting, hoping we did justice to the techniques, and hoping we showed spirit in our Jiyu-waza display too. We returned to Seiza.

It was good to see the new Tanto techniques demonstrated by the Brisbane Dojo students, and to get an insight into the new form. It was also a privilege to see Mori Sensei and the senior Black Belts providing individual demonstrations on the day. This was also to the delight of the younger students, who gasped as skilled Uke's were thrown to the mats sending impact vibrations throughout the stadium.

At the end of the day to be awarded with a trophy on our collective effort was a welcomed one, thank you once again to the Aikido Yoshinkan Brisbane Dojo and to Mori Sensei.

See you all next year!

Osu

Chris – Aikido Yoshinkan Southside Dojo

I only watched last year's demo, so I was excited to be taking part this year. However, because I wasn't sure how much time I would be able to dedicate to training, I didn't sign up for the Kyogi Enbu initially. By the time the demo started to draw near I figured that everyone would have partnered up, and sort of accepted that I wouldn't be taking part. That was, until Sensei called me over and asked me to partner with Comila. Osu! Yes, of course! Eek! Time to start practicing a lot more seriously! We worked hard, and I was relatively happy with my own performance on the day. I never thought that I would be in with a chance for a prize though, as there were so many great partnerships on the day, so when I heard our names I was genuinely surprised and delighted! I'd like to thank Sensei and all the long-suffering black (and brown) belts for their patience with me, Shuko-san for always having a smile and a kind word, and Comila who stepped up to the challenge of throwing around an uncoordinated six-foot monster with very little notice. Looking forward to next year, bigger and better!

Osu!

Mark Cocquio

This was my first demonstration. I had never even watched one before!

When I think about my demo training I see an evolution. It started with remembering the order of techniques, which can be quite overwhelming at first. And then practicing those techniques and recognising how small changes can influence the flow of your jiyu-waza. Training with different ukes, especially senior students, was really helpful because everyone had some advice to improve my technique. But training with Mark (my jiyu-waza partner) was also very important because we helped each other overcome our fears of doing the dreaded kokyu nage. Once the order of techniques had become habit, demo finally arrived.

The only thing I could think of just before hitting the mats to start the jiyu-waza was that I didn't want to let down Sensei, Mark, the seniors and other students who I had trained with for the demo. But Mark reminded me that we had trained really hard for this moment and that we're white belts - we're allowed to not be 'perfect'. So I relaxed, had a great time and won a trophy! Yay! Thank you to Sensei, Shuko-san and both Mark C's for a really great first demo! I would certainly do it all over again.

Osu

Comila Roebuck

The best overall Jiyu-waza award Andy and I received is a significant recognition for women learning Aikido. The award encourages me to keep training and developing my Aikido skills. I progressed massively from last year to this year demonstration performance.

Last year, Darsy was the only person teaching me new techniques and correcting my Jiyu-waza, which was a painful and frustrating process. This year, I decided what techniques I wanted to learn, practice and I enjoyed. My techniques have been substantially improved from the help I received from senior students at the dojo. There was absolute harmony between Andy and myself. We were practicing together and helping each other and improved a lot. Hence the process filled with relaxation and fun.

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I had fun and pressure in the last year four-men Jiyu-waza whilst only fun no pressure in this year training. Last year I had to draw pictures in order to remember techniques and movements; in contrast, this year techniques were imprinted in my head after practicing two times. I believe that it was due to one year constant training.

I would like to thank Andy for being my partner. I would like to thank Kaido for inviting me to his four-men Jiyu-waza and teaching me new techniques. Also thanks to Stephen and Vladimir, it's really fun to train with you. Finally thanks to Sensei and Shuko san for your continuous support.

Osu

Lu Jiang

This was my third Annual Demonstration and I still experienced the same feelings of nerves and anxiety I did in my very first Demo. I wasn't expecting to win a trophy this year, it was a very exciting surprise! It was during the last two weeks of Demo training that Lu and I improved our Jiyu-waza considerably (I need to give a big thanks to Jason Economidis who oversaw our practice and helped us to improve our techniques) and the result was a stronger Jiyu-waza and harmony that we haven't experienced before. I want to thank Lu as well for being a great partner. Training was exhausting but we had lots of fun too and that's one of the best memories I have from the Demo training together with the team work and effort everybody put into it.

I remember some of the seniors that watched our practice mentioned how good our harmony was, because of those comments I started thinking more about the true meaning of harmony in Aikido. It was at the very last days before the Demonstration when I could feel it in our Jiyu-waza. During our practice I thought "so this is how harmony feels" I couldn't put it into words myself then but I could feel how I was harmonizing with Lu while doing strong techniques. It was an indescribable feeling that I hope to experience again soon.

Thank you very much to Sensei, the seniors and all the students for another great Demonstration!

Osu!!

Andrea Troncoso

Of course first I must thank, with much respect, Mori Sensei and Shuko San. Our Brisbane Dojo, as I have learned to understand, is a unique and precious institution. Not just four walls, a roof and some tatami to learn a martial art. Mori Sensei and Shuko San have brought to our little town of Brisbane something much more. They not only show a pathway to the refinement of one's spirit, but live that path every day. How lucky we are to have people like this in our lives.

Next, of course, thank you to Kaido San, who emulates the humility, strength and spirit of the Dojo with a maturity above his age. I was very happy when he asked me to be a part of his group Jiyu waza team. Not because of his record of winning the previous three years in a row, but because I would be learning new things from someone who is 100% dedicated to his art. I was happy that we won because it meant that the little part that I played in the group jiyu waza did justice to Kaido San and more importantly, to the Dojo.

Thank you to Liu and Vladimir. We all saw the fantastic jiyu waza Liu and Andrea performed at the demonstration. Liu, your aikido style is excellent and you are dedicated to always improving. Vova, you have been a friend for a long time and I was totally surprised to see you and Janna already training at the dojo when I first decided to do the introductory course. As always you are dedicated to your martial arts and I love training with you because you train hard and bring out the competitive spirit in me.

One last shout out to every single one of the black belts of Yoshinkan Brisbane Dojo. I have learned something from all of you and you can be sure that I will be open and eager for any piece of knowledge that you share. This being my first time to contribute to the Dojo newsletter, there are so many more things I could ramble on about but I will finish with this - Let us all continue to challenge and support each other at Yoshinkan Brisbane Dojo, and let us honour Mori sensei by refining our spirits on the mats of our Dojo.

OSU !!!

Stephen Cuthbert

NEWSLETTER



My first Brisbane Dojo Demo

About a half way through July, Sensei Richard from Southside Dojo said to me that the 19th Annual Brisbane Dojo Demonstration was on and that Chris and I had been nominated to represent Southside in the 2 man Jiyu-waza. I have to admit that I was very nervous. I had been in the Southside Dojo's Demo in April, but that was my first as I only been learning Aikido since April 2013.

Chris and I trained hard for the month leading up to the demo. I really need to thank Chris for the extra effort he put in to practice and train with me for that month or so leading up to demo. I also want to thank Sensei Richard for his support whilst preparing for the event.

24th August came around quickly and it was demo day. My first impression all of the people at Brisbane Dojo was they were very welcoming as everybody jumped in and setup the Demonstration. The "2 Man" event started and Chris and I were towards the end. I was watching all of the pairs putting on some excellent demos and I could also feel the nerves kicking in big time. Bang! Next thing Chris and I were up and into it. In all of about 45 seconds it was done. I made a mistake towards the end and if it's not perfect than I'm not happy with it. I felt I had let Chris down. Either way I gave it my best and you can't go back. You could imagine my surprise when we got called up to receive an award. What an honour and thank you very much.

When I got to training on the Monday at Southside, Sensei was so happy with Chris and me. He even made a short DVD.

The Brisbane Demo is an experience I won't forget. Full of so many mixed emotions and very humbling. Thank you to Mori Sensei and all the people at Brisbane Dojo for allowing me to take part in your Demonstration. Hopefully see you all for the 20th.

Osu

Daniel McGuire

Did anyone else get hungry during the demonstration? I certainly did! haha... This year was definitely the most tiring demo I have ever participated in since I was out there on the mats 12 times out of 14 events; Kamae-niyoru Atemi, Uke-ing for Mori Sensei and 4 Senior Black Belts, 3 weaponry/intermediate techniques, having my own group for children's class, Jiyu-waza and Group Jiyu-waza.

Firstly, I would like to deeply thank Mori Sensei and Shuko-san for letting us use the dojo till 9pm for 2 weeks although the dojo usually closes at 8:30pm. Secondly, I would like to thank the people from my Group Jiyu-waza; Vladimir, Lu and Stephen for spending their time to train for the Group Jiyu-waza... and also Janna waiting for Vladimir to finish training. Thanks to my laziness, it took me nearly 2-3 weeks to choreograph the formation and techniques, so we had to cram remembering all the techniques and changes I added in the 3 weeks of training we had. Sometimes we (the immature men) giggled too much and Lu (the mature person) made us focus most of the time during training. It was simply so enjoyable that, not only we were serious, but also having fun during our 3 weeks of demonstration training. I will miss that kind of training we had and looking forward to the demonstration training for next year.

OSU!

Kaido Mori

Demonstration is always something I approach with a lot of responsibility. Responsibility to learn all the moves, responsibility to perform better than the year before, responsibility to showcase dojo to the edge of my ability. But there is something more to the demonstration practice: classes are always fun (I didn't say easy) and encouraging to learn and do more with aikido vocabulary you know. And there is always something to add to it. For me this year it was four men ji waza. Dealing with 3 other people while trying to learn and then synchronise attacks wasn't something I picked up quickly, but once all pieces fall in places, I knew I wanted to do it again. I would really like to thank Sensei, all my ji waza partners and everyone who trained with me and helped me in the last couple of month leading to demonstration. I can't wait to extend my aikido vocabulary...

Osu,

Vladimir Roudakov