

# NEWSLETTER



No.105 June 2004

AIKIDO YOSHINKAN BRISBANE DOJO

## Report of May

New members 3

Total number of adults training 72

Total number of children training 51

## Results of Getsurei Shinsa on 29<sup>th</sup>

<u>Jun-Sandan</u>	Jason Palmer	<u>9<sup>th</sup> Kyu</u>	Adam McDonald	<u>2Y3 step</u>	Shelly Hope
<u>4<sup>th</sup> Kyu</u>	Chris Davis		Brett Hampson	<u>2Y2 step</u>	Matthew Watson
<u>5<sup>th</sup> Kyu</u>	Mark Frost		Andre Dempers	<u>2Y1 step</u>	Rosie Bannah
	Myles Frost		Kris Anderson		Greg Dickenson
<u>7<sup>th</sup> Kyu</u>	Tzen Paredes	<u>3Y11 step</u>	Miki Yoshida	<u>S5 step</u>	Ken Carse
	Mark Wilton	<u>2Y7 step</u>	Douglas Buchanan	<u>S3 step</u>	Eagle Kao
	Ryan Slavin	<u>2Y6 step</u>	Eric Kwok	<u>S2 step</u>	Craig Sargent
<u>9<sup>th</sup> kyu</u>	Kai-Yu Chen	<u>2Y4 step</u>	Jenni Bannah		Yukari Kogi

## Events in June

### 1. Sogo Shinsa

- ◆ 26<sup>th</sup> Saturday, 1:00pm~
- ◆ Shinsa training starts from Saturday 12<sup>th</sup>.

### 2. This Month's Holiday

- ◆ 14<sup>th</sup> Monday Queen's Birthday
- ◆ 28<sup>th</sup> Monday Dojo's Holiday

## A bit of knowledge about Aikido

### Effects of Aikido training

"What happens if you train this martial art?" This is a question I am often asked from people who have never seen or done Aikido. The question is quite vague but I understand why it is asked. That is because Aikido itself is something obscure to the beginner's eyes, not like Karate or Tae-kwondo in which you can easily see the strong kicks and punches. Aikido, having three thousands techniques and which movements are based on are 'against-instinct', is very hard to comprehend. In this article, I'd like to explain the power of Aikido in some different situations.

Tokyo policewomen cannot graduate the police academy without passing the Aikido Shodan (black belt) grading. They all hate Aikido because of the pain and hardships of the training. Since they don't like the training their Aikido level is quite miserable to the instructors of the Headquarters. We instructors, all used to suffer to enable them to pass the Shodan grading, feeling hopeless whenever we looked at policewomen training for the exam.

One morning when I was reading a newspaper, I was very surprised to find news that a policewoman arrested a criminal using an Aikido technique on the street. I simply wondered how she could do it, knowing that she didn't know or train Aikido very much at all. After a while I had a chance to hear the details of the incident from Inoue Sensei who was taking charge of Aikido training for the police at that time. Below is the story.

The criminal who encountered with the policewoman attacked her in a panic. He threw her an aggressive punch towards her face. If it happened in sports where everyone is trained and is playing rationally, punches are out directly to the face height in a straight line. But in the real world when a man is agitated and in a panic, punches with no control tend to come in a curved line from outside which is the same line as 'Yokomen-uchi' which we always train on the mats. The policewoman was so frightened that she hugged the arm which was aiming her face and squatted down turning her back to him, with a scream not a yell. Guess what happened! The criminal crashed into the road from his face over her body, being caught with her turning-down movement. She was in the total fear and never meant to do a technique but it ended up as a perfect Yokomen-uchi Kokyu-nage technique. Nevertheless, whether she liked it or not, she was forced to train Aikido one hour a day and therefore her body naturally remembered the Aikido movement (timing, turning, etc) against an attack. If she didn't have Aikido training she merely would have gone down covering her face with a scream and the criminal could have given her a fairly good injury. She was praised for arresting the criminal which was only possible because her body was trained in Aikido instinct. What an

effect! We all should keep training Aikido no matter how bad we think our techniques are, or how unwilling we are, there is a great possibility of avoiding danger when something happens to us.

Riot policemen who have finished the one-year intensive Aikido course at the Headquarters go back to the main body first, but then will be sent to local police stations after 4 –5 years. Working in a police station can be quite dangerous depending on which part of Tokyo they work in.

When a criminal pulls out a knife at the scene, policemen with Judo black belts who are confident of their muscle strength and techniques tend to grab the opponent's body by his shoulders or chest using both hands which results in receiving the knife in their stomach from the front. On the other hand policemen with Aikido black belts never try to use their muscle but close the distance as they talk to the criminal not showing a trace of attack and suddenly grab a wrist doing Kote-gaeshi or Sankajo. With this way there is less risk for policemen to get injured and the criminals get arrested without knowing what happened.

There are no muscle strength techniques in Aikido. We turn when being pushed, we move forward when being pulled, there is no collision theory in our martial art. This is very effective for arresting criminals. People with other martial arts background usually tend to fight against the criminals because of their confidence in the strength. When they can beat the criminal it is alright but when they cannot win by their strength it means they can receive serious injuries. It is an effect of Aikido that policemen can arrest harmful criminals with less effort and risk.

Now, I would like to move the topic to myself after some police stories. When I went down to Melbourne for Inoue Sensei's seminar. I went there just for demonstrating my Aikido on the very last day of the seminar. I was introduced to an instructor of Kyokushin Karate at the demonstration venue. His appearance (figure) was simply powerful and he looked at me with forceful eyes. He stared at me as if he was trying to kill me with his eyes and held out his hand. I merely shook his hand and he simply crushed my hand with no smile, saying "Nice to meet you." I just left my hand as being squashed with no strength in it and introduced myself full of smiles, very peacefully. I thought this was a very interesting scene to see the typical style (way) of Kyokushin Karate and Aikido. The way this instructor introduced himself was very correct in their style, since the principle of Kyokushin Karate is to beat the opponent by their overwhelming power without cheap tricks. And my way of responding against the manner was also very correct as an Aikido practitioner. We relax when we are pushed, just as it is said in the saying, "Welcome it, when it comes. Let it go, when it leaves. Harmonise it, when you're confronted." My ideal Aikido is the style of my Master Gozo Shioda; welcoming a man of hostility with a smile and even making friends with him. For me, Aikido teaches the way of harmony with people and it is the effect of Aikido training. Aikido always tells me that I don't need to beat anyone nor become superior to anyone but simply to harmonise with them.

I always learn a lot from the word '和'(wa) that is the philosophy of Aikido and which I am lacking in by nature. In the dictionary it says; calm, peaceful, friendly, harmonious, unification, integration. It is great that we can learn this kind of philosophy and attitude from a martial art. And that is why I really have faith in Aikido.

About 1400 years ago a man named *Shotokutaishi* composed the very first Japanese Constitution. The first article of the Constitution was "Adoration of the Philosophy of '和'(wa)". This was the national justice. I greatly respect and admire this. It is not old ethics but it can certainly be adapted today. I personally would like to put the article in the American Constitution... The words Gozo Shioda Sensei was often saying at demonstrations 'that the world will be peaceful if everyone in the world trains Aikido' is so true. I can understand this when I think of the effect of Aikido. Can anyone teach Bush Aikido? If he trains Aikido the philosophy of '和'(wa) will settle in him and the effect, the peace of the world, may appear.

OSU!!

*Michiharu Mori*