

# NEWSLETTER



No.111 November 2004

AIKIDO YOSHINKAN BRISBANE DOJO

## Report of October

New members 8

Total number of adults training 72

Total number of children training 53

## Results of Getsurei Shinsa on 23<sup>rd</sup> October

<u>Jun-Shodan</u>	Eagle Kao	<u>7<sup>th</sup> Kyu</u>	Viet Cao Ma	<u>4Y3 step</u>	Jason Economidis
	Craig Sargent	<u>9<sup>th</sup> Kyu</u>	Brett Allan	<u>2Y10 step</u>	Eric Kwok
<u>Jun-3<sup>rd</sup> Kyu</u>	Lloyd Gainey		Jaime Bowtell	<u>2Y6 step</u>	Matthew Watson
<u>6<sup>th</sup> Kyu</u>	Sho Hatai		Jack Goener	<u>2Y3 step</u>	Sam Gray
				<u>S4 step</u>	Yukari Kogi

## Events in November

### 1. Self-defence Class & Demonstration

- **Self-defence class; Saturday, 27<sup>th</sup> November 1:00pm~2:30pm**
- The class is not for public but only for the members.
- Although there is no class fee, students' fund is collecting some money for the BBQ party held after the demonstration.
- BBQ Party will be held after the demonstration and everyone including your family and friends are welcome to join us.

### Demonstration; 3:00pm~

- All of the black belts and Mori Sensei will display their demonstrations after the class. You can invite your family and friends for the demonstration.

### 2. Getsurei Shinsa

- 20<sup>th</sup> November, Saturday 1:00pm~
- Shinsa training starts on 13<sup>th</sup> Saturday.

### 3. This Month's Holiday

- **Dojo's Holiday** 29<sup>th</sup> November, Monday

## Sharing the feeling of Black Belts(1)

SHODAN! Wah hoo! It wasn't a dream – I read it in the newsletter. I had always wondered what I would write after reading humorous stories, deep and meaningful stories I decided on just giving some rambling thoughts.

Why Aikido? When I was young, like any boy, martial arts seemed really cool. As a young adult I dabbled a little in kung fu and karate. The endless complex kata of the kung fu seemed impractical for self defence (I was young! I actually read a book in the dojo that explained why kata is beneficial). Next I tried an Australian flavour of Karate as more effective self defence, however, I too like many of the students seemed to only be there to learn how to fight, not self defence.

Some years ago I saw some person sitting down and throwing his attackers around with ease just using their own power against them. This was for me – a martial art you could do sitting down and not even using your own energy!

Some years later I heard of Aikido in Brisbane and decided to have a look (mid-life crisis? I'd already bought the motorbike). My second look was our Dojo.

I can't really remember my first thoughts but I can remember being impressed by the number and standard of the senior belts that were also friendly and willing to help a totally confused beginner (& no egos!). Not too mention Sensei, someone whom when you met and saw in action answered your questions about training in this dojo!

So after all that, what does it feel like to reach Shodan? Well, so far there has been a great sense of relief. It's not so much relief that I passed, but more that I am off my 'P' plates and am free to train and develop my Aikido to the best of my ability.

I listened to a radio program discussing what was wrong with the United Nation's security council. Powerful countries were appointed to the Council, where they had power, prestige



and responsibility. They argued that it was not working because, they accepted the power and prestige for themselves, but had not acted on their responsibilities.

Whilst my technique may not be better than it was before my grading, there is a certain prestige to having that black belt around your waist (feels pretty cool to put it on:-) But the thing I have felt most, is the responsibility - suddenly I don't have any more excuses. Hopefully I can use this pressure to improve my Aikido to live up to being awarded Shodan by Sensei.

Aikido fits in with my work. I work for the State as a negotiator. The current teachings on negotiation favour interest based negotiation over the older style of positional negotiation. Positional negotiation is where you have a position (eg I must get \$500,000) and defend that position – this could be equated to standing toe to toe with your opponent and slugging it out – eventually someone wins, and someone loses. Interest based negotiation, is where you find out the interest behind your opponent's position (eg I need to buy land and a car and building material) and then rather than attacking their position, you try and address their interest, in other words you harmonise with them and use their energy to resolve the negotiations – they may not get the money they were after, but the money was never what they really wanted. This style of negotiation is a lot like how we work with our uke – harmonising our common energy. Though sometimes I really would like to utilise a nice kotegaeshi in difficult negotiations!

I have to thank my wife Jenny and my kids Cassie and Josh who have had to put up with me being away with work and then supported me being at Aikido. I also have to thank all my ukes and shites, I don't want to single any out anyone as more important as I learn from all of you, junior and senior, but I have to especially thank the senior belts who have persisted with trying to help me (I'm sure there must be a secret senior belt class during shinsa training, as I don't know when they would get their own training in, when they freely give up their time to train us).

And lastly, Sensei. I think I must have set the record for getting the most head shakes from Sensei, accompanied by a smile (at my expense!) and then “no no no, left hand here, keep the right leg then ...” If Sensei didn't have infinite patience before he started Aikido, he certainly has developed it training people like me!

And finally if I can reach Shodan level, then anyone can, just keep training, try and understand what you are doing and remember spirit and harmony.

**Ken Carse**

## Sharing the feeling of Black Belts(2)

Thank you very much for sharing your time to train with me. I feel that my 3<sup>rd</sup> dan is not only my own achievement but coming from everyone's support in the Dojo.

When I pulled to the side and opened the heavy big sliding steel-meshed door in the old Dojo at Southbank for the first time, which was like entering a gaol, I didn't think my Aikido journey could go on for so long. How many times I have laughed, cried, got mad, got upset, got worried and got nervous on the mat so far. I didn't imagine Aikido was going to be the biggest event in my whole life, including meeting my partner, Mr. Aikido. If I didn't visit the Dojo, I



would definitely have gone back to my country, Japan and missed this fantastic opportunity. Although I was hoping to do something in the Martial Arts area many times in Japan, I'd never had the opportunity. Here I was so lucky to find such a great Dojo with a great teacher.

I wasn't a typical sports woman, so it was horrible to see myself when I started training. I could only do one koho-ukemi of two that were called; I was limping on my way home on the first day of training; I couldn't stand up with the sudden pain in my back from zenpo-kaiten-ukemi and stayed in bed for a whole day to heal. By the time I had 10<sup>th</sup> kyu, I had been to see the doctor twice from an abnormally bruised toe and severe back pain. I was such an unfit person, so let me say to all the new people, Stick to it! You can do it! as I got over it.

I thought it was enough when I had a 2<sup>nd</sup> dan, as 2<sup>nd</sup> dan was not Sho-dan (1<sup>st</sup> dan), even if the colour of the belt is the same. I didn't think I would go any further than that. What makes me keep training? People have different reasons to go to training. Of course, I love Aikido techniques by themselves, but also there are several reasons. I seldom talk about the knowledge of Aikido, as I am not a master of Aikido and the story of Aikido never ends.

Well, simply one reason for going to the Dojo is just for fun! It would be hard to understand for you guys, but for me, Aikido reminds me of a public bath in Japan. Japanese public baths are usually open in the evening after school and work. We go there because we need to refresh physically and mentally. We have a nice hot bath there which makes us feel great when we go home. The cold drink after the bath is really awesome. The training was the same as this routine. Even if I am extremely tired from work and go to the Dojo with some hesitation from a hectic day, hard training just wakes me up and I end up forgetting about my tiring day or bad day, and cheer myself up. That's the reason why I love go training so much.

Once again, thank you for sharing your time with me at training. I'd like to say special thanks to Mori sensei and Shuko-san for their instruction and a big thanks to Emmanuel and Jason Economidis (brothers), Jason Sainsbury, Jason Palmer, Jason Williams, Brent, and Sam for your patience, teaching and being a great friend. Finally, Richard, thank you for being my harmonized partner, I hope our lives also keep similar harmony as well.

Osu.

***Miki Yoshida***