



No.114 February 2005

AIKIDO YOSHINKAN BRISBANE DOJO

Report of January

New members 4

Total number of adults training 50

Total number of children training 43

Results of Getusrei Shinsa on 29th January

<u>4th Kyu</u>	Sho Hatai	<u>4Y8 step</u>	Brendan Stuart	<u>2Y6 step</u>	Albert Lu
<u>6th Kyu</u>	William Harper	<u>3Y12 step</u>	Brent Weston	<u>2Y2 step</u>	Vladislav NeklyaeV
<u>9th Kyu</u>	Layla Harrington	<u>3Y6 step</u>	Jason Williams	<u>2Y1 step</u>	Ken Carse
		<u>2Y11 step</u>	Douglas Buchanan	<u>S3 step</u>	Alastair Wilkinson
		<u>2Y9 step</u>	Matthew Watson	<u>S2 step</u>	Murray Davis

Events in February

1. Getsurei Shinsa

♦Saturday, 26th 1:00pm~

♦Shinsa training starts from 19th Saturday.

2. This Month's Holiday

♦Dojo's Holiday 28th Monday

A bit of knowledge for Aikido

A way to enjoy your training when it is hard, from my experiences

Recently, I read some chapters of "Angry White Pyjamas". No, to be honest, I heard the episodes from Shuko who was actually reading.

I was quite impressed with the author's insight and the inside knowledge of instructors and the Headquarters, even though he had only been there a year. And it also jogged my memory of the life there, which I have nearly forgotten. It is about ten years now and I usually write about my enjoyable memories with Kancho Sensei (Master Gozo Shioda) but not other memories which were not so pleasant. I didn't appear in this book basically as I had resigned from the Headquarters in December 1993 when the author entered the Senshusei course (riot policemen's/international instructor's course) in 1994. No one knows if it was lucky for me or not, that he didn't know about me.

I think this revealing book of Yoshinkan Headquarters is written quite well as it gives us realistic perspectives of training and people at the Headquarters even though some of the comments are bit biased his way. I can agree with how he described each instructor and how the course students were treated there, although I would never say from my own mouth. He mentioned that there was a huge gap in the way they were treated compared to general students and the course students. The general students were treated nicely as customers and the course students were targeted to be bullied by instructors, he says. From my view, there is even one more tier under the course students who are to be treated worse, the young junior uchi-deshi.

Before I joined in the Headquarters I had an image of martial artists as having a superior type of personality like sages or philosophers. I thought they would be very tolerant and thoughtful people who could guide others with more maturity through the severe training but with care and love. It did not take long for me to find out that my image existed only in fairy stories. As the author mentioned in the book there were no instructors who cared about who was going to be hurt or going to quit the course, or even worse, some instructors simply enjoyed bullying both physically and mentally. The course students were at the dojo only half a day basically,



but I, young uchi-deshi, had to live there for 24 hours attending more classes and serving all these oppressing senior instructors.

What I found especially hard was not about having deadly severe training but what was called 'a meeting for reviewing'. As you can imagine that what a young man would want most in that kind of situation is some freedom when his life is so restricted. My only enjoyable time then came after all the classes finished and everyone went home. But the precious time was often taken away by senior instructors. They forced me to drink strong sake heavily and gave me a good telling-off until two to three hours after midnight. Being at the age of a late teenager the alcohol tasted yuk and just listening to their lectures, not allowed to go to bed after all the day of training, was a true torture. This was my hardest training time.

There were many occasions where I seriously considered quitting Aikido because of the distorted training style of seniors and the deformed relationship between senior instructors. But I realised that becoming a professional practitioner of any art has to deal with severe discipline and training regardless of whether they were unreasonable or irrational.

Then, I tried to find a way of working out how to enjoy my life despite being in these severe and strict circumstances. Instead of getting angry, bearing grudges, complaining or feeling miserable, I realised that I should appreciate all the negative aspects that could polish my mental strength more to achieve my goal. As soon as I realised this, I was able to appreciate the most vulgar instructor and nasty classes (not all the time though) and it made my life more contented and happy. I also started to thank the seasons of nature, hot summer, cold winter, hot and humid days, thinking that all the difficult conditions trained my body and spirit more.

At the same time, my training attitude changed too. I usually tried to avoid people who were difficult to train with like those who were keen to hurt others with their power or who did not care for others at all treating them just as bodies without personality. I, however, started to enjoy training with them too, appreciating the opportunities to train my spirit and skills in rough and intense conditions.

I believe that the importance of the equipment for a martial artist is the mind of appreciating anything and everything; any difficult training partners, any bad training conditions (hot, cold, humid), any types of difficulties that can occur. This state of mind brings the total calmness and the genuine mental strength in our spirits all the time. And if we can develop this kind of mind in the dojo through our training we can bring the same state of mind into our daily life, with our husband, wife, friends, work mates and strangers.

I, being the instructor of the dojo, hope that you can develop the mind of appreciation in any and everything through the dojo training to make your life more successful and satisfying.

Osu!

Michiharu Mori