



No. 115 March 2005

AIKIDO YOSHINKAN BRISBANE DOJO

Report of February

New members 4

Total number of adults training 62

Total number of children training 63

Results of Getusrei Shinsa on 26th February

<u>5th Kyu</u>	Christopher Swinton	<u>3Y10 step</u>	Lee Stemm	<u>2Y10 step</u>	Daniel McDonald
	William Harper	<u>3Y7 step</u>	Jason Williams	<u>2Y7 step</u>	Albert Lu
		<u>2Y12 step</u>	Douglas Buchanan	<u>2Y6 step</u>	Shelly Hope
		<u>2Y10 step</u>	Matthew Watson	<u>2Y2 step</u>	Ken Carse

Events in March

1. Sogo Shinsa

- ◆Saturday, 19th 1:00pm~
- ◆Shinsa training starts from 5th Saturday.

2. Children's grading tests

- ◆Saturday, 19th 10:00pm~

3. This Month's Holiday

- ◆Easter Holiday 25th Friday - 28th Monday

A bit of knowledge for Aikido

A knack of fast improvements in Aikido

I consider, objectively, that I mastered Aikido skills quite fast looking back on ten years of my uchi-deshi (live-in student) life. I am sure that everyone wants to know why and how I could improve my Aikido so fast. I would like to write some episodes from my second year uchi-deshi life just after I finished the Senshusei course, hoping it will give you some useful information.

One day while I was training as usual, a senior instructor 'A' came. He scolded me, not taught me, that my way of locking a technique was wrong. I understood what he meant and tried to change the way with the greatest care. A senior instructor 'B' came next and he told me how ridiculous it was, the way I was moving my limbs and body. He fixed the technique in his way and left. So, I was training in 'B's way when a senior instructor 'C' came who was the top ranked uchi-deshi. As I knew he was going to change my technique again I was prepared for it. Just as I expected he denied my whole technique and movements and fixed me into a new form. Honestly, I wasn't happy with all of the complaints thinking "I respected the words of senior 'A' and was scolded by senior 'B' and I did my best to follow 'B's instruction and was denied totally by senior 'C'. What is going on in this place and how and who should I listen to?!" Being a young new uchi-deshi I was at a complete loss.

Then I decided to follow senior 'C' as he was the top of us and I was puffed up with the confidence that I was doing the 'very' correct technique thinking no one would get at me any more. With sudden concern I realised that the senior 'A' was staring at me, worse still, with his expression in rage. After the class, I got hell from 'A', of course. He questioned me as to why I had neglected his instruction and changed the way of applying the technique. In other words, just a mere new brat like me, neglecting his instruction was millions of years far, far too early. I knew that making any excuses would make the situation even worse. I kept saying the useful word 'osu!' to evade his towered rage although I wanted to say I merely listened to your senior 'C'.

This problem occurred quite often in daily training and it was not a small issue, as it would affect not only my training but my whole uchi-deshi life as well as my future, possibly being treated as an extremely insolent brat and would be targeted to be bullied on purpose. I seriously had to think of a way



to resolve the problem. I tried to look for a clue in what I believed in, Tenrikyo teaching, which I was brought up with, and one phrase came up to me. "Although there is a single truth given by Heaven how one receives in one's mind varies the truth." For instance, when it is raining outside if you put a small container out you collect only a small amount of water but if you put a big container out you receive a big amount of water. It all depends on how much capacity we have to receive the blessings equally given from Heaven, the key is all in one's mind.

It was certainly true in my case too, that because my capacity was limited to learn only one correct technique I was focused on the differences in each form of the seniors. The clue of resolving the problem was in myself. I simply needed to broaden my mind to absorb all the different types of techniques, no matter if it was correct or not, and then I could improve my techniques in a wider range, not being limited.

Everyone has different faces, as with minds. Everyone has different interpretations to understand a technique even though they are learning from the same master. When my seniors were teaching me they were giving me the best techniques that they mastered individually through the years of training they had spent. I appreciated that. I realised that I did not have enough knowledge to judge the techniques they had spent years for, when I had only a year or so of experience. I should accept anything and everything each senior was teaching me and master each form of 'A', 'B' and 'C' completely. Then I could display 'A's technique when 'A' was around and doing the same for 'B' and 'C'. This thought of resolving the problem eased my mind and led me enjoy training and to learn the differences in each senior without being stressed. I was able to build up my ability by as many numbers as senior uchi-deshis that I had. Surely, "how one receives in one's mind varies the truth."

At the beginning of my uchi-deshi life I had nine senior uchi-deshis. I watched them carefully on the mats and investigated their techniques in videos. As a result, I was able to copy their individual techniques quite well after a few years. Through the way I was mastering copying them, I was able to learn characteristics and defects of individual forms. I learned various points like the relationships between one's character and techniques, the differences in techniques from individual build. All the knowledge I gained from my study not only helped me to form my style but also helped me in the way of teaching other students to suit individualities. In fact, the derivation of a word 'learn' in Japanese is 'copy/imitate'. Besides, it is said that the training in martial arts starts from copying the movements of his master. Keep imitating one's master as much as you can, and after that a part that could not be imitated completely, remains as his individuality. There will be very shallow levels of skills produced if one pursues his own style before he puts enough effort into imitating his master or seniors. This kind of way will cultivate one's self-centeredness and limit their ability to expand.

Well, everyone in our dojo surely has experienced the confusion when you were taught different things from your seniors. My advice is that to absorb individual skills by copying what they are showing and use it to improve your own skills. That is the fastest way to raise your level, from what I experienced. OSU!

Michiharu Mori