



No.141 May 2007

AIKIDO YOSHINKAN BRISBANE DOJO

Report of April

New members 4

Total number of adults training 61

Total number of children training 74

Results of Getsurei Shinsa on 28th April

<u>4th Kyu</u>	Lawrence Monforte	<u>9th Kyu</u>	Marcel Yawiko	<u>2Y5 step</u>	Michael Bannah
<u>6th Kyu</u>	Gabriela Scheufele			<u>2Y1 step</u>	Alastair Wilkinson
<u>8th Kyu</u>	Wes Farrell	<u>3Y11 step</u>	Albert Lu	<u>S5 step</u>	Christopher Swinton
	Megan Erikson	<u>3Y3 step</u>	Sam Gray		William Harper
	David Shepley	<u>2Y8 step</u>	Matt Carpenter		

Results of Children's Shinsa on 31st March

<u>Shodan</u>	Kiichi McMahon	<u>6th Kyu</u>	Dexter Friend	<u>8th Kyu</u>	Keishi Barnes
	Duylam Nguyen		Byce Thompson		Jade Stokes
	Kaido Mori		Brandon Cheng	<u>9th Kyu</u>	Dane Stokes
<u>3rd Kyu</u>	Julian Ladd	<u>7th Kyu</u>	Zhian Johnston		Nicole McGregor
<u>5th Kyu</u>	Nathaniel Kelly		Nicolas Margarit		Bradley Cornell
	Ashleigh McGregor		Nick O'Hara		Luqman Nul Hakim
	Taher Sadeghian		Elliana Kelly		Matthew Evans
	Lainey Neucom		Coby Stegman		Saya Barnes
<u>6th Kyu</u>	Alex Sargent	<u>8th Kyu</u>	Luke Smith		Benjamin Dreyer
	Finnegan Laver		Gwen Gillespie		Monica Margarit
	Ulas Caglayan		Thomas Baker		Jack Te Wiata Prater
	Anita Lim		Sage Springett		Yanni Michellis

Events in May

1. Getsurei Shinsa

- ◆Saturday, 26th 1:00pm~
- ◆Shinsa training starts from 19th Saturday.

2. This Month's Holiday

- ◆Labour Day 7th Monday
- ◆Dojo Holiday 28th Monday

Sharing the feeling of Black Belts

Aikido?? Where do you start? Where did I start? Almost five years ago a friend of mine recommended I try Aikido, describing it to me was that it was a "soft style", you know, more defensive. (I have certainly found out that it is not so soft when you have your arm rammed up behind your back driving you further into the ground than you would call pleasant!) I had briefly tried a few different martial arts over the years, but none really seemed to maintain my interest. So there I am kneeling in seiza at my first training session, wondering whether I have made the right choice...

Sensei pairs off with another black belt and swiftly completes what I now know was a very simple; step, step, rotate, side step, shift, drive – you know the drill! Sensei's partner arrived at his destination – on the mat, flat on his face! Watching this I felt a huge smile spread across my face, I just had to know how to do that!! And so my Aikido Journey had begun.

A training partner told me once that you should never be unsure whether you are ready to go for your next grading. She explained that I will grow into the grading I am striving for, and that Sensei will pass me when he knows I am ready. I have reminded myself of this constantly as I went through each grading.

The week leading into my Black Belt grading I personally felt that I had completed enough training, gained enough knowledge and I was in the right 'headspace' to make the grade, but



was it the right time & I couldn't help but wonder whether my training was sufficient? Movies, books, urban myth, comics etc. have created a romantic notion around being a black belt. It is however, a level earned through disciplined training, and to reach this exalted position takes three ideals - dedication, perseverance and an element of enjoyment to keep you coming back for more.

I think Sensei Mori has created a dojo that allows these three ideals to be cultivated within each of us. It is a friendly atmosphere with Sensei always seemingly smiling, anecdotal stories of humorous grading experiences and a generally relaxed atmosphere. Despite this however, there is an underlying expectation that we will be prepared and switched on when we come to class, ready to stretch our abilities, priding ourselves in our dedication and perseverance to excel. Without this culture I do not believe I would have continued to train with such determined perseverance with only having the opportunity to train once a week a majority of the time.

So the fateful day arrived and of course I'm last on the list, pressure, pressure... All the gradings go by, starting with the beginners going through to brown and black belts, over 25 people were grading that day. It was a tremendous testament to everyone's training. Finally it is my turn, my family & friends were waiting patiently to watch me achieve my goal. I line up with my partner, the usual formalities, bow, face off, etc. What happened next all seems a blur - I was in my zone! When Sensei called 'Yame' I was shocked, had it really happened that quickly? I had expected him to put me through my paces, but all the training I had done over the years and in particular, crammed into the past few weeks, had really paid off - I made it!! And who says cramming doesn't work!!!

It feels great to finally be here, but now my journey has changed direction. Each training session is now not just about going forward myself, it's also about drawing everyone around me forward as well, to encourage them to grasp what I now understand, and from this, I grow and discover new things that can then be passed on.

If there is one thing I am beginning to understand more, is just how important the six basic movements really are. It recently occurred to me just how impressive they are bio mechanically - my strange fascination! So if you think you need more practice do them anywhere, anytime, any place. I know my wife thinks I'm strange dancing around the kitchen or lounge room if suddenly I need to investigate one particular aspect of a technique (affectionately known in our house as 'hoo haa!'). Even my boys get in on the act. So on that point, drill yourself in the basics, they not only cultivate an 'aikido body' but prepare you for all the techniques possible.

A journey of a thousand miles begins with a single step, but it takes putting one step in front of the other consistently to finally get to your goal. As in the writings of Mori Sensei, development in aikido is a life long process that never stops, you just keep improving every day.

Happy training

Greg Beerling

Osu