



No.150 February 2008

AIKIDO YOSHINKAN BRISBANE DOJO

Report of January

New members 7

Total number of adults training 60

Total number of children training 0

Results of Getsurei Shinsa on 26th January

<u>Jun</u>	Aarjaun Burch	<u>Step 1</u>	Richard Diehm	<u>3Y9 step</u>	Eagle Kao
<u>Shodan</u>	Adam Sawyer	<u>4Y10 step</u>	Brent Weston	<u>S3 step</u>	Amy Hughes
<u>Jun 3rd Kyu</u>	Akiko Nicholls	<u>4Y9 step</u>	Jason Williams		Helly Conroy
<u>4th Kyu</u>	William Marks	<u>3Y9 step</u>	Douglas Buchanan	<u>S1 Step</u>	Lawrence Monforte
<u>6th Kyu</u>					Francis Hollingworth

Events in February

1. Getsurei Shinsa

- ♦Saturday, 23rd 1:00pm~
- ♦Shinsa training starts from 16th Saturday.

2. This Month's Holiday

- ♦Dojo Holiday 25th Monday

Sharing the feeling of Black Belts

Shodan

I would like to give thanks to the people of Yoshinkan Brisbane Dojo. Tell of the challenges it has provided me, Give some memorable moments and tell you where I intend to go with the art.

I have to thank everyone that I have trained with, Shuko and Sensei Mori for creating this wonderful dojo. In one of sensei's newsletters he wrote "people are magnificent!". This is just such a rare and positive view. I also think it true. With motivation like that it is no wonder that it is such a joy to learn from him. It is reflected in the way he believes in every student that comes through the dojo door. It's amazing that he thought anything could come from an uncoordinated cluts like me! I would also like to thank the senior students who wield some of Sensei's black magic. Lee, the ever-present and thoughtful sempai,. Jason E, who is so good at communicating and enthused me as a white belt, Emmanuel who is just plain scary. Richard who taught me on my first day. Eagle, for teaching through excellent Uke what words fail to describe. The military boys, Mark, Miles and Chris, for helping me toughen up. And, special thanks to Chris for many training sessions where he gave up training time just to help me raise my level. Not just for shodan but many other gradings. There are many others who have helped me, too many to name, I just want to say thankyou to you all.

I would like to say that achieving shodan is just a part of moving forward in the art and take it all in my stride. But the truth is that it means a hell of a lot to me. Perhaps that is, in part, why I was so nervous coming up to the grading. That and constant training with black belts who are much above my level. Some things in life have come easily to me, other harder things, I have tended to let go. This is a personal fault, but perhaps that is why I feel proud, aikido by no means comes naturally to me. It's hard, I am confronted with failure on a constant basis and with this is a lesson. One that I have learnt from aikido and been able to apply the rest of my life. Aikido has made me realize that the only true failure is the failure of spirit. To me spirit is intent. It is a path blazed for us. So much of what we do in life starts and ends with intent. We, who train, know that we have to have full intent to defend ourselves from the absolute beginning of the technique. Otherwise what we do is hollow. We are hindered by confusion.

NEWSLETTER



Without a clear idea of outcomes it is hard to commit to an action. To have confidence in your vision is success. Aikido is a successful martial art for me because of the clarity it gives me.

My biggest challenge has been undertaking a change of attitude towards my training. When I first started training I believed that I could turn up, train hard and everything would just fall into place. Perhaps for some people this is true, however for me I found my body at odds with my mind. It wasn't until reflection during convalescence with an injured knee (injured outside aikido) that I realised how my life outside the dojo was holding me back and cheating me of many of aikido's benefits. I have a personal fault in that I tend to become extremely discouraged if an injury takes hold. Rather than looking for ways around it, I would just feel sorry for myself. To fix my knee I had to do everything from a new diet, to posture changes and balancing exercises. But the real difference was that I did this 24/7. I think that I have finally learnt the meaning of my family motto, "*Virescit vulnere virtus*" (Courage grows strong at a wound). It is now constantly on my mind. We all focus on what is holding us back. I encourage all readers to look for a way forward.

I will give one of my more memorable moments training. One day when I was a white belt I was being pinned by a brown belt in Ikkajo, Shite asked if I could get up. I promptly flexed my muscles, twisted, got a leg up and pushed up. Bemused, my Shite tried various adjustments before giving up and asking Sensei how to make the pin work. At this point I too was wondering how to get the pin to work! Well, as Sensei started to demonstrate the pin on me, I used my technique of getting up to show what the problem was. Sensei naturally was taken by surprise as he was just showing correct posture to my Shite. I think he saw it as a challenge. Well next he demonstrated how to put the pin on in a way to stop uppity white belts asking too many questions!! I was quite simply not prepared for the intensity of technique he provided. I recall yelling YAME, YAME!!!! and slapping the mat like a landed fish. He says he only weighs 68 Kg, but after this experience I know this not to be true. He weighs at least 3.6 Tonne. Well this was the only time I have felt Sensei's technique with 100% intent. I got up thinking that my arm must be broken, however any pain shook off in a few minutes. The only symptom I have now is a tendency to be pedantic when teaching ikkajo pin to white belts.

Family and friends have asked me what I expect to get out of training. I always think it a bit of a bizarre question. The more that I train the more I realise that we don't train for ourselves in the end. We can talk about being a better person. In reality this doesn't mean better than other people, it means better to other people. Our personal achievements are only of value in the context of our family, friends and society. So I usually just say "today I expect a good days training!"

To answer the question "where do I want to go in aikido" I have to imagine the future. What I really want is to be an active component of a world class martial arts dojo. So my intentions lead towards this goal. I intend to help build Sensei's vision of this already world class dojo. Disseminate the senior students teaching. Try to understand Sensei's ethereal technique. Try to raise my level and the level of all the students learning from me. This is my intent.

OSU!

Aaron Stewart