



2015, Issue 1, April

Welcome 2015 !

Glen Davison Editor

Happy New Year, everyone! 2015!

So, what's the news?

First of all, the AGM we held at Spring Camp last year marked the end of the term for the previous executive. Yours truly made a valiant attempt to escape, but Paul was just too quick! We voted Paul Coonan in as our new president, as he barely even tried to dodge. But as I took my first step toward the exit, Paulie tackled me to the ground, and dragged me back to the table. Before I collected my wits, I was vice president. Our new treasurer is Chris Dunbar from Bullockhead Creek Dojo, and Bec Munjee from Mandurah WA is our new secretary.



It turns out that Paulie is a lot quicker on the uptake than we realised. His next trick was to abscond to South America for three months. All indications are that we're going to have to watch this guy very carefully. Perhaps his mission is to keep us on our toes. Well, me anyway.

Of course, we were lucky enough to enjoy yet another Spring Camp with Maruyama Sensei at UNSW Dojo. We continue to improve our aikido, and yet he maintains that lead. Every year, I think 'This time I'm going to get Sensei's tricks.' But for every tiny gain I make, he seems to slip even further ahead.

We made some new friends also at Spring Camp. Isobe san and Nakasima san both came all the way from Sensei's dojo in Nagoya. Joe and another American student were planning to come too, but somehow they got lost along the way. Despite missing Joe, camp was still fantastic, as always.

The next event on our calendar is Autumn Camp with Ozeki Sensei. In fact, it will have already happened by the time you read this, I guess. I hope to have seen many of you there!

This Issue

- Welcome
- Aikido is Cool
- The Correct Feeling
- Save up your experiences
- Bade Uke
- Cooking with Mike



Dodging Furniture

Asha White

Rockdale

A bit like Star Wars involves a lot of 'pew pew' sounds, Aikido involves a lot of falling. That's not a bad thing though because the best part about falling is, rolling is fun and never gets boring.

I've only done Aikido for roughly 6 months, if that, though I've found it to have an effect on my lifestyle through my day in general, my mind and my body. Aikido has really helped my balance; I feel I've become more aware of myself, others and my surroundings. I know this because I walk into a lot less inanimate objects throughout my day. It's fantastic, a bit like Aikido.

(cont. over page)



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How I know it's affected my mind, because not only have I gotten better at not occupying the same space as an inanimate object, I'm less likely to hold bad feelings about that inanimate object and be less suspicious of it having secretly moved every time I walk past it.

How I know it's affected my body, because I'm certainly not the fittest person and doing Aikido twice a week has helped free up my body and I'm feeling less 'sedentary'. Properly stretching twice a week, rolling around the mats and just moving around in general for an hour and a half each class is just plain fun.

The point I'm trying to get across here is that Aikido is pretty cool. Not only do you get to wear a comfy gi, roll around, learn new things and have fun, but inanimate objects are no longer your enemies.

Also if you're good in class, Sensei might tell you stories.

I Can't Touch My Toes,.....

Theresia Hall

UNSW Dojo

People associate touching your toes with flexibility. So what if you can't touch your toes? It is not a prerequisite for Aikido that you touch your toes. You don't have to be flexible to do Aikido. Everyone has a degree of flexibility. Sometimes, you have to change the way you think, to see things differently.....

Because of anatomical differences in our body, 2 people doing the same technique will feel differently. Flexibility is over-rated. It all depends on the shape and size of our bones and how the bones are connected. So sometimes you need to modify certain techniques and this is of course fine. Work with your body, not against. Work with your breath. Sensei says many things that guide us in this regard; "reach **your** human potential"; "find the correct feeling"; "the strongest state is the most natural state". Always bringing it back to the individual.



Each body is unique. Each body has different ways of responding to movement, different pathways for recruiting muscles, and a different amount of tone. With practice and skilful observation we can begin to capture the correct feeling how the movement will travel through the body and the effect it will have on our technique. An understanding of the effect of our movement will help us understand the nature of the Kokikai Aikido. The technique is not just the final arrangement of the limbs but the full process of the movement. If we look at the process of the movement rather than the final product, we become aware of the correct feeling.

We are able to adapt the technique to the individual so that each person can find a unique embodiment of the technique. Aikido practice is fundamentally experiential, the information I say is intended to be an inspiration to explore your own body.

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Autumn Camp



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<http://www.kokikai.org.au>

A two day Autumn Camp with **Shuji Ozeki** sensei will be held at UNSW dojo on the 11th - 12th April and a 2 hour evening event in Brisbane at the Woolloongabba Dojo on the 13th April. It is a great opportunity to train with him.

Schedule:

UNSW: Martial Arts Room, 1st floor, Unigym, University of NSW.

Saturday 11th April - starts 9:00 am - 16:00 pm

Sunday 12th April - starts 8:30 am - 16:00 pm

Woolloongabba Dojo: 18 Merton Road, Woolloongabba

Monday 13th April - starts 6:00pm - 8:00pm

Costs:

Other university (Not UNSW) students: \$90

Non-students (Non UNSW Club) : \$120for 2 day event-

In Brisbane - Kokikai members \$20for the Monday evening event

Registration for 2 day event:

Please email Kin Ly unswaikidotreasurer@gmail.com with the following details:

Name

Dojo

Mobile #

Payments:

can be made at camp or on the night in Woolloongabba

You must receive email confirmation from UNSW Aikido before you can attend UNSW 2 day event



Save Up Your Experiences

Gregor Erdmann Burwood

Training is like saving money and putting it into the bank. You will only improve and get better if you put the hard yards in and save up what you have learnt. Also, the more experience and information you have accumulated the easier it is to connect multiple ideas together to yield even further flashes of enlightenment. It is a bit like banks giving higher interest rates on larger balances.

Like savings, it works for you in the background and before you realise, it has far exceeded your initial expectations. Perhaps aikido has saved you already. Has it given you discipline to finish assignments, endurance to run after the bus and not miss that important interview, awareness to not go down an alley where muggers are waiting?



Often we make excuses for ourselves as to why we should do something tomorrow, or avoid it all together. Training and discipline by its very nature is unpleasant, and when we focus on that we can be led down the path of procrastination and inaction. Without an immediate benefit to focus on, the discomfort we feel rises into our awareness.

Interpreting this hard work as a saving or investment can bring a future benefit into our present focus, and allow it to become a driving motivator.

Not too long ago, saving money was a minor priority in my life and so cash always found a way to leave my sunny shores. Be it excessive spending, unwise decisions on the stock market or simply letting the pennies disappear, I found that I was not making the progress on my liabilities that I should be.

With the assistance of a friend who introduced me to the wisdom of Dr Demartini, I materialised the benefit of saving by listing over 200 reasons why I should save. Although a tedious process, at the other end of it I was transformed. My savings have since rocketed. Idle bank accounts consolidated, pennies looked after, spending brought into check. Saving has overnight become a motivator which allowed me to weather the discomforts that would otherwise see me being lazy when it came to money.



Likewise, is your aikido practice lacking? Are you skipping classes when it is cold? Do you stop and chat during class? Are your techniques lazy and sloppy?

Use the same tip to bring the benefits into your conscious focus and list 200 reasons why training aikido is important to you. Seriously try to come up with the full 200, even if it takes you more than a week or painful hair pulling.

The benefits... priceless.

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Private Training

Stephen Hafer UNSW

Glen Davison, Stephen Hafer and Alex Chan recently commenced casual lunchtime training sessions at the PCYC at North Sydney. The PCYC is located at 224-230 Falcon Street, North Sydney NSW 2060. Training is generally on either Tuesday or Thursday from 12:30pm – 1:30pm although this is determined on a weekly basis co-ordinated through Glen. We have agreed fees with the PCYC of \$5 per individual per session, which is great value. The training session includes an initial brief warm up followed by a range of techniques over a period of 45-50 mins continuously. The sessions are open to senior students; the format and time frame do not allow for instruction. We would encourage anyone who has trained for a couple of years and who works in the vicinity to consider participating in these sessions by contacting Glen.



Inside Cover

Coming up on the national calendar:

- Ozeki Sensei's UNSW visit 11th & 12th April
- National Testing April/May
- Dojo Leaders Conference 30th & 31st May
- Northern Regions Residential Seminar July 10th – 12th
- National Camp in Sydney at UNSW with Maruyama Sensei

Ed

Change the way
that you think;
to see things
differently



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Bad Uke!

Glen Davison Rockdale

I had a minor revelation at one of our gatherings recently. I was working in a line with a Kokikai student who I didn't know very well. When he attacked, or more importantly just after he attacked when I tried to throw him, he was stiff and difficult. He was already large and strong anyway, so it was almost impossible for most people to throw him. I could throw him some of the time, by modifying my technique to suit his resistance, but most people just struggled and failed, and thought unkind thoughts at him.

My revelation was that the only version of the technique that he ever felt work, was the "wrong" one – the one that had been so heavily modified that it was barely recognisable as the technique that had been taught. Traditional aikido wisdom is that we learn most of our aikido from being thrown. This student no doubt thought that my throw was the correct way, and that everyone else was doing it wrong. But I could only make mine work because earlier in my aikido career I had learned the "blueprint" for the technique by doing the simpler versions that the other students were trying, and built upon that to learn blending, variations for different uke reactions, and so on.

I expect that he went away intending to work out my way of doing the technique, and he probably thinks is like mine, by using a generous helping of strength. (He was already in the habit of using strength anyway.)

There are plenty of students who do this. They feel that if the technique will not work against them when they are using strength, then it's wrong.

Sometimes they feel they are doing people a favour, helping them to fix their techniques. Sometimes the habit of resistance is so deep-rooted they don't even notice they are doing it.

Another major misunderstanding here is that being hard to throw is not the same as being a realistic attacker. "Not logical" as Sensei would say.

At a certain level, stronger resistance can be useful in learning aikido. But when training with beginners or as a default setting, it doesn't just annoy your partners, it actually stops you from progressing too.



Kara age Chicken

INGREDIENTS

- 4 Chicken thighs cut into 2xbite size pieces
- 1 teaspoon grated ginger
- 1 Table spoon of soya sauce, 1 table spoon of Mirin
- 2 table spoons of corn flour, 2 table spoons of flour
- Oil for deep frying



METHOD

Combine grated ginger, soya sauce and mirin in a bowl. Add a dash of Sake. Place Chicken pieces in the liquid to marinate for about an hour. Mix corn and plain flour and add some ground black to season. Drain chicken pieces and toss in the flour. Heat oil in a wok or something similar to deep fry the chicken. Be careful not to let the oil get too hot. Serve chicken on shredded cabbage with some Cupie mayonnaise on the side.

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