

Ken shinryu 流神劍

TRADITIONS FOR THE FUTURE

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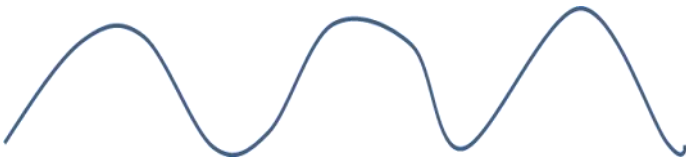


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Kancho's Corner

Osu! 2018 is well underway and we've been pretty lucky with Summer – a few hot spells but not too bad at all. Syllabus training is back on and it's great to see people preparing for their next Shinsa.

Every day you'll be doing dozens if not hundreds of uke-mi but I wonder if you've ever considered what great training ukemi is for life in general. This is something that I became aware of many years ago though it wasn't really something I thought of as such... it was more just a realisation that came to me whole (from the years of taking ukemi I guess). My experience has been that life has its rhythm of ups and downs – not necessarily good or bad – just cycles like this diagram



I've observed that as we progress up one side of the rise, we have this sense of gaining energy as we near the peak, feeling like we are getting somewhere, then there's that great view at the top... but inevitably the cycle starts on the downward slope. People begin to fight this descent and burn up energy as they try to resist the decline, struggling against and even resenting the 'down'. If we descend like this we arrive at the foot of the next rise worn out and with a sense of defeat... and from there we have to start the climb up the next rise. The cycle repeats itself – we start to gain energy as we climb and so on.

Part of the reason we fight the decline is we've come, in a world obsessed with never-ending growth, to link down to 'bad' and up to 'good'. Of course these values have no relation to up and down. It's as unhelpful as thinking day is good and night is bad... breathing out is good and breathing in is bad. Unfortunately our mental models are still susceptible to this way of thinking be-

cause there is such a strong implicit culture in our language and operating principles that is unseen and unchallenged. Martial arts training exposes us to the principle of *in* and *yo* (*yin* and *yang*) and we get the opportunity to see things outside the usual dualistic framework and come to appreciate the complementary nature of what appear to be opposites... not to mention the fruitlessness of attaching human values to natural events.

What I learned from ukemi was that instead of resisting the energy of the throw (down) I could actually 'steal' it and use it to regain my feet... or in the imagery above to roll effortlessly down the slope AND back up the next hill. Suddenly the descent became my ally and helped me to flow through life more easily.

I'm sure you all recall the initial hesitation you had when you started rolling and falling. The body tenses and fights against the idea of falling and even more so when we're being thrown by another person. Rather than talking about it we slowly accumulate experience and begin to relax and even enjoy the experience. Then one day I noticed that when life threw me I wasn't resisting so much and it seemed to work out better. Since then I try to notice when this is happening, gather experience and improve my 'life' falls so I land increasingly softly. How's your 'life' ukemi coming along?



Sensei David

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Members Corner

Do you have your Power?



It is nearing the end of the Term One for the Junior Dojo and Kenshinryu has welcomed many new students so far this year. As, we begin the learning process with each student there is inevitably going to be the one student that asks... "Does this actually work?" And what has become apparent within these discussion is the motivation behind asking this question... students are regularly getting involved in conflict situation.

Young people are growing up in a new world. Where people not only have the right to be different but also have the perceived right to judge others for this same action. A world full of bullies and conflict situation that students are not necessarily taught to handle. So this Term, The juniors and I have been working on the concept of power.

Who has the 'power' in each situation? Are you giving away your power and how can you maintain and grow yours?

Something that they immediately could understand. As the large majority of junior students had either been involved in a physical or verbal altercation within a schooling or social situation.

In a physical or verbal conflict there is always going to be someone with the power. Can you guess who? It doesn't necessarily have to be the person yelling and screaming and threatening to hit you. The one with the power, is the one that can maintain composure and forethought in any situation. So how can we achieve and maintain this in a stress induced environment? The answer is mindfulness.

Mindfulness is the psychological process of bringing one's attention to the physical experiences occurring in the present moment. By shifting your attention away from your thoughts and into your body and your breathing, you can move out of the stressful state and into more of a responsive mode.

In Aikido mindfulness is developed through four key things:

1. Mind and Body synchronisation - an awareness of the body that connects the mind to the physical movement.
2. Movement – Aikido techniques are in essence a way of moving that is balanced, centred and relaxed.
3. Harmonisation –flowing with your partner rather than with resistance.
4. Ki – breathing in a way that circulates energy and expands our awareness and sense of self.

Ultimately, every day you step on the mat, you are, in fact developing your ability to calm yourself and mentally prepare for any situation. Something, which I hope that the junior students can take to heart, that to be a martial artist is, in large part, to engage in the practice of mindfulness. Now, to all the other members, when walking into any stressful environment I'd like you to ask yourself... Do you have your power?

Tamara Burriss

LIFE BEGINS
AT THE END
OF YOUR
COMFORT ZONE.

Art Roy Remy



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I'd like to recommend that you have a look at this [website](https://www.aikiinsights.com/) and become a subscriber. <https://www.aikiinsights.com/>

When I was last in Melbourne I was interviewed by its founder, Marvin Oka, and I have since listened to all the podcasts on the site.

There is an absolute wealth of information for Aikido and Budo students - all being shared in a conversational format by some very highly experienced Teachers including Joe Thambu, Robert Mustard and Darren Friend Sensei's.

The information is suitable for absolute beginners through to students and instructors with many years practice behind them.

Accelerate your development in Aikido - Double your results from your training efforts - Improve your mind-body coordination - Develop your Aikido spirit - Embody and apply Aikido principles in daily life.



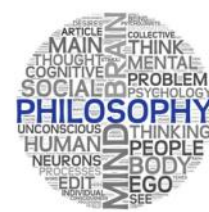
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