



10.9.2011

Third Aikido Embukai in Jiushi Xijiao Compound

Just three days ago we spontaneously decided to make another Embukai outside our Dojo. Even on such short notice the compound management agreed that we could put our mats on the parking lot in front of Clubhouse. The weather report was not so promising "80% chance for rain". But as many things in China it is better to see by ourselves instead of getting threatened by some report. A brief SMS few minutes before the scheduled time to confirm the start and then at 9 o'clock this morning we met at the Clubhouse.

As usual the four most active Aikidoka Chenyi, Henrik, Rene and me showed up. This time we were one more than in our last Embukai, since Henrik had joined the club about four months ago just after he fell in love with Aikido watching our last Embukai in May this year.



A look to the sky told us it could start raining any time, but we were determined to do it. So we put out the mats on the wet parking lot - since it had rained before - and we started.

We did normal warm-up exercises before we exercised some basic techniques from katate dori. Since this time we had two ungraded in the group we did just slow standard techniques like shihonage, kotegaeshi, ikkyo through yonkyo and some kokyonage. Nevertheless some walking by people stopped to see what was going on at the place where normally bicycles and e-bikes are parked. One man watched quite a while before we asked him to join us. After some brief formal instruction about the greeting, he took off his shoes and took his first ever Aikido lesson. Of course careful chosen basic movements but after 10 minutes he even managed some mae and usheru ukemi from a low position for which other beginners may need much longer to do. Quite promising and we may meet in our Dojo again. Another woman who said having practiced some Judo years ago also promised to visit our Dojo.

After about two hours we concluded our Embukai and the careful cleaning of the mats was our last exercise. After that we went into our "Dojo 2" for a drink and a Pizza for a chat reviewing the event and for our next plans. Then when we left the restaurant it had just started raining again – how lucky we were.

Ulrich Mierswa