Shanghai Xijiao Aikido Club

NEWSLETTER

17.03.2012

One Year Anniversary of Shanghai Xijiao Aikido Club

We all remember very vividly our Dojo opening last year on March 14th. And now it was already the time for the first anniversary to celebrate.

We had planned our Embukai already months ago and we prepared for two options: inside the Clubhouse or outside on the parking lot. Despite the weather report had announced rain for this Saturday we decided for outdoor challenging the "weather gods".

When I arrived on the scene at 8:40 AM Henrik and Rene were already busy with preparing the mats. Soon afterwards also Eric and Amber arrived. We very happily welcomed Will and Helen from Hangzhou Aikido Club to join our celebration.

We started our program as a typical Keiko with warm up and then followed by some basic techniques like Ikyo, Nikyo, Sankyo and Yonkyo from Shomen uchi attack. With new partners in outside atmosphere we had to manage the special challenges of a public Embukai. So some techniques turned out different from what we were used to in our regular Keiko, thus teaching us again something more about the abundant variations of Aikido.

Lateron our friends Marc and Sonke from the Brazilian Jiu Jitsu Club got on the mats and demonstrated some of their Martial Arts. Although it is definitely very distinct from Aikido but carefully watching them we could recognize some aspects which are the same and important also in Aikido, e.g. the strong commitment and the importance of position, as well as avoiding physical muscle strength as Marc explained to us.

In the final part of our Embukai Blackbelts showed some Jiu Waza and weapons practice like Jo Kata and disarmament with Bokken and Tanto.

As usual we concluded our event with some Japanese delicacies on the mats under the eyes of curious onlookers. Finally our decision to stay outdoor proved right and the mats only got wet from sweat and spilled drinks.

We again like to thank every one who shared our first Club Anniversary event and we look forward to many more to come.

Ulrich Mierswa