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# Dynamism of Understandings

Aikido is dynamic. Starting from I started Aikido, I had heard many times about dynamism of Aikido. Each Aikidoka will explain the dynamism with their own experiences. The most common explanations are movements of Aikido techniques and they will explain the dynamism by using their favourite Aikido techniques as examples. As an Aikidoka, I also have my own dynamic experiences of Aikido. From my perspective of dynamism is the changes of understanding of Aikido according to time. Understandings can be several things such as expectations, techniques, influences on daily life and so on.

Since I was very young, I started martial art training with only one expectation. My expectation is simple, I want to be able to defend myself when somebody threatens my life. Because of my parents, I need to move one town to another every 2 years. That sometime made me switch to different martial arts according to unavailability of training schools. When I was 20, I started Aikido with no big specific reason and my expectation was also the same. After a few months after starting Aikido, there was an incident, on the way back from school, a stranger stopped my motorbike and threatened me with a knife. I was shocked and even I could not speak well. The stranger took my wallet and he did escape.

When I reached Dojo, I told Sensei about the robbery. He was laughing and he said, I was only practising physical training and did not prepare to handle the fear. He said, physical training might help to handle the fear that came from the attack of somebody but fear might be in different form, physical training was not enough. He suggested me to do mental training such as meditation. Being a Buddhist, meditation can be done in several ways. Every conscious mind and action are same as meditation, training at dojo became my meditation sessions. My expectation was also deviating to learn how to handle the fear.

I had a bad reputation of executing the techniques with aggressiveness and using extra amount of physical strength. Honestly I have no physical advantages, I am very small size body with no huge muscles. I never gave up any of physical training. When seniors throw me badly, I throw them back badly as much as I could. When they did a few handles of Bokken

Suburi, I tried to survive until the end of class. I did not know, those kinds of bad habits lead me to aggressiveness and unnecessary usage of strength.

I was still executing the techniques with strength even after my first Yudansha. I was lucky enough to meet good seniors, they have enough strength advantageous but never used it to perform the techniques. It was quite impressing me. Those seniors helped me to change my way of strength intensive techniques. Accidentally, my job became harder, needed to prioritise on my earning and absent the training for a few months. When I could able to start regular training, my strength intensive performance became a big obstacle with my lost stamina.

I did gradually decrease my strength usage to save my energy for surviving until the class end. I was realised that my extra strength usage helped me even I was not performing the techniques correctly. When I decrease the strength, some of the techniques were not working well. I needed to correct my way of techniques to work properly with using less strength. After a few years later, I could able to start deviate from strength intensive training. I realise that it became one of my undressing of dynamism.

Many people will say that martial arts are aggressive and have only good things of getting self confidence. I also started from that stage. At the beginning, the influences of Aikido on daily life could be very small or even no influences. Once I needed to work day and night for two weeks to finish a project. After one week, I almost gave up and decided to go home. Before I left the remaining jobs, I was started thinking in different way. At every Aikido seminars or camps, I had never escaped the lessons and join every sessions. Why couldn't be the same each intensive working days and Aikido training sessions? I did not actually give up, I did finish my remaining jobs and my project was succeeded. That incident became the first influences of Aikido on my daily life and the influences kept increasing more.

There are many way of dynamism of my understanding. Some of my mental training combines with Aikido training such as doing consciousness movement as an meditation. My daily life, the way of working and thinking became more and more influenced by Aikido. If I think back to my starting of Aikido, I was very difference from now. If I try to predict in future from now, I will have very different understanding about Aikido and my life. Different Aikidoka may define different ways of dynamism of Aikido. My way of dynamism is the changes, improvement and perspective of life according to the passing time with Aikido.