



**Anders Naess**

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Nationality: Norwegian

Dojo: Aikikan Oslo

Mr. Naess stayed in Tokorozawa dojo as an uchideshi for four weeks. He works for agricultural business, so he has good knowledge about food. Kobayashi Dojo instructors thank him for very good breakfast he made.

An Essay by Anders Naess

I am very grateful for the opportunity I got to come and train in Aikido Kobayashi Dojo. Although I just stayed for 4 weeks this time (from Nov. 2 to 29 in 2008), it certainly was an important thing for me to do at this point in my life.

I planned to go to Japan to train Aikido for several years and definitely make it before my shodan grading. I wanted to experience what “dojo-life” as an uchideshi can be like in Japan, and I wanted to improve my technical skills in Aikido.

I got what I came for and much more. Beyond the everyday work and training there was also time to be social and make new friends. That was great. I felt really welcomed from the very first time I entered the dojo. The atmosphere was always sincere, focusing on the training, but humour and joy was just as present. I believe that is what inspired me the most, as I want to bring this atmosphere more into my life.

I will recommend to anyone who wants Aikido to become an integrated part of their life, to apply for being an uchideshi at some point. I look forward to meet again and want to come back to Aikido Kobayashi Dojo for another intensive Aikido experience in the future.