

## Ramadan in Japan Mohammad Altrbany



I started my training in Kobayashi dojo in the first of July, I stayed until the seventh of August. I learned many things in this period. I learned many things about Aikido which inspired my Aikido. At the same time because Aikido is built on communication, I started to discover the personalities of the teachers and trainees. The training was special for me. It was in Ramadan month for me. In this month Muslims must fast. Many things gave me a good impression about training and trainees. My training was mixed by culture and communication. This training gave me a good stereotype about Japanese people.

This summer was the first visit for me to Japan to do the training. I was planning for this since the last year. I told my family my friends from the Jordan aikido and my friends from my normal life about this. Many of them told me this will be very difficult because Ramadan will be in this summer. I asked myself and I decided to try this adventure.

In the first day, my training was in the evening. After we finished the training, we had tea. I found an unexpected bound; which is the language. I was disabled to participate in the tea conversation until someone explained it to me. I experienced this experience until the last day.

I wish I was able to participate in those conversations, and this made me until now very sad. Also, I wish I had leant some Japanese before coming to Japan.

I started fasting in my second day in Japan, and this was a challenge to know my body limit. It was not very easy at all because of jet lag and the weather. I kept fasting until the end of the day. I tried to save my energy as much as I can. It helped my Aikido. The reaction of the Dojo was really nice. In the first I got many questions about what I am doing. I tried to explain as much as I can. It was really nice when our cultures met. The people in Kobayashi Dojo start to ask about my health every day. Every sensei in the training was concerned about me, and asking me to take care. It was a really nice feeling. Everyone was taking care of me. I felt like I am inside my family. In all parties my Dojo mates were saving



food for me until I can break my fast.

The first week was the most difficult one, later it started getting easier. Everyone was supporting me as well. It was a really nice experience. For me, Ramadan was not a reason or excuse to stop the training. I was able to complete fasting Ramadan without decreasing my trainings` performance. I would like to try this challenge again in the future. At that time, I will be more prepared for it.

