

The Dojo Life Lasse Svee

My experience at Kobayashi dojo is filled with joy and happiness, to have the opportunity to practice aikido the amount of time I have done has been really great. For me aikido is a way of relaxing my mind, to forget about the world outside and just focus on what's happening here and now. To be present in the moment when doing a technique is the feeling I appreciate the most about being alive.



During the uchideshi program I feel like I have been able to enjoy this feeling more and more, the life as an uchideshi is filled with task that sharpens your senses. I think that being hungry and sleepy is two very big distractions in life and to have to walk around feeling the need to eat and sleep while doing the work of an uchideshi makes the mind become even sharper.



I had to put the focus away from my needs and sharpen my mind to pay attention to the tasks I had to do. I have enjoyed every task I have been given, everything from cleaning the sweeping the mat to carrying the sensei's bags. Given tasks as these has made me feel that I can contribute to a society I very much like. The community at the dojo is something I have appreciated very much, how people are gathering after the practice to drink tea and share stories creates an unique feeling of belonging somewhere, not just somewhere but at Kobayashi dojo.

I have really enjoyed the trainings at Kobayashi dojo, it is a pleasure to see how good the sensei's take care of everyone participating the class. How they would pick anyone from the class to show the techniques on and also always take the role as uke. This is an incredible way of teaching showing both the tori role and the uke role without the need to use too many words to explain and a lot of the time words are not even necessary.

This has also been a very good exercise for sharpening the mind, using the eyes to see the technique, the memory to store what you have seen and you're body to make it come alive.

