

My Visit to Japan Radi Arnaudov

My Name is Radi Arnaudov, from Sofia, Bulgaria. With my friends Maria and Dimitar, we arrived at Tokyo at 2nd of September 2014. We stayed till 29th of September 2014 and it was one of the best periods in my Life.

Uchideshi life was very hard, with early waking up, several trainings daily and uchideshi work. This, combined with time zone difference first week, made my life hard.

But we were around 10 uchideshis and when there are many people, always there is fun, even in the hard moments. When you find nice friends, life smiles at you :).

Koyanagi sensei said that uchideshis are either sleepy or tired, and he was very very right with this conclusion.

But man is made to get used to everything, so after the second week I just get used to uchideshi life.

After every hard thing and effort, a man receives something precious, which for me was the feeling how the aikido just happens. After several weeks training, there was this nice feeling of practicing, without thinking about it.

Just like after a man learned to drive car, without thinking, about the different moves, that needed to be done and their proper consequence. Somehow the car just goes in the direction where you driving it.

Another aspect of trainings that I enjoyed a lot was the way of teaching Aikido in Kobayashi Dojo. Demonstrating a technique several times, without speaking and explanation. Then practice. Then, another technique and practice again. During the moment when the instructor is showing one technique, a man needs to be really concentrated and to observe very carefully. It was very interesting, and this really impressed me.



Very nice moment was the 45th anniversary and the preparations for this event. With uchideshis, from Tunisia, Greece, Serbia and Chile, we had tasks that required to work very much together and to be very organized. One of the tasks was to prepare posters with different photos from Kobayashi sensei's life. Kobayashi sensei told us interesting things about these posters.

On one of the posters he was squeezing his gi, when he had been uchideshi at Aikikai.

He was smiling, while telling us, that they didn't have washing machines and nowadays we're lucky, because we have washing machines.



These moments make me feel that actually uchideshi life is not so hard, at all :). I really appreciate this small and important lesson.

One of the facts that really impressed me was how in the dojos, that we've trained, there were sometimes more than 30 people and there were no injuries or clashes. People were very careful, while practicing. The training atmosphere was very friendly and positive.

There were many people that taught me interesting things and there were pleasure for me to train with them.

Many thanks to Kobayashi Dojo for organizing this live-in training program. It was a wonderful experience for me.

Many thanks to Kobayashi Sensei, Hiroaki Sensei and Kobayashi Dojo instructors for their efforts to transfer their knowledge and for their open-minded attitude.

At this month everything wouldn't be the same without Recep Büyükgüzel and his help for many, many issues in my everyday life, and his introduction into Japanese habits and dojo etiquette.

Many thanks to all the people that we trained with. All of this can be summarized in one sentence - I strongly want to come back and to be uchideshi for longer period.

Arigato Gozaimashita!!!

