

What I Felt About Live-in Training Experience

by

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From all I'd heard about being an uchideshi (live-in trainee) in the dojo, I was needless to say anxious about my planned stay of two nights and three days. I didn't understand anything about Dojo life. For me it was an unexplained world. Yet, steeped in practice I found contrary to my worries, dojo life was not stressful but quite enjoyable.

Life in the Kodaira Dojo begins with cleaning; then, when the Kodaira practice ends, it's over to Tokorozawa Dojo for another practice then back again to Kodaira for the next- back and forth, back and forth.

After half of my training time was up, it wasn't lack of sleep I suffered from but sore muscles. Ordinarily, we practice every day at the University but during vacation we tend to take it easy so I'd gotten a bit out of shape. I didn't mind the aches and pains since I was glad to be practicing a lot.

There are all kinds of tasks to complete at the various dojos but I was able to focus on practice. Because I've just been promoted to Shodan, I had a lot to learn from Dojo members about improving basic movements as well as more difficult techniques and learning new ones. It was a full three days.

If I think about it now I was blessed to have the opportunity to practice in such an environment. There were so many people who offered me sympathy hearing about the hard parts of dojo life. I want to express my gratitude to everyone in the dojo and after this experience my devotion to practice has been rekindled.

