

## What I learned in Training Program Bungo Nakayama

I am Bungo Nakayama of Kodaira dojo in Japan. I am a 19-year-old college student. I am going to Nippon-kan in Denver as a trainee this summer.

Before going to the US, I had an opportunity to stay at Tokorozawa-Dojo in Japan for three days. I write about what I have learned from the program.

I have learned two important things.

One is to be punctual. Recep, my senior pupil, told me to go to bed early and take a rest as often as I could, but I didn't follow his advice. I stayed up late at night and I overslept in the second morning. I should have listened to him.

Being punctual is the beginning of everything.



The other is to watch everything carefully and think what I should do before asking someone. On the first day I asked a lot of questions one after another. Now I know it was childish, however, I didn't notice then. Koyanagi-sensei told me that I should watch everything carefully and think what I should do by myself, because sometimes there comes the time we should decide what to do without any help. It was an important advice. Koyanagi-sensei also taught me other things such as the way to make tea and the way to talk to the seniors. Thanks to him, I have come to understand the purpose of this training. It is not only for practicing aikido but also for learning good manners.

I remember one more thing I have to do. It is to build up my strength. I joined in the children's class as an assistant. During practicing aikido, they enjoyed playing tug of war. I was asked to have a game with the winner. I lost!! It was a great shock to me to lost to a small kid. I decided to gain my physical strength before going to Dnever. Now I jog every day.



Before closing this essay, I would like to thank Kobayashi sensei, Hiroaki sensei, Koyanagi sensei and Recep for their support and kindness. Now I'm ready to go to Denver. Thank you.