

So Finally

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So finally, after 14 years of training Aikido in Sweden, I went to Japan to spend six weeks as uchideshi at Kobayashi Dojo. I had feared it, from what I had heard it was a lot of hard work, training, cleaning and other chores, early mornings, hardly any time to eat and sleep! So I decided I had what I needed in Sweden. But, something was missing. An understanding of the source of Aikido, the background, the country... So here I am, and now I wish I had come here sooner! I have learned so much! I have learned that I know so little! Aikido is a treasure. And the revealing of it has just begun, for me. It is like starting all over from the beginning again. And it is fabulous!



and onsens, a true luxury!

I have made new friends, and now I am sad to leave. I definitely want to come here again! People ask me if I find it hard to live here with such a different culture and different food. But food here is excellent! Especially all the nice meals we have had the pleasure to be invited to in our Senseis homes, a big thank you to their adorable wives, and Komine Senseis breakfasts on Friday mornings! We have made a few mistakes on our own though, when eating in restaurants where we can't read and speak the language, tongue, ears, heart and other intestines does not get into my mouth, I'm sorry. I try to have a broad open mind, but this is where I draw the line. Natto, I can live without it.



And culture? Well actually I find it *not* so different! I feel that Japanese mentality is actually quite similar to Swedish! We keep a little distance, though very friendly. It takes a little while to get to know us, but once you know us it's very heartily. Or maybe it's not the culture we're born into, that is similar? Maybe it is the Aikido culture that feels like home? Maybe Aikido people are the same, wherever you go in the world?