



## **Jerry Segerholm**

May 2007 - August 2007

Nationality: Swedish

Dojo: Iyasaka Aikidoklubb

Mr. Segerholm stayed in Tokorozawa dojo as an uchideshi at the best time of year: spring time. He could join the all Japan demonstration and Tsumagoi camp, and had a lot of fun.

### Cleaning, Training, Eating, Sleeping Jerry Segerholm

This is my experience as an uchideshi and I enjoyed to clean, train, eat and sleep. Why?

**Cleaning:** I like to be in a clean dojo especially when I live in the dojo and I like to go to clean toilettes and know that they are clean. So if I clean the toilette I know it's clean. The dojo is like a church or a shop with many visitors and always need to be cleaned. It's amazing how quick the dojo and the street outside become dirty. So it's just clean, clean, clean and see it as an meditation.

**Training:** I came to Japan for the excellent training and I have had a lot of excellent training here in Japan. Both by all the excellent professional instructors



at Kobayashi Dojo but also by all the other instructors I've meet during my time in Japan. I also have had my private sensei's that have given me so much during and after ordinary training. I nearly forgot to mention all the wonderful people I have practiced with, I will never forget them.

**Eating:** I like good food and the food in Japan is excellent (maybe not on those Fridays when I make the breakfast). In Ichinoseki, I ate the best sushi I have ever eaten, I feel sorry for all of you that never had the chance to eat this outstanding sushi.

**Sleeping:** My ability to sleep everywhere has improved during my time in Japan, but still I can't stand and sleep at the subway train, like the Japanese. If you only sleeps a couple of hours every night you learn to sleep everywhere, and what else is there to do for an uchideshi when you can clean, train or eat. The right answer is: Sleep. So you sleep and your body needs to rest and recover.

I have had a great time and have seen a lot, meet wonderful people, been at great parties and really enjoyed my time in Japan. Thanks to Urban Aldenklint and Iyasaka dojos uchideshi weeks, and of course all ex-uchideshis and people how have lived in Japan I talked with before I left, I knew what to expect and I enjoyed my time and the Japanese summer very much.

