

## Impressions from My Uchideshi Life Karl Linde

As I'm sitting here, in the Tokorozawa dojo office, I can hear the morning sound of singing birds, and I can feel the heat from another beautiful day coming through the open window. I have spent the morning preparing my bags for tomorrow's journey home, back to Sweden after three months of Uchideshi life. A million memories and thoughts flood my brain as I'm sitting here and writing. No words can describe how wonderful, exiting and different the uchideshi life has been to me.

But one thing is for sure, this have absolutely been the best time of my life this far. I feel that I have discovered a totally different world, with different culture and different people and therefore different habits and different life.

In the beginning, I can say, that it took some time to understand and accept the very different daily life, the first two weeks was the hardest. At that time my body was in pain from all the hard training and I was in great lack of sleep, and every day you get exhausted from all the new impressions.

But then suddenly the feelings changed, and after the first two or three weeks I had found out that my body was responding to the training and I had learned how to handle the daily routines. Routines such as cleaning, training, cooking, sleeping and then more training.

Now I don't experience any pain or any problem at all with my daily life as uchideshi. Now I can really focus on the one thing I love the most, Aikido. As an uchideshi I have got to experience a lot of things, much more than I possibly could have imagined. I have been through so many wonderful adventures and journeys, and I hope I can remember all of them through the rest of my life.

Everybody has been very kind to me and I feel that I have made a lot of new friends and connections here in Japan. I feel that I have developed and grown as person during my time here and I have learned so much about things I didn't even know where existing.

I have come to understand that we must live our life every day and not just wait for things to happen, tomorrow or by themselves.

I really hope I can get beck here to Japan



soon again. Some people might say that there is no world but this one, and then only referring to what they know from their daily life back in Sweden. But I can honestly say that I have seen and experienced a different world, and I liked it. That world Is Japan.

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Domo Arigato Gozaimasu.