

## My Uchideshi Month at Kobayashi Dojo Radi Arnaudov

30 days, 72 trainings in 9 dojos with 14 instructors, approximately 90 hours of training.

This was my second time to be uchideshi at Aikido Kobayashi dojo. My main purpose was to train as much as I can, so I used every possible moment to have practice and I believe, it happened.

In this month there were uchideshis from Bulgaria, Turkey, Sweden, Hungary and China. We were very good team, we helped a lot each other and this I liked very much. Big thanks to Recep, Erika, Peter, Angel, Jacob and Lin.

There were very nice moments this month. We went to Japanese class, where our teachers, who were tea ceremony masters, invited us to tea ceremony. We spend wonderful day with them, when they explained us many interesting details about tea ceremony and taught us how to prepare tea.



Also Hiroaki Sensei wife invited us to tea ceremony in tea house in kokukoen park and to Ikebana ceremony at her home. It was very interesting for all of uchideshis. At the tea ceremony we enjoy a lot, the tea house in kokukoen park is very nice place. At the Ikebana, we found flowers arranged by many people, which

was very beautiful. Also we tried to arrange flowers, which was very nice emotion. We enjoyed a lot.

Another wonderful moment was Aiki shrine ceremony at Iwama. One of my dreams come true - I visited Iwama, where first were ceremony at the Aiki shrine and Doshu and Waka Sensei performed demonstration. It was very big group from Aikido Kobayashi Dojo and everybody went to top of mountain nearby.

I met many friends from my previous visit.