

# The 30<sup>th</sup> Uchideshi

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The very first time I talked to people who had trained as an uchideshi, I've decided to do the same. So I can say, a 10 years long dream came true. I was not sure if I can ever come back here, most likely it sounded like a one-time opportunity in my life, so I decided to make the most out of it. Of course, I've heard a lot of stories about uchideshi life - how tough it is, the lack of sleep and lots of training challenges the one's body and mind - so I tried to do my very best to make people proud of me and also to earn the honorific 'Uchideshi of the Month' award!

Of course I've succeeded.. :-)

After the first some rough weeks, I've learned almost all the rules and habits I should know, and I got as many friends as painful spots. Defeating the home sickness took me 1-2 weeks, and soon I started to feel the "Tanoshi-Attitude", which is one of the main parts of the Kobayashi Dojo. It was not that hard, because the Kobayashi dojo expects the best, but also gives the best. Despite of my busy training schedule, I still had the chance to make some extra trips; visited Bon-odori festivals, took a walk in Nikko and relaxed in onsens... So I was able to have some recovery every once in a while, then continued training - which I like the most.



## Changes in me

First of all, I renewed my thoughts about tiredness. In the beginning, not having enough sleep was very uncomfortable, but slowly I started to enjoy the longer days. I actually would like to keep up with that habit even after I got home.

The 2 months of a brand new environment and friends I met completely refreshed my mind, and filled my heart with happiness. I strongly believed, I'll miss these days a lot. I should admit, I dropped some tears on the last day looking around in front of the Kodaira station.



I wrote my own blog every week about the previous one. And when I reread them, I realized that I got more and more relaxed each Monday (spent less and less time with the blog), and felt that everybody was there to help in case. Kobayashi Dojo is like one big family, not just a group of people with the same interest.



Experiencing how hard the high ranked members and even senseis practicing, the mutual respect and the will to improve is also an unforgettable motivation I'll take home.

I'm very grateful for this unique summer especially to Dojocho and Fuku-Dojocho to let me live and practice here, using the Musubi Kikin and to support me day after day.



Minasama, honto ni arigatou gozaimashita!