

## Going for something new?

Don't be afraid to go for it - Going about something new (a job for instance) can be quite daunting. It can take courage to try something different.

I personally feel that on the whole, I've achieved a high level of accomplishment within my field; and so with that I'm quite pleased with the results as well as myself! - I think that's fair enough isn't it?

I've discovered now age 38 an example of what it means to be humble (and I don't mean in the religious sense). In fact this revelation occurred towards the end of last year - when I was merely 37!

I decided to start learning Aikido - Traditional Ueshiba to be precise; this is an ancient Japanese martial art that focuses not on kicking and punching an opponent, but rather concentrates on distorting natural joint movement as well as deflecting and redirecting incoming energy. I joined as a novice as you'd expect, in a class full of Black Belts and Second Dan Grades (which roughly translated means others that are extremely experienced and generally very good!) How refreshing if a little painful at the same time.

I try and go twice weekly, but will go along at least once. I started as said from ground up, endure a bit of pain here and there, but that's OK, it's all part of the apprenticeship - It's actually really good for my state of mind - body and soul relaxation is key to this form of Aikido. At first I intended to write a diary of my weekly exploits. During my first outing I did something blatantly incorrect! (Which is still to be totally expected) but resulting in my being virtually unable to move for the next 5 days. So I took the next three weeks off and started again after that.

I think the point being for me - at first it seemed quite intimidating joining this class full of such experience. But that feeling was itself completely dispelled - I've never met such a great bunch of people, all encouraging and helping the new guy i.e. me. So, Courage to start something new - and that generally means starting at the bottom. I've come into Aikido as someone with a big ego, and so tend to spend a lot of time putting that big ego away; it serves as a hindrance and holds me back. The message being, if you're going to start something new - try surrendering to it - become humble and allow yourself to relax and appreciate the experience. Not to mention the cliché - you're never too old to start something new! Very true.

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