

“My First Gi Yu Honbu Visit”

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I am very grateful I was able to attend the 9th Annual Gi Yu Honbu Seminar. The Dojo in Ohio has a great learning environment, and is very large compared to the Dojo I train at in Atlanta. I learned a lot at the Seminar and it was great training with other people. There was several different body types and sizes to train with so it made training even more challenging.

I started training in September of 2014, wanting to learn self defense skills. Initially, training was a blur to me as I started to train, but as I became comfortable, I began to have a better understanding of effective the techniques were I was studying. Once I started training, it motivated me to exercise and train more and to also try doing different things that I have never thought about doing before. Challenging myself for the first time. When I first started training, I had the fear of doing things wrong and getting hurt. Although that can happen, the “fear of failure” does not bother me as much while I am training. I think that the more you try to avoid something, the more likely it will happen.

I was very nervous to test. I spent most of the 8 hour drive to Ohio, reading flashcards I had made with all of the technique names and what they meant. When I presented my techniques, it was difficult, but I recalled all of the advice I had been given throughout my training by my teacher W.S. Sensei. When it was time for Randori, I hesitated at first, but started to catch the feeling of getting hit and making sure I get out of the way. I got hit in the ribs pretty hard with a padded spear, and that was more than enough to set my mind on the right path. To focus my intent and realize this is not a game, this is about life and not giving up. I am looking forward to my next amazing opportunity at a testing experience.

I have been training for almost two years now and plan on training many more years. I am planning to attend the 10th Annual Seminar next year, along with all of the Seminars following. I know Sukh Sensei regularly comes to The Atlanta gi Yu Dojo and teaches workshops, they are always fun and intense training. I want to become the best I can be, even though there is always room for improvement which will always drive me to find perfection. Overall, we all learn this art for either the challenge it presents, to learn self defense, physical fitness, or even for fun. We all hope we will not have to use the things we acquire in real world scenarios, but in case something does happen, we have our knowledge, skill and strength to be able to stand our ground.