

Michi Dojo

Rene Picolo

July 02, 2022

ESSAY

Aikido - Art Of Peace



I would like to introduce myself first, I'm Rene Picolo, I'm 50 years old, single, I have two daughters (Giovanna 24 and Ana Luisa 15) and I work as an Airline Pilot. I currently live in the city of São José dos Campos, Brazil, and have been a student at the MICHI Dojo since 2007 under the supervision of Sensei Fernando Sanchez.

I had the opportunity to start Aikido training shortly before my oldest daughter was born, that is approximately 25 years ago. Since then I have been training with some break periods, and at the end of 2015 I passed my exam for shodan.

Five years have passed since the last exam, when I was invited by Sensei Fernando Sanchez to take a new exam for the graduation of Nidan, which brought me joy and at the same time apprehension, because it is a great responsibility to represent our Mchi Dojo, where we will be examined by a panel of the California Aikido Association (CAA) that represents the largest international association of Aikido, being composed of very high level examiners who drank from the source of knowledge with the direct disciples of "O Sensei".

- Aikido's Principle is Self-Knowledge...

The practice of Aikido inevitably brings changes in the practitioner's life, and no matter in what aspect the change occurs (physical, energetic, emotional or mental), the fact is that there is also an expansion of consciousness that naturally leads the practitioner to questions and consequently to an inner improvement, which can also be extended to our outer world in our relationships.

In my last examination, I presented some thoughts about the changes that Aikido training has caused in my life physiologically, energetically, emotionally and mentally. Fortunately I have observed that these changes continue to happen and naturally lead me to explore each aspect to better understand the meaning of the path of this martial art. I have the impression that we are always relearning the same techniques, but from a different point of view, it's like climbing a spiral and having a different look at each step we climb.



- Aikido's Principle is the Union of People and Nations...

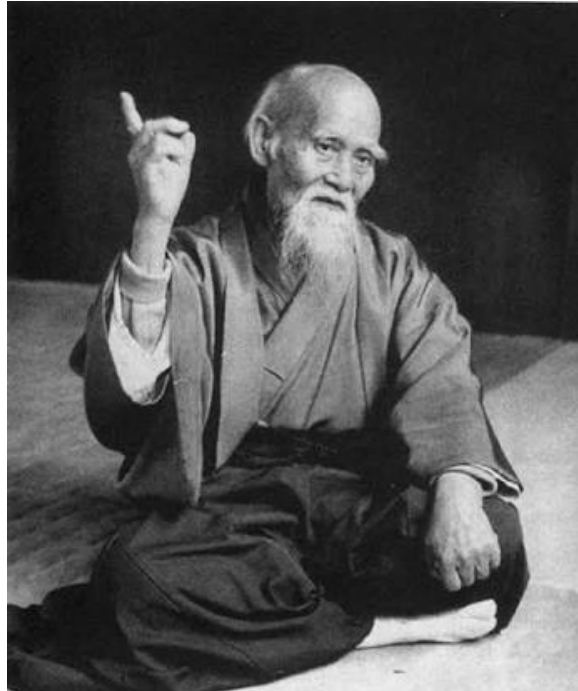
Lately, a new vision has occurred to me because of the way Sensei Fernando has been leading us in training. It is a training that aims to resolve the conflict with a focus on

"leading the other with care", attentive to the personal limits of each training partner and seeking a technique that is harmonic where one can control and lead instead of simply separating and destroying. . From this vision, this care for the other in the application of the technique, caught my attention in my memory and it started to make perfect sense as the words of "O Sensei" that Aikido has the principle of uniting people and nations!

The great masters who were with us said that the path of peace and prosperity will only come when we have a feeling of respect, union, tolerance and fraternity among all peoples, but at the moment it seems to me that this scenario is a little distant, however, I see an opportunity to explore these virtues with the practice of Aikido.

When we are practicing and we have our attention focused on taking care of Uke in the resolution of the conflict, we will be opening an opportunity to really plant a seed in this great objective of uniting people and nations. It is a special moment where the "I" is replaced by the "We", leading the opposing forces to a single path, bringing harmony to the conflict.

"From now on, it is my wish and I aim to incorporate this concept into my Aikido practice."



To conclude, I would like to say that I believe a lot in this philosophical vision of the practice without, however, losing the martial principle of this wonderful Budo, I would also like to record that these reflections come from my own experience over the years, and that the simple words spoken in this text came from my best.

- Thankfulness...

The understanding of the path and the practice of Aikido certainly contributes to making me a better and happier human being, so I record here my deep and sincere thanks to "O Sensei" for dedicating his life to creation and development. of this noble martial art; I thank all the ancestors and current responsible for spreading Aikido

around the world; I thank the CAA leaders for welcoming our Michi Dojo with open arms, allowing its dissemination in Brazil; Finally, my thanks to my Sensei's Felizberto Conde (in memory) and Fernando Sanches who patiently have been leading me through this beautiful journey.

May the "Great Architect" bless you all!

DOMO ORIGATO GAZAIMASU!

AI	合	Harmony (Balance)
KI	氣	Energy (Life)
DO	道	Way (Path)