

Featured Dojo-cho, December 2007



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I started training Aikido in 1994 after a recommendation from my Muay Thai teacher. He thought that Aikido would help me be a better fighter, to be less aggressive as a fighter basically. For some time I studied both, but my dedication to Aikido got deeper and I knew that this was my path. I began at a dojo that had recently opened in Borås, and to be closer to practice I also moved there. Classes were held by students of Peter Niesing Sensei, who started practicing Aikido in 1965. I frequently visited his dojo for many years and he was my examiner through my kyu grades. Early in my aikido career I met Ulf Evenås Sensei and started to attend as many seminars as possible held by him, and he became my Sensei as well. We hosted Ulf Sensei at an annual seminar for ten years, from 1995 to 2005.

I started teaching early, at 5th kyu, and held children's classes and women classes at first. In a short amount of time I became one of three chief instructors. After a few years we decided to have only one leader, and I became dojo-cho.

We are now approximately 40 adult members and 15 children. We have 5 classes per week and special keiko a few times per semester.

It is inspiring to practice something in which you always can make a progress at regardless in which phase in life you are. I have had the privilege to experience two pregnancies which have enriched both my life and my aikido. Being pregnant has helped me develop a deeper awareness of my body, to get the feeling of the centre, feel connected and present. The centre is really physical, having a baby growing inside. The connection, both with my own body as well as everything around, since every sense gets so much sharper when you are pregnant. Present, because instinctively you will protect your baby. Your entire being is growing, not only the belly, but even that has its advantages though. I have never worn my hakama in a better way! Naturally there are parts of the aikido practice that I had to give up and somewhat adjust during, and for some time, after my pregnancies. But what is a year or two with a few adjustments when you have the rest of your life filled with Aikido in front of you. I look forward to the rest of my life with Aikido and I know that I will never stop developing. Maybe some adjustments along the way, but still, Aikido is a way of living. I guess that I may not be doing a clean mawashigeri jodan when I am close to 80, but my tai no henko will be fantastic!

My most Memorable Aikido Experience

The three occasions when I have had the opportunity to train under Morihiro Saito Sensei are of course memorable moments that have made a great impact on me and my Aikido. Another memorable moment in my aikido career which I am going to illuminate is my most resent one. In the summer of 2005 I found myself at a crossroad as an Aikidoka. I chose a path which led me to Pat Hendricks Sensei and the CAA. Unfortunately I had to postpone my trip to California and the CAA meeting for some time because I was pregnant, then nursing. I really wanted to go but I was anxious about leaving such small children, but Pat Sensei was incredibly supportive. She invited me and my whole family to stay at her house. So in August 2007 we went, the whole clan, myself, my husband (thank you Henrik for your support), our three year old son and our one year old daughter.

To have stayed at Pat Sensei's beautiful house and enjoying her hospitality. To have been training and taking my sandan at her fantastic dojo. To have met such an openhearted and giving person and of course a great Sensei. This is one of my most memorable Aikido experiences.