



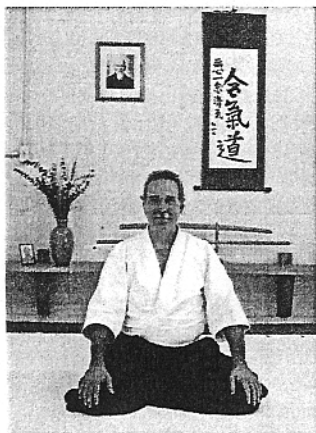
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合氣道的修行



在我過去練習合氣道的二十五年中，曾經有很多人問我學習合氣道的目的是甚麼？美國人是需要認清目的地才會開始旅程的。大多數人認為學習合氣道最基本的目的是為了自衛。但是我對於這個問題的見解和感受已隨著時間而改變了。我最初學習合氣道的目的已隨

着人生的種種經歷而改變了。當我逐漸遠離為求達到在技術上或政治上的目的時，我便會在練習上獲益更多。其實，練習本身便是一種回報了！這就是我熱愛探訪香港的其中一個原因，因為我在香港經常感受到這種恆久鍛鍊的理念和不斷去發揚著恆久練習的文化。

我覺得那些以練習合氣道作為自衛的學員，他們只會認為當在道場以外遇到搏鬥時，才有機會運用合氣道。但根據我的理解，在道場內練習合氣道正好便是運用着合氣道。開祖經常說：「真正的勝利，便是戰勝自我（吾勝）。合氣道本身便是一種修煉，它包含了複雜的技法、隱藏着待發的能量、不同層次的外在及內在的精煉，使到我們在練習合氣道時，並沒有沉悶的感覺，而只會不斷地追尋它內裡的秘密，所以練習其實是一種歷奇。我經常告訴大家，練習合氣道時最重要是學習「忍耐」，同時你會學習到謙虛的美德和偶爾會享受到自己能達致身心合一的驚喜。

由於合氣道是一種武道，而又源於孔儒學說，所以美國人是很難掌握到合氣道的真正意義。雖然合氣道被現今的傳媒大肆推廣，而合氣道的概念又不斷地被新一代的思維和時興的坊間文化自由地借用，但最終只有真正練習合氣道的學員才會獲得裨益。若我們練習合氣道持之以恆，得益便更大。在我們自我修煉的進程中，是會受到兩個重要的因素所影響，這就是有規律練習時間的多寡和練習的素質。練習的素質決定於教練和練習對手的素質；但當然亦取決於我們自己對練習的態度和對練習所感受到的樂趣。

現在甚麼是我修煉合氣道的目的呢？我希望透過不斷的修煉，達至身心合一，從而提昇自我，在這個修煉進程中，我們將會學習到互相尊重和分享練習的成果，並成為世界合氣道大家庭中的慷慨的東道主和衷心感激的賓客。

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Aikido As A Practice

In my 25 years in Aikido, many people have asked me what the goal of Aikido is. Americans need to identify a destination before they even begin the journey. Most people assume that the primary goal is self-defence. My own ideas and feelings about this question have changed over the years. As the journey has unfolded, my original goals have become overshadowed by the profound experience of the journey itself. The less attached I am to achieving a goal in Aikido, either technical or political, the more I gain from the practice. The training itself is the reward! One of the reasons I love to visit Hong Kong is that I am constantly exposed to the culture that developed and continues to embrace this idea.

It seems to me that Aikido practitioners who focus primarily on self-defence think that they are only practicing Aikido so that they will some day be able to do Aikido in some physical conflict that occurs outside the dojo. I have come to the understanding that practicing Aikido in the dojo is *doing* Aikido. As O'Sensei said "True victory is victory over the self." Aikido *is* the practice. The complexity of the techniques, the subtle alignments of energy, and the layer upon layer of external and internal refinement all keep Aikido from ever becoming boring or known. The practice is always an adventure. I tell people that one of the main things you can achieve from Aikido practice is *patience*. You can also learn humility, and the thrill of occasional mind-body unity.

Because it is a Budo, with roots in Confucianism, the true meaning of Aikido is difficult for most Americans to grasp. Although the word Aikido has become popularized because of exposure in print and films, and new age and pop psychology borrows freely from the concepts of Aikido, only those who *practice* Aikido gain any lasting benefit. And, the longer we practice, the greater the benefit. The measure of self-development seems to be determined by two factors; the amount of time spent in regular practice, and the quality of the practice. The quality of the practice is determined greatly by the quality of our instructors and training partners, of course, but also by the developing quality of our personal attitude, and our pure enjoyment of the practice.

What do I now believe is the goal of Aikido? To develop ourselves through a regular mind-body cultivation practice. And the personal refinement we gain from this practice creates the shared joy and mutual respect that makes us generous hosts and appreciative guests in the international Aikido community.

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