

I started my first Aikido training under Tommy Chia Sensei's guidance two years ago at Buona Vista Community Centre, only expecting myself to last for at most three months. Nonetheless, I found myself coming back to each and every of his class.

Tommy Sensei's classes focus on building the fundamentals, which, although some students may find it repetitive and mundane, I personally trust that it is much needed for the better. Every martial art should be trained with a strong foundation and every advanced techniques should be built upon the basics. More importantly, he finds ways to bring down his explanation to my level of understanding, no matter how slow learner I might be. Sometimes he teaches me how to adjust the movement according to the situation given my strengths and weaknesses. This makes me feel that my training is meaningful as there is always something to learn and a goal to keep training towards to. In fact, it is from Tommy Sensei's class that I manage to achieve steady progress instead of dashing through the movements.

Unlike other martial arts, Aikido is not all about techniques. Even though I may not be able to fully comprehend the spiritual aspect of Aikido, Tommy Sensei incorporates Aikido's harmony and sincerity into simple etiquette on and off the training mat. Tommy Sensei's class is perhaps the only class I have attended that emphasizes on Aikido principle and philosophy through practise. He spares no room for malice and violence on the mat. We are taught to always respect each individual's physical ability and make sure our training partners are not injured due to our recklessness. Over time, his way of teaching has stretched out to benefit me beyond the dojo mat, as I found myself becoming calmer and more patient in any given difficult situations. I believe that with proper training attitude, every student will find something to gain from his class, be it physical or spiritual, or sometimes, both.

All in all, Tommy Chia Sensei is reasonably one of the very few Aikido Sensei out there that hold such great dedication and passion for the art. Being given the right opportunity to blossom, I believe his class will inspire many more to better themselves through learning the harmonious way of the art.

With best regards,

Le Thuy Linh

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Started Aikido in 2015