



wish times

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Special SI Program



Unlike its more notable cousins like karate or taekwondo, aikido has always been one of the lesser known martial arts. Written with the kanji characters for 「合」 (harmony), 「氣」 (spirit) and 「道」 (path), it is the art of self-defense, a unique fighting style that involves little to no strength and is all about using your opponent's momentum against them. On December 8, renowned aikido master Sato Tadayuki-sensei graced WISH for a second time for a very special SI program about the history and culture of the martial art. A student of aikido since a young age, his deceptively small stature, warm smile and jovial personality hide his formidable strength. Holding a 7th dan in the Shodokan-style of aikido, he is the shihan of the Waseda University Aikido Club as well as the Japanese Aikido Association (JAA). Foreign shihan from around the world, all of whom are skilled masters in their own right, come to train under his tutelage, and he often travels the globe to visit their dojos. He is accompanied by Mike Martin-sensei, an American instructor and master of a dojo in Oregon, and two student assistants.

The session begins with a brief yet detailed explanation into the history of aikido. Born from a fusion of judo and kendo, its core teaching comes from the words of legendary samurai Miyamoto Musashi, who stated that the most powerful fighting stance of all was — counter-intuitive though it may seem — having no stance at all. Rather, all stances inevitably have a weakness that can be exploited, and thus the theory is that by having no stance, one is prepared for an attack from anywhere, anytime. 「無心無構」 (mushin mugamae), these words, adopted by masters throughout the generations, now hang on the

Waseda aikido dojo's wall, reminding pupils still today of that ancient teaching. Another key component of aikido is 「一眼二足三膽四力」 (ichi-gan ni-soku san-tan shi-ryoku), which refers to the importance of eyes, footwork, center of balance, and strength, respectively. Only when all four of these components come together in harmony does one truly embody the art of aikido.

After this introduction, we move to the area that has been cleared for actual practice. Blue yoga mats are piled high in the corner, and the two masters and their assistants, dressed in their white gi with proud black belts tied around their waists, walk in with an intensity that speaks to their silent strength. A hush falls over the crowd, and the normal, mundane SI classroom is transformed into a dojo. Sato-sensei begins with demonstrating the basics – moving our hands in a crescent moon motion as though we are scooping water. This technique, though so simple, takes advantage of the weaknesses in an opponent's wrist if ever they were to grab onto your arm. Even residents who are paired up with partners much larger and stronger than them manage to break free from the other's grip, and gasps of awe and delight sound throughout the room. One of the unique features that sets aikido apart from the rest of the martial arts world is indeed that. No matter how many times larger one's opponent, by learning the weaknesses of the human body and using the concept of balance to one's advantage, it becomes astonishingly easy for a small-figured person to take down a stronger and taller aggressor, which is one of the reasons that makes aikido so popular among women.

「無心無構」



After we have mastered the basics, Sato-sensei shows us a more complicated technique. It begins simple enough, not so different to the scooping hand motion that we had been practicing. Then suddenly the sensei's feet move in a blur, and Mike-sensei, who had been serving as his assistant, is sprawled on the floor. Murmurs of confusion and amazement ripple through the class. It had all occurred so fast, no one saw what happened. Sato-sensei demonstrates again, slower this time. It is indeed the same hand technique, but when coupled with footwork, he subdues the much taller Mike-sensei in the blink of an eye. We

begin to see how aikido is built from these simple hand and foot motions, but when combined in various ways come into deadly effect. The yoga mats are dragged out, and the residents take turns throwing each other to the floor in eager abandon. The classroom is a cacophony of laughter and loud thuds as bodies go flying and residents leap off the floor, ready to try their hand a second time. We all walk away a little more bruised and a lot merrier than we began, with perhaps a bit of knowledge about aikido and definitely the anticipation of welcoming Sato-sensei back again next semester.

Study Tips

While January is a month full of fun and celebrations like the New Year and winter break, we must also remember about those finals creeping up on us. Here are some studying tips from me and Angel Liu, a second year WISH resident in the Social Sciences department.

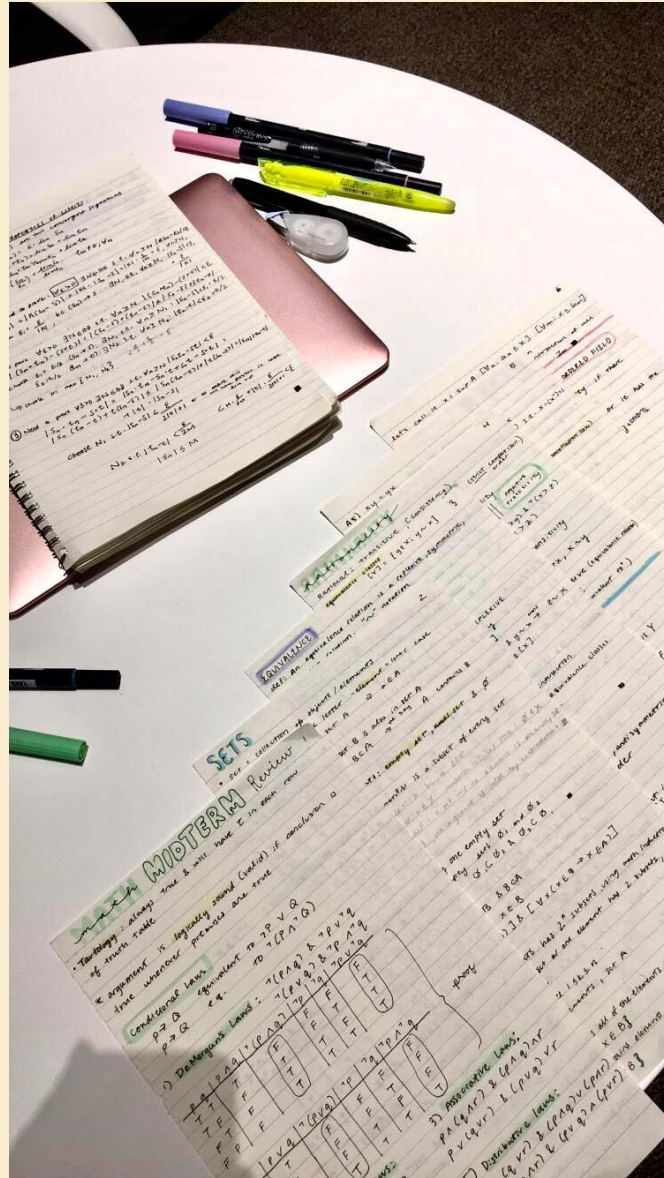
Lily:

Personally, I like to make study guides by hand while reviewing past lectures and notes because it ensures that I revisit all the past information and the act of writing helps with memorization. I am extra, so I Amazon ordered brush pens for hand lettering to make appealing titles because it makes making study guides fun for me. If I have a lot of key vocabulary words to memorize, I make flashcards online on Quizlet because it is less of a hassle than making and carrying around physical flashcards, and you can access it through both your smartphone and laptop.

Angel:

“My method of studying is rewriting notes in a pretty way with colors because or else I feel unmotivated and I don’t feel like studying.”

Notes



Lily:

For me, I love studying at a location with a lot of people surrounding me because it motivates me when I see others studying. I will less likely to be off task scrolling through social media or watching videos when I have the pressure of the other people’s eyes watching me. My favorite places to study are cafes and the lounges inside several of the Waseda buildings!

Angel:

“I like to study in a place where I have a habit of studying. For example, I always use the living room space in the WISH unit for studying, so every time I sit down there I feel ready to be in a studying mode. If I am in my own room, I can get distracted easily from games or social media, so I try to take those distractions away. I don’t like studying at the library because it makes me too sleepy, and I also like to be by myself since I can be bothered when others make noises that affects my concentration.

Environment

Food

Lily:

I love snacks that are easy to eat (AKA doesn’t require fork/spoon or effort)! I think I crave sweet or sour flavor when I am stressed, so my go-to are dark chocolate, fruit like mikan or dried mango, or dried umeboshi. Try to not eat too big or greasy of snacks while studying because it will make you too full, groggy, and lethargic.

Angel:

“Yea, having tasty snacks that are easy to munch on while studying is always nice to help you get through!”



Drinks

Lily:

COFFEE. I personally prefer iced coffee since the coldness keeps me awake and more alert! If you don't like coffee, matcha or black teas are good high caffeinated options as well. If it is really late at night, and I don't want to consume caffeine, I opt for something like sparkling water because the fizziness is refreshing and helps me stay awake.

Angel:

"I drink something that won't leave too much of a distracting aftertaste in my mouth, so something like tea when I study."

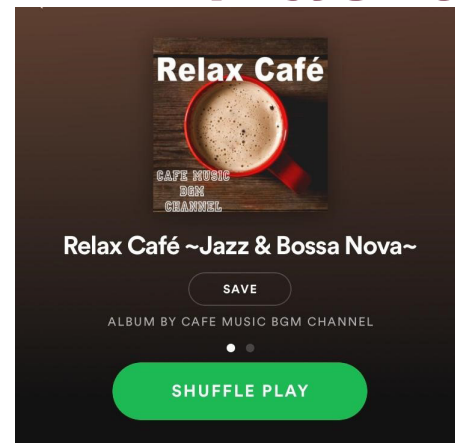


Lily:

It depends on the subject I am studying, but for subjects that do not require as much reading like math, I like playing my favorite upbeat music because it helps me stay in a positive and uplifted mood. When I know I have to read a lot of information, I choose to listen to background music without words instead so it does not distract me. I love the jazz playlists on Spotify because it reminds me of cafe music!

Angel:

"I don't always listen to music because it can be distracting. If I do decide to, it is always relaxing music without words that are subtle, almost like the ones that are meant to make you sleep because it is nice to listen to and does not bother my concentration."



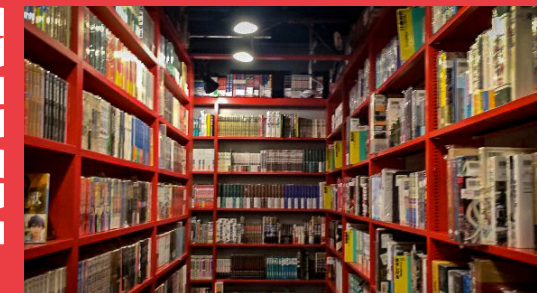
Music

Strolling in NAKANO BROADWAY

Wishers, have you ever gone to Nakano Broadway for reasons other than grocery shopping? Nakano is a niche and rich town. This article will be covering the many charms of the three stories of the Nakano Broadway.

□Mandarake

In this store, there are bookshelves that line up to the ceiling, packed with Manga, Manga, and more Manga. You would be surprised by the amount of Manga. The books are for an alluring price of one book for 100 Yen, and three for 200 Yen. In this store, you might find a manga that will change your life.



□Chojinhakaba (the graveyard of the gallery)

Have you ever wanted to be immersed in the world of the manga about delinquents, "Roudenaku BLUES"? In the store, they play the BGM, have the T-shirt, and the original drawings of the manga! I felt so satisfied by being in the store so filled with the store owner's passion.

□Takoshe

Books, art books, and CDs that have been carefully selected by the store owner are available here. From the entrance, you can feel the disposition of the storekeepers so it takes a little courage to enter, but for sure you will find something to bring back with you.

□Omocha no Pony

All the toys for sale here are retro, and for some reason brings back nostalgia. I found some toys that were popular when I was in primary school, and without hesitation I blurted out "this brings back memories!"

There are probably many of you Wishers who only go to Seiyu, but how about using this opportunity to check out some other stores in Nakano Broadway? You might find some stores with a strong style, but this may be the appeal of your discovery.

GOODBYE 2018,



HELLO 2019!

Can you believe 2018 is over and it's 2019 already? Time surely flies! Hope you all had a fulfilling winter break, but it's time to work hard again for the new year. Surely you've all made some motivational new year resolutions and celebrated this wonderful day, so let's compare your celebration to some of those from these countries and regions.

In Taiwan, we celebrate New Year's twice – once each for the solar and lunar calendar. For the solar New Years, we call it “跨年(Kuà nián)”, which means “crossing”, or “stepping” into the new year. Celebrities and singers usually put on huge shows near landmarks, such as Taipei 101 in the Xinyi District. Thousands of people are attracted to these free shows and start the countdown with friends and family, along with Taiwan's favorite celebrities.

As the clock hits 12:00, fireworks of all colors and designs go off and people shout “Happy New Year!” If you don't fancy going out there and getting yourself in a jam-packed situation, you can always opt for staying in, like my family does. We're always too lazy to go out so we watch the live broadcast of the shows and fireworks on TV, and to be honest I don't feel like we're missing out on too much and it's still good family bonding time as we all look forward to a great year. 新年快樂 (Xīnnián kuàilè)!

Taiwan

Like Taiwan, our main New Year's is the one on the lunar calendar, but we still do celebrate the one on the solar calendar. We call it 신정 (sinjeong), and since it's a national holiday we get the day off. During the Solar New Year, people often spent time with their friends. In Central Seoul on New Year's Eve, many people including my family gather to hear the ringing of the bell in Bosingak on the stroke of midnight. Other people also attend friend and co-worker gatherings, or just spend time with family. It's a great way for close ones to connect even more and hope for happiness and success in the following year. 새해 복 많이 받으세요 (saehae bok mani badeuseyo)!

Korea



New Year's Eve is a major social holiday in the US, and most people, like me, usually host or go to a party with friends and family. In a lot of places, there are also large-scale public events and huge celebrities perform to countdown with the audience. I've always wanted to go to New York's Times Square to celebrate though, since it is one of the most famous aspects of American New Year's, where a ball made of crystal and electric lights is lowered on minute before midnight, hitting the bottom at exactly 12:00. People kiss their loved ones, or even strangers if they're single! Obviously I want to go for the excitement and not the kiss... but anyways we all love a good holiday and I can't wait for 2019! Happy New Year!

USA



“The barriers between RAs and residents, sempais and kouhais broke down a little.”

Every semester the WISH Times team goes through several changes. Old faces leave, new ones join, and it's a really great chance to meet new and interesting people! This semester was my first time as a member too, and it's been a really great experience so far. I was able to get back in touch with my literary side, make new friends and get to know some old ones better!

As a break from the hectic midterm season, and also to come up with future ideas for WISH Times, some of us members went for dinner together on the 27th of November. Before dinner, we had a quick meeting at the dorm. As a team building experience, we each took turns talking about ourselves, bringing up quirky details that you wouldn't normally include in a self-introduction. For instance, I learned that 5th floor RA Ono Yuma is quite possibly the best volleyball player in WISH (!).

At around 19:30, we left the dorm and started

the 15 minute walk to Koenji. The restaurant we had picked out is called BolBol and serves Persian cuisine. Most of us had never tried Persian food before, and the ambience of the place certainly had us anticipating what would come next. Long, elegant draperies with intricate designs decorated the walls, and the deep, rich shades of the upholstery further intensified the exotic feel of the place. The owner of the restaurant, a most amicable gentleman from Iran, got us settled at our table and menus were handed around. Unfortunately, the names of most of the dishes escaped us all, but the food was amazing, with combinations of flavours that you wouldn't imagine working so well together. I particularly enjoyed this sweet chicken stew with crushed walnuts, eaten with steamed rice. Dessert consisted of rose-and-vanilla ice cream (heavenly), and a complementary drink of cardamom-scented tea courtesy of our lovely host, who would come over every once in a while and



chat with us.

As we talked and ate, I realised something felt strangely off-kilter about the atmosphere. It wasn't until later that it hit me; in the different, informal setting, everyone was noticeably more relaxed, talking a little more freely, laughing a little more. The barriers between RAs and residents, sempais and kouhais broke down a little. I thought that this was perhaps another reason this dinner had been organised; to slip out of the monotony of our regular, borderline stressful lives, even if just for a little bit, and unwind for the night.

WISH Times is only one out of several platforms here at WISH where we can not only participate, but also promote our ideas. It's up to each and every one of us to capitalize on and make use of these opportunities, and have fun while doing so!

Special Feature: WISH Times Dinner

WISHOKU: Tangyuan DIY

You might have heard of “WISHOKU” before, when joining dorm events or seeing posters around here. WISHOKU is currently made up of 5 Taiwanese residents, 3 girls and 2 boys. This group was just formed this year, all because of them having leftover tapioca from their cooking before. Thus, they had a small tapioca event in the dorm. If anyone joined a WISHOKU event, you might have felt the members’ passion and love for cooking, particularly sharing Taiwanese culture.

Since the Winter Solstice Festival was arriving in late December, last month, WISHOKU decided to host an event called “Tangyuan/汤圆 DIY”, where you could learn how to make tangyuan. Tangyuan (汤圆) is a Chinese dessert made from glutinous rice flour, mixed with some water to form a ball. These rice flour dumplings can either be cooked and

served in boiling water or deep fried and served in a bowl of sweet syrup or soup. In the tangyuan, it can be filled or unfilled, depending on the occasion. These small round dumplings apparently symbolize family unity, which is an important theme during a time of year when seasons begin to tilt toward spring. Usually this dessert is eaten during Lantern Festival, Winter Solstice Festival, weddings, and family reunions.

At first, the WISHOKU members explained on the background of tangyuan and what ingredients are used to make it. Since this event is a DIY, we are supposed to make our own tangyuan. The members have already provided us with 3 different colored doughs, so all what the participants had to do was to create small circle dumplings that could be ready for boiling. The members were encouraging all of the participants to be as creative as they can. I must say being creative is not easy. Because the size of the tangyuan is relatively small, it was challenging to add creative details on the tangyuan. Yet, there were definitely some cute and creative shapes made, such as having a cube-shaped, strawberry-shaped, and snowman-shaped. After these raw tangyuan with no fillings were done making, they were put in the boiling water. Later on, we could either eat the cooked tangyuan with red bean sauce or sweet ginger sauce. At the end of the event, the WISHOKU members cooked for us tangyuan that had sweet fillings in it. You could definitely see happy faces when everyone was eating the tangyuan. This dessert is considered the best to eat during cold days. If you have time to cook and want to eat something sweet, these sweet dumplings can keep you warm during winter.



Spring Break Special Edition

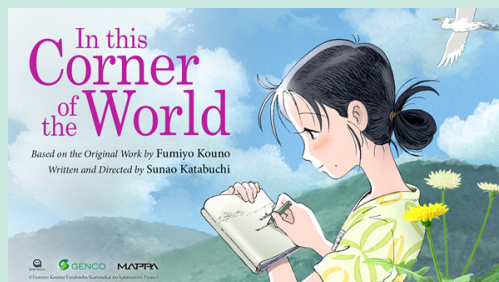
Well hello there! How was everyone's winter break? I imagine many of you returned to your hometowns, went traveling, met with people you haven't seen in a long while... the prospects are many. Now then, once exam season passes, the long-awaited spring break will finally be upon us! Since university spring breaks offer

us a lengthy two months off, one would hope to spend it as fully and heartedly as possible. One such way, of course, is taking advantage of the spring months and spending it outdoors in the warming weather. But for those of us who enjoy the great indoors, watching a riveting movie or curling up on the couch with a good book is a perfectly acceptable alternative.

Never Let Me Go

Based off the original work by Kazuo Ishiguro, this tale is one of fleeting and heart-wrenching romance. The film presents a startling view on humanity and the relationships that they share, and carries with it messages of dark and loneliness. With no one to turn to, it is a story of struggling to live freely in what little time that we have.

This movie taught me to be grateful for our ability to live freely, that we mustn't waste the time we have and spend our days aimlessly, for we have been given the tools and the opportunity to discover the meaning behind our fleeting lives.

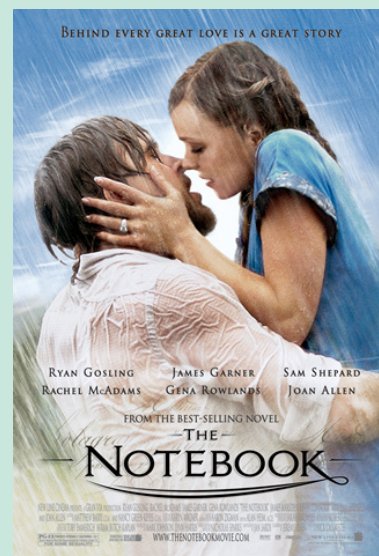


In This Corner of the World

Set against the backdrop of World War II, this slice-of-life tale takes place in Hiroshima, Japan. I wonder why it is that this film makes me cry only after the screen goes dark and the credits start rolling.

The Notebook

An old man tells an old woman a story of young love. So what happens? Who gets to be happy in the end? Well, in the end, love is not about reason, or logic, or even science; it is about two people whose hearts are drawn to one another inexplicably, and it is a beautiful and heartbreaking thing.



While the Coffee's Still Hot

Taking place in the fantastically wonderful Cafe Funiculi Funicula, this is one of those books that make you feel all warm and fuzzy inside. Whether you visit in the past or drop by in the future, nothing really changes. But if people do change, there's a deeper, important meaning behind it. Meaningful words of wisdom are sprinkled throughout like a particularly good spice. Be sure to read it with an attentive eye and an open heart!

Kohi Ga Samenai Uchi Ni



Today's a Lucky Day

Though a bit of an unknown career in Japan, this book tells the story of a speechwriter. Throughout this novel, you will gain a new appreciation for the power of words and the influence they have upon history and the world. People's words are a beautiful medium that reflects our experiences and our lives, and by reading this book, surely your words will change too.

Honjitsu Wa Ohigara Mo Yoku

Blind Love and Friendship

This book makes you doubt everything you thought you knew about new meetings and encounters with people. The events of this story teach you how people and your interactions with them can derail even the most sensible individuals and turn humility into hubris. There is a certain kind of danger that lies beneath the surface of how you choose to deal with people, and this novel contains within its pages an inescapable psychology that we have all at some point in our lives experienced. In a truly splendid way, this tale will betray your expectations at every turn.

Na Koi To Yujo



