

Aikido Times

THE OFFICIAL NEWSLETTER OF THE BRITISH AIKIDO BOARD



April 2015



Welcome to the April issue of the Aikido Times.

I would like to start a regular "photo feature" in the Aikido Times. This would be just a single dojo shot that captures the essence of your club, its members and your aikido.

One picture per submission please - and you must have full permission from all those featured in the image.

Send your high resolution picture to me at

mediaofficer@bab.org.uk.

If you have any items you would like to submit then please contact me at: mediaofficer@bab.org.uk

Brian Stockwell, Editor

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"Progress comes to those who train and train; reliance on secret techniques will get you nowhere."

Morihei Ueshiba

SUBMISSION GUIDELINES

1. Maximum article length will usually be in the region of 1000 words. It may be necessary to split some articles over more than one issue of the Newsletter.
2. No payment shall be made for items used.
3. The focus of articles must be on aikido, its impact on people and the community, or contain content which would be of interest and relevance to aikidoka
4. Contributors must be either members of the BAB or be invited to contribute. Other people may submit items for publication and approval from the Board's Executive may be required.
5. There should be no explicit criticism of individuals or other associations/organisations.
6. All material submitted must be original (i.e. not breach copyright laws). Appropriate credits and permissions should be included within the submission if relevant.
7. Articles may be edited/corrected at the Editor's discretion
8. The Editor's decision shall be final in determining the content of The Aikido Times.



National Course

Regrettably there will be no National Course this year as it has not proved possible to find a venue suitable for our requirements. However looking forward to 2016, we have already put in a request to return to Cardiff, which meets all our requirements including a massive matted area. As mentioned in the last AT we are always interested to hear from members of possible venues which we might investigate for the future. Also remember that many of our member Associations are running courses throughout the year, in a variety of locations, and these are open to all BAB members. Details of courses are publicised in the Aikido Times and on the BAB website

Coaching

A number of initiatives are happening or planned including the development of a new syllabus for Association Tutors, with the first course being held in April; external accreditation of the BAB Coaching Syllabus; appointment of Tutors to expand the delivery of CL2 courses; Coaching Qualifications for those teaching Juniors; and on-line training opportunities of CLOs and CWOs.

Policies

Reviews have been undertaken of a number of Board policies to ensure the organisation remains fit for purpose and these will be reported to the Board, in May, for approval.

Aikido Development Plan

This is effectively our Business Plan and enables the Board to set priorities and monitor how targets are being met. Guidelines on how to operate a similar system will shortly be available for Associations.

Insurance

The Committee were delighted to note that the Insurance Officer had effected a further reduction of £2500 in respect of our premium for the current year. Copies of the current Insurance Documentation are now available for members on the website. New guidance is also available on the website on the requirement for a Doctor's note in the event of an accident.

(Editor's note: please also see further article on insurance in this issue)



A Couple of Insurance Questions Answered

Vincent Sumpter: BAB Insurance Officer

Claim by an individual member against any other third party

I asked Endsleigh to explain the level of cover offered through our insurance policy where an individual member is injured by or through the negligence of a visiting Coach/Instructor or other aikikdoka, where these persons are NOT insured with the BAB.

The situation is quite straightforward where the parties involved are both insured through the BAB. The 'member to member' civil liability element of our insurance policy gives cover up to a maximum of £5m.

Things get a little muddled, however, where the individual (Instructor or student) you want to sue for damages/compensation is NOT a member of the BAB. Ask if they have martial arts insurance cover through their own organisation and, if so, what is their level of cover? If you are satisfied with their cover then you would be able to pursue a claim through THEIR organization and insurance company. Our insurance policy does NOT provide any cover for our members to sue other third parties and, unlike 'motor insurance' policies, does not work on the "knock-for-knock" principle; that is, where the claim is actioned and settled by your own insurers.

Where the situation is that the visiting instructor or student has NO insurance there is no cover for injury to members by the uninsured parties. Members would have to pursue a civil claim through law – but, remember, you can't get blood out of a stone!

All our members do, however, have limited personal accident insurance (covering death, loss of limb, eye or hearing, permanent incapacity) through our insurance brokers so, provided the injury sustained falls within the terms of this policy (that is, caused through your training or whilst on BAB/Association/Club business) you can pursue a claim for personal accident through our existing insurance policy.

The moral of this scenario is:

THINK TWICE BEFORE TRAINING WITH AN UNINSURED PERSON

Allegations of child abuse against a member of the BAB

Because I know that some Coaches/Instructors worry about being accused of child abuse, I also asked Endsleigh, our Insurance Brokers, what the insurance position was for the individual, the Club, the Association and the BAB (the Board and the Executive Committee) when a Club Coach – or any BAB member working with children – is accused of child abuse.

The answer with regard to the BAB Exec, the Association and/or the Club is fairly straightforward; the "professional indemnity" element of our civil liability insurance policy covers the Board, Associations and Clubs against negligence and breach of a duty of care (i.e. failure in a duty to properly supervise). For abuse claims, the limit of cover is set at £2.5m.

The situation is different for the individual accused of child abuse as the matter is, in law, a criminal act and NOT covered under our existing civil liability and professional indemnity insurance policy. However, Endsleigh have indicated to me that they are able to arrange individual quotations for Coaches/Instructors to cover criminal defence costs, but this would not negate the need for the individual to seek their own legal support in the first instance.

Information correct as at 16 April 2015

Aikidoka raises money for the homeless

Liz Davies, Fundraising Officer, BHT

Paul Bonett, a estate agent in Brighton and 5th Dan Aikido, and his friend Jim Stephenson (former director of photography at V&A) are preparing to embark on a huge challenge to raise money for First Base Day Centre, a charity project supporting people who are sleeping rough or insecurely housed in Brighton and Hove.

In June Paul and Jim are cycling from North Ronaldsay in the Orkney Islands down to Paris, over 1000 miles in 20 days. To make it even more of a challenge Paul will also play a round of golf or teach Aikido every other day, and then cycle the Brighton to Paris leg in under 24 hours.

Paul said:

“We are doing the challenge to raise money for a cause close to my heart, which is First Base Centre in Brighton. It’s an amazing project and does much needed, fantastic work helping people who are homeless move on from life on the streets.

I love cycling, golf and Aikido so wanted to combine them to do something epic and challenging. I did the Ultimate Brighton to Paris Cycling Challenge last year (under 24 hours), which was really hard and also a lot of fun. But I thought I could do something even bigger and harder this year!

The ride will be a serious challenge, and I think it will be toughest around day 6 or 7 when the initial excitement has worn off and we are still a long way from Brighton. Jim and I are not spring chickens any more, we are both over 60 (some might say silver foxes!) but we are both good at motivating each other to stop slacking.

We are so pleased to be backed by the Agents Giving charity which supports Estate Agents across the country to raise money for worthy causes.

We want to encourage people all through the country to take part, there’s something for everyone and it should be a lot of fun. Come and cycle with us, play golf with us or practice aikido with us and help us make it a really fantastic event! It’s all for a great cause too which really is the critical thing.

You can follow our progress and find out where you can join us on our blog:
<http://www.crazyguyonabike.com/OrkneytoParis>”



DISCLAIMER

The BAB has taken all reasonable care to ensure that the information contained in this Newsletter is accurate at the time of publication. The content is for general information only, and the views expressed herein are not necessarily those of the BAB.

The BAB accepts no responsibility for the consequences of error or for any loss or damage suffered by users of any of the information contained in this newsletter.

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How good a teacher is your teacher?

Mark Hardwick

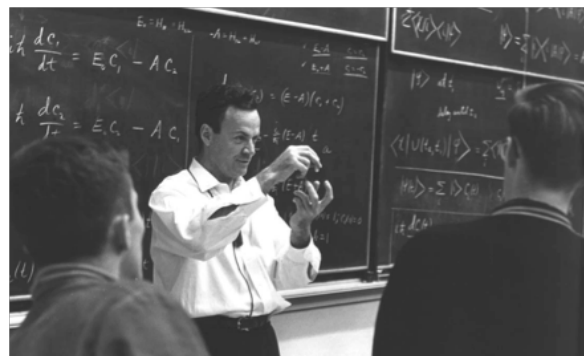
The views expressed in the following article are personal, and are not representative of any professional educational body. It should also be noted that the article is about martial arts in general, and not specifically about aikido. The Editor would welcome responses to the article, particularly from those who have experience of academic teaching or martial arts teaching.

They teach us how to fight, teach us how to stay fit and healthy, and they teach us humility, respect, and integrity. In many cases they transform our lives, yet most have not been taught how to teach, certainly not in the formal sense. Martial arts instructors, like academic teachers and lecturers, range in standard of teaching. As in academic institutions, some may be brilliant and some may be hopeless. This article attempts to assess and compare the overall relative standards of teaching between martial arts instructors and formally trained academic teachers and lecturers.

A martial arts instructor will usually learn his/her teaching style from experience and from emulating his/her own instructors. There will naturally be guidance offered, mistakes made, and continual development through instinct and trying different things. However, the influence of each instructor's instructors will usually remain prominent, and so their standards, whether good or bad, permeate through the martial arts generations. The process of learning how to teach in the martial arts is therefore one of gradual assimilation, which is often intangible, but as long as good examples are followed it remains a very effective methodology.

By contrast, an academic teacher or lecturer will usually have spent three or four years in training (which includes learning their subject). They will understand the extensive theory behind teaching methods and different learning styles. They will learn about the requirement to accommodate different ability levels, and to ensure that the needs of people from all backgrounds and cultures are met in accordance with the law. They will become familiar with the practices and standards laid down by government and the academic teaching profession. All of this will culminate in the award of a formal teaching qualification, often at degree level or beyond, and they will be formally approved to work in a school, college or university. Thereafter, they will be assessed every year through a quality system which includes a formal observation. Every now and then an inspectorate such as OFSTED will also take an interest and further evaluate the teaching.

This formal and 'qualified' approach, although rigorous, is no guarantee of standard. It can just mean that a process has been learned, negotiated and executed in a performative way. The measure of teaching standard really lies in what actually happens when the teacher is placed in front of a class of students on a regular basis, and if things do not go well, all the theory and all the certificates in the world won't help. A formal teaching qualification does not require that teachers are inspirational, charismatic, or (rather worryingly) even competent in their subject.



Martial arts instructors are not required to undergo any of this. Of course they may if they wish to, but no professional or governmental body will enforce it. The requirement to be able to instruct in the martial arts is set by the various martial arts governing bodies and organisations. Often this will involve attending and completing courses in coaching or teaching which are offered by the organisations, but these are usually of short duration (measured in days or weeks rather than years) and so cannot match the prolonged and intense formal teacher training courses which those in the academic community endure. Some martial arts instructors do not attend any sort of coaching or teacher training at all, but this does not necessarily mean that their standards of teaching are lower.

Curiously, lacking a formal teaching qualification is not necessarily a disadvantage and it may even be an advantage in many respects. The martial arts instructor is uninhibited and unconstrained by the formal expectations which are placed on the academic teaching profession. Often these expectations stifle flair, creativity, and individuality; and they do not require subject competence. An academic teacher may gain and maintain a clientele because they want a qualification, or because the law says they must attend education. Martial arts instructors cannot rely on this, they occupy their positions because of their martial arts ability, and because they are entrusted by their martial arts organisations. Their students attend on an entirely voluntary basis, and so the quality of the class itself is one guide as to the quality of the teaching.

Much of the formal academic training which is undergone by professional teachers and lecturers has hardly any significance when related to actual teaching. It contains a panoply of trivial and facile theorisations, and turns the most basic of concepts into over complicated indulgences. Once in the workplace, the teacher will then usually find that he/she must negotiate a nightmarish and unnecessary bureaucracy on an ongoing basis. This takes times time away from teaching, and from maintaining subject expertise. Of course there are many benefits to academic teacher training also, but while the martial arts instructor may not gain access to these benefits, nor do they suffer the disadvantages which can detract from teaching quality. Therefore the martial arts instructor is released from unnecessary constraints.

The standard of academic teaching is monitored by schools, colleges and universities and is subject to official regulation. Regular checks on standard are made, and although the integrity of this standard is open to challenge, it is at least a universal standard to which all must conform. The martial arts instructor may practice without supervision and without having to demonstrate or justify his/her teaching. So whilst the martial arts instructors are released from constraints, they are then subject to an enhanced responsibility, as they must govern their own teaching standards. This can lead to a 'free for all' and a diminution of standards where inexperienced, over-enthusiastic, or in some cases corrupt individuals teach without first attaining competence. However, as the best martial arts organisations are aware of their responsibilities and act with high integrity, this freedom can also lead to the highest of teaching standards.

As mainstream education becomes more and more commercial, academic teaching is often swayed towards meeting statistical and financial outcomes. This means that the integrity of teaching itself can be relegated to somewhere in the background. Accomplishment in the martial arts requires that integrity is placed centrally, and so standards are less likely to be compromised by extraneous demands, and it is more likely that the emphasis remains on the important things, i.e. passing on knowledge and doing things properly.

Formal teacher training courses like to over complicate things, and the art of teaching is actually more simple than might be imagined. Principally, a good teacher needs to have good subject knowledge and a way to communicate it. In the martial arts, good subject knowledge equates to attainment of the required standard in a particular art. Communicating this is often a matter of natural ability; some teachers just seem to be able to do it. To accomplish this communication, the martial arts instructor not only has to know something, they also need to be able to do something. This combination of knowledge and application is similar to that of a (for example) carpentry teacher. The doing of the skill is an important part of the communication of it, and if this is weak, there is no hiding place. If the martial arts instructor loses his/her balance, or fumbles around for a joint lock, this is immediately noticeable.



If someone lacks a natural ability to teach, they can still be transformed into a reasonable teacher through a process of training. Natural ability though is easy to overlook. If someone has the innate ability to understand what the student needs to understand, and to convey what is necessary, this is a natural attribute. The best academic teachers have it, as do the best martial arts teachers. It is therefore likely that the best teachers would be good anyway, regardless of how much training they have received.

In conclusion, it must be remembered that standards of teaching in both academic and martial arts domains vary considerably from very good to very bad. However overall, teaching in the martial arts, despite the apparent disadvantage of a lack of access to formal training in the art of teaching, compares very favourably with conventional academic teaching. It is at least as good, and very often better. This is because a high degree of technical proficiency is necessary and this is usually commensurate with a high quality of teaching, and also because high standards of martial arts instruction are passed through the generations through assimilation and transference. Martial arts instructors should be confident in their status as teachers, and should be aware of their responsibilities to their arts, and the influence they have on their students.

Mark Hardwick is a lecturer in Sports Science and a martial arts instructor



Stay in touch
and get
involved by
visiting the
BAB official
Facebook page

This gir CAN... and DID!

Sion Oxford, Satomi Kai Aikido

You may have seen the new advertising campaign on the TV or at the cinema over the last few months for “This Girl Can”, a national campaign developed by Sport England. They describe it themselves as “a celebration of active women up and down the country who are doing their thing no matter how well they do it, how they look or even how red their face gets”.



It appears that fear of judgement is a major factor in stopping many women from taking part in physical activities. We all know that the last thing any martial arts club needs is another obstacle discouraging new people from taking that small, but unnerving first step through the dojo door.

Our own club has been suffering from quite a severe gender imbalance for some time, and we have been looking for some way to address it. No one wants to say it, but it's very difficult to directly target women as new members without coming across a bit creepy, so The This Girl Can campaign couldn't have been better timed for us. Aikido is naturally an excellent choice for ladies, if we can just get them through the door. While the excellent TV advert was getting women thinking about doing something physical, this was our opportunity to have these people at least look our way.

Registering was straightforward, and supplied us with a good media pack, including logo files, poster templates, guidelines, and a few ideas about how to present ourselves, so it was a relatively easy task to turn these into some eye-catching promo material.

With the look sorted, next was what to say on them? We couldn't ask the female members what drew them to the club... we didn't have any, so we had to look elsewhere. Another Aikido club was already doing some good work to encourage female members via their website, and a quick email to the nice people at Pinner Aikido dojo was all it took to get permission to add some of their wording to our own promotion.

With the national campaign working to show that judgement is a barrier that can be overcome, it was our task to remove as many of the other obstacles as we could.

The most obvious was that of gender. The level of physical contact can be pretty full on for people that have never tried martial arts before, without the addition of a room full of sweaty blokes, so we wanted to make this a completely female only event.

With the men kicked out for the night though, we were risking things being too quiet if only one or two ladies turned up. It's important for new people to have a background of a happy, busy class, so our guys were set to conscripting, and a supporting troupe of wives, colleagues, friends, sisters and daughters kindly came and took part to provide that atmosphere.

We have three instructors at Satomi Kai but amongst all our varied experience, none of it involves being a woman, so once again we looked to another club for help. We were lucky to have Aimee Fairburn, a BAB CL2 coach offer to come and teach for the night. It says a lot for the cooperative attitude of our local martial arts groups, that a club sharing our catchment area, and by all accounts could be considered our competition, were more than happy to help support us in boosting our own membership.

Another obstacle to new people is simply 'the unknown'. By being as clear on our promo material, and supporting it with additional information on the web site, it was easy for interested people to get more of an insight into what it might be like. Contacts were on everything, and we had a lot of enquiries from people, checking and nervously double checking various details.

The last thing was obvious and easy. Make it free. It's much more appealing to have a try of something if it's going to cost you nothing.

The feedback we've had from the class so far has been really positive. Aimee did a great job of running the session, and all the women left the room smiling.

Will they come back? Who knows. But we helped get some people to try something new, and even if they don't return, hopefully it's given some people the impetus to try other new things too.

And if they do? Maybe by the next time we try something like this, one of those ladies will be a female instructor of our own.



Joe Price

Despite originating on different continents, many similarities can be seen between Aikido and Systema. Both focus on moving around an opponent's attack instead of countering it head-on while maintaining a relaxed state of body and mind to throw or incapacitate an aggressor. Such similarities offer an interesting perspective on the convergent evolution of martial disciplines and can provide knowledge and ideas easily applicable to one's own study of Aikido.

In late January Sheffield Shodokan Aikido hosted a joint seminar with Systema Talanov London examining the similarities (and differences) between the two forms of study. Alongside other members of the dojo, I was given the opportunity to demonstrate the system of Shodokan Aikido to Systema practitioners, while also getting to learn about and practice Systema.

The first difference that became clear to me was the relative freedom of practice offered by Systema. The martial art has no formal katas, something which I found very alien after years of training and perfecting a distinct order of precise techniques. After getting over this initial struggle and relaxing into the more open form of practice I found the difference to have some very interesting implications. It is fascinating to examine how a change not in the actual content of the martial art, but in the approach to study, can alter one's thinking and physical reactions. The freeform practice of Systema allowed for much more experimentation and open thinking, but seemed to create more limitations in terms of actual technique, as there was no structured syllabus to fall back on when in a more novel situation. For my own study of Shodokan Aikido, freeplay definitely has its place, mostly from a sporting perspective, but I feel like my grounding in formal technique has advantages when it comes to working with unpredictable attacks and situations.

When looking at the actual form of Systema versus Shodokan Aikido, the similarities became more striking and crossover was far more evident. The Systema practitioners put a lot of emphasis on breathing in order to relax the body and prepare it for an attack, using movement and avoidance instead of tension and force to avoid an aggressor and immobilise them. This was where – as an Aikidoka – I began to feel more at home. We practiced dealing with attacks from various weapons, notably the knife and jo, and the pace was suitably relaxed for a beginner like myself to experiment with moving around these attacks, trying to disarm and incapacitate my partner. The focus was much more on ground-work than in Aikido, but this provided an interesting parallel – I was able to test my own techniques from a different approach, finding that some were more effective than others!

Overall, the day provided a great insight for both Systema and Aikido practitioners alike. When giving such commitment to progression in a singular martial art – as many of us do – it is easy to become narrow-minded. As Aikidoka we should strive to perfect our own technique, but it should never be forgotten that there are always things we can learn from other martial arts, and – more often than not – exposing ourselves to different studies will only improve our skill, and help to strengthen the martial arts community as a whole.



Scott Allbright 4th from the left frontSamuel Benson, Systema instructor, centre front

Exploring the point of contact

Richard Small

I'm sure that many of you will already know a great deal more about the point of contact principles and through this newsletter might share your own insights. Let us travel together a while and see where we might agree and help each other.

Surely principles in Aikido unite us, even some principals may not. It's a paradox that followers of Aikido sometimes fail to engage in its philosophy with other clubs, teachers or styles. This is a route to conflict and disharmony – how strange is that?

I've picked a Jo nage technique just to illustrate my current understanding about the point of contact. We all know that written articles cannot transmit perfect understanding; there's no surprise that this one's no different.

The photo shows the technique half way through and about the place where movement can often become difficult for nage, a place where they may be tempted to add force to the point of contact and so become the attacker.

If nage feels the struggle at this point then they must be in conflict and therefore not Aiki.

They are in conflict with their partner, in conflict in their own mind and in conflict within their own body. Ego, the need to be the winner, the greater enemy living within, can prevent effective aiki. Human beings usually enjoy the feel of their own power, that desire can cause problems. (It begins the moment a child first presses their feet against the floor – they just love that feeling). At any time you feel your own power realise that you only feel it because it is coming back to you. If it's coming back to you it is available for your opponent to use against you. At the point where you no longer feel your own physical power returning, (note carefully that this does not mean collapsing, retreating or giving in – in fact the opposite will become true) the energy of the attacker is absorbed, dissipated and confused for they no longer know where to apply their own force.



We can retain the point of contact for sensitivity but we should not act directly upon it. Breathing and maintaining centre is protective in itself, no extra power should be added to the point of contact as that can be self defeating. If you conflict at the point of contact the opponent will know your intention and power, in reality they are just as capable of using that information as you are.

In general, mindfully acting on the point of contact only results in conflict and struggle, often this means that the strongest will win. Also if you disturb the attacker in their chosen action then they will change how and what they do. E.g. a blocked hand might invite an elbow strike instead. (This 'non compliance' would rarely be explored in an Aikido class, which is a shame as it relates to an important principle).

Let them go where they think they want to go, let them think they are successful – in fact let them feel that they have succeeded. Though their eyes will clearly tell them that they have failed, their body tells them otherwise. The mind will almost inevitably believe body over sight and the attacker will ignore the truth told by their eyes.

Back to our specific Jo nage example; a sincere, uncompromising and mindful use of, in this case, the right hip results in a harmony at the point of contact with the attacker. It also allows retention of a balanced centre throughout. Everything moves around that centre and remains the case whether using the hips or stepping.

There should be no slack in the body, or mind either, as you should be as one, united in principles; a relaxed concentration with open joints should permeate your entire body, in relaxation, energy can flow. Major blocking points for our own energy are shoulders, neck and hips; the block is caused by tension. For all the skills of many Aikidoka, their own understanding of body awareness is often sparse or nonexistent. I believe this to be an error in many of our studies and may well find correction in Ki style exercises and some mind/body meditations too.

Avoid putting your own mind at the point of contact; this deprives them of any messages of conscious intent. If the opponent is unaware of the intention or location of your power then they will find it difficult to respond. Remember, they will believe their body over their eyes. To enable whole body power at the physical level and this is where body awareness comes in, you need to cross connect your body, i.e. opposite arms and hips. This cross connection of the body creates great internal power – why would you not want it? There is nothing wrong with being powerful, just take care how you use it.

How often has the teacher said, “use your hips”? How often has the teacher said, “this is how to use your hips.”? How, is very important and training with weapons is a useful mechanism to exploit the understanding we need.

It’s too much to go into here but the hip should feel like it is melting away, disappearing, it is not a solid feeling of engagement. It’s all about body awareness and the intelligent use of mind.

Power can be delivered to the point of contact or more accurately power travels through the point of contact without force, without conflict. Providing you do not act mindfully at that point itself.

I am happy to share in classes or workshops any skills I may have with interested Aikido teachers and clubs, regardless of style. Richard Small 4th dan TIA Europe www.aikijo.weebly.com

RIGHT TO REPLY

HAVE YOUR SAY HAVE YOUR SAY HAVE YOUR SAY HAVE YOUR SAY HAVE YOUR SAY

Do you want to respond to any item in the Aikido Times?

Do you have your own perspective on any of the issues covered?

Maybe you have something really positive to say about a particular item that you found helpful or interesting. If so then please send in your comments and we can publish these in the new “Right to Reply” section

Kobayashi Aikido Dojos UK

Summer Seminar



We welcome Hiroaki Kobayashi Sensei back to Cardiff for our annual summer seminar. Hiroaki Sensei has only recently been promoted to 7th Dan in the Aikikai's annual Kagamibiraki ceremony at Hombu Dojo, Japan.

Our seminar will run from Friday 14th August – Sunday 16th August, 2015.

Join in with our International seminar with Hiroaki Sensei. All styles of Aikido and Association members are welcome.

Keep up to date throughout the next few months on

www.aikidokuk.co.uk and via Facebook

www.facebook.com/AikidoKobayashiDojosUK

Scottish and Borders Birankai Spring Camp 2015

May 23rd - 25th
Stirlingshire, Scotland

with guests

I Hasan

Chief Instructor
Aikido of London

P Masztalerz

Chief Instructor, Wroclaw Aikikai
Poland

and

Scottish and Borders Birankai Senior Teachers

Zazen

Body Art

Weapons

Iai Batto-Ho

Places are limited for residential accommodation.
For enquiries contact Paul Robinson at
springcamp2015@gmail.com

“Wha daur meddle wi me”



Wellsprings Aikido 

2015 Aikido Taisai

A celebration of Aikido to honour O-Sensei and all the teachers who have gone before us as a result of whose efforts we can train aikido today. Training sessions with

Sensei Paul McGlone 6th Dan, Poole Aikido Club
Sensei Richard Mulcahy 6th Dan, ZanShin Ryu Aikido
Sensei Pete Reynolds 5th Dan, New Forest Aikido
Sensei Richard Small 4th Dan, Aikijo

Sunday April 26th

10pm – 4pm

(registration from 9:30pm)

at **Moreton Village Hall**

Moreton, Dorset. DT2 8RD.

Entry by donation

(suggested amount £30)

Our grateful thanks to the Sensei who have all kindly donated their time for this event. **100% of profits Donations** can go to a charity working in our local community. In 2015 we will be supporting:

Moreton Village Hall fund

If you are intending to come to train at the Festival please let us know by emailing enquiries@wellspringsoftheeast.co.uk so that we have some idea of the numbers attending.

Remember to bring your bokken, jo and proof of insurance!

Wellsprings Aikido Celebrating 5 year of Joyful Training

More details and timetable at www.wellspringsoftheeast.co.uk

AIKIDO
RISING SUN AIKIDO WELCOMES

Larbi EL AKEL

6th dan Aikikai

15, 16 & 17 MAY 2015

Friday 15	Saturday 16	Sunday 17
19.00 to 21.00	10.00 to 16.00	10.00 to 15.00

Locations:

Friday
The Campus
Highlands Lane
Weston-Super-Mare
BS24 7DX

Saturday & Sunday
Hans Price Academy
Sports Centre
Marchfields Way,
Weston-super-Mare,
Somerset BS23 3QP

Fee:

Friday	£10	
Saturday	£25	£40
Sunday	£25	

400²m
of Tatami

Enquiries: Phil Benge
Tel: + 44 (0)7786 513 973
or: sensei@risingsunaikido.org.uk

Renseignements en français
Chantal Tel: + 44 (0)790 139 80 91
or Email: latchan@hotmail.co.uk

OPEN TO ALL STYLES & ASSOCIATIONS

PLEASE BRING WEAPONS & PROOF OF INSURANCE.



Richard Simms shihan , 8th Dan
Saturday 30th May 2015 10.00- 1300, 1400-1700

Kokoronokai centre
24 ST.MARY'S WORKS, DUKE ST, NORWICH, NR3 1QA

£15



Richard Simms shihan demonstrating at the International takemusu aikido kai seminar Sao Paulo Brazil 2013 (Photo by Ana Falcão)

To book and for further information please contact Peter Downs via the contact form at <http://www.takemusu-aikido-kai-norwich.com/#!where-to-find-us/cuhv>

Please bring weapons and proof of insurance. We suggest you also bring a packed lunch. Drinks and snacks (crisps, nuts etc) are available to purchase at the Kokoronokai Centre.

Richard Simms has been training in aikido for about 40 years and is the head of takemusu aikido kai in the UK. He was awarded 8th Dan in July 2014 by the takemusu aikido kai honbu in Japan.

Takemusu aikido kai was founded by Toshinobu Suzuki in 1970. In 1975 he became independent of the aikikai with the authorization of Kisshomaru Ueshiba to use the name of takemusu aikido. Suzuki Toshinobu was graded 10th dan and designated one of the "aiki juku" (master teachers who had been personally trained by O Sensei).



KURAI AIKIDO

40th Anniversary Celebration course

SATURDAY 23rd MAY 2015

9.30A.M – 4.30P.M.

(Registration from 9.a.m.)

Sensei Jack Poole 7th Dan

Sensei Gary Masters 7th Dan

Sensei Leslie White 7th Dan

Sensei Roy Sheppard 6th Dan

Sensei Marill Poole 6th Dan

Sensei John Jenkin 6th Dan

Shihan Chris Roworth 5th Dan (10th dan Bujinkan Master)

ALL AIKIDOKA WELCOME, IN HARMONY. NON BAB MEMBERS WILL BE CHARGED £5 FOR INSURANCE.

Course Fee: £20 (including refreshments)

PLEASE NOTE: This year's Course will be held at:-

**High Wycombe Judo Centre
Barry Close,
High Wycombe
Bucks HP12 4UE**

For directions/map see www.kuraiaikido.co.uk
Contact: 01895 636344 or email kuraiaikido@hotmail.com

Aikido in Hertfordshire

are proud to announce a seminar with



DANIEL
TOUTAIN SENSEI
6th Dan Aikikai

Direct student of:

Morihiro **SAITO** Sensei 9th Dan Aikikai (1992 - 2002)

Nobuyoshi **TAMURA** Sensei 7th Dan (1978 - 1982)

Masamichi **NORO** Sensei 7th Dan (1968 - 1978)

Friday 16th October 18.00 - 21.00 (registration at 17.30)

Saturday 17th October 10.00 - 16.00 (registration at 09.30)
in Stevenage, UK



to book, or for more information and videos of Sensei Toutain
please visit www.aikido-hertfordshire.co.uk/16oct.html
or email 16oct@aikido-hertfordshire.co.uk



Upcoming Events

Broadland Aikido Club

Presents

Shane Riley Shihan

7th Dan

Principal Of White Rose Aikikai



This year Sensei Riley will be celebrating
40 Years of Aikido training and teaching



合気道

25th & 26th April 2015

Sat 11am – 5pm / Sun 10.00am – 1.30pm

Adult's £25 weekend / Sat £20, Sun £10

Children £12 weekend / Sat £10, Sun £5

Please bring Jo / Bokken and Proof of Insurance

**PLEASE BOOK EARLY
TO ENSURE YOUR PLACE**

Nirvana Fitness Ltd
Pinbush Road
South Lowestoft Industrial Estate
Lowestoft
Suffolk
NR33 7NL

Phone: 01502 515062 or 07949 803064

Email: frank.burlingham@virgin.net

www.broadland-aikido.co.uk



Atsushi Mimuro Sensei, 7th Dan

Sunday 12th July 2015

Marple, Cheshire



Mimuro Sensei is Director of Yokohama International Aikido Club, Coach of Meiji University Aikido Club, Tokyo. He studied for more than 20 years with the late Seigo Yamaguchi Shihan. People who have attended Mimuro Sensei's courses before will know that this will involve great teaching in a fabulous atmosphere. We look forward to seeing old friends and welcoming new ones

Times and venue to follow.

www.marpleaikido.org.uk

for more information

Sensei Pat Hendricks 7th Dan International Teacher

合気道



**Special Weapons
Only Day on Friday**

A review of historical
changes and variations of
Ken and Jo techniques

Godolphin School
Milford Hill, Salisbury Wiltshire SP1 2RA

10th 11th and 12th July 2015

Aikido Seminar

Contact: John Gorzanski
Telephone +44 (0) 1425 655194
Email: Info@Takemusu.co.uk
Website: Takemusu.co.uk

THREE RIVERS AIKIDO

proudly invites you to the 5th annual

AIKIDO TAI SAI FRIENDSHIP SEMINAR



*Ray Gardiner Sensei
Three Rivers Aikido*

Three Rivers Aikido and Takemusu Aikido Göteborg are happy to invite you to the 5th annual Aikido Tai Sai Friendship Seminar in High Wycombe.

This is a one day seminar taught by Ray Gardiner Sensei and Mats Strömgren Sensei. Together they have close to fifty years of Aikido experience and between them have been uchi deshi in Iwama and Aikido of San Leandro numerous times

Three Rivers Aikido is a member of California Aikido Association under the tutelage of Pat Hendricks Sensei. Takemusu Aikido Göteborg is a member of Iwama Shin Shin Aiki Shuren Kai under the tutelage of Hitohira Saito Sensei.



*Mats Strömgren Sensei
Takemusu Aikido Göteborg*

Sunday 26th April 2015

FOR FULL DETAILS PLEASE SEE

www.threeriversaikido.co.uk/seminars.html



Move like a beam of light:
Fly like lightning,
Strike like thunder,
Whirl in circles around
A stable center."

- from The Art of Peace, a collection of quotes by O'Sensei translated by John Stevens

INAGAKI SHIHAN

AIKIDO KOSHUKAI

SATURDAY 23 AND SUNDAY 24 MAY 2015



The NIA
Sports and Leisure Centre
Birmingham
United Kingdom

Shigemi Inagaki Shihan was born and raised in Iwama. In 1958 he became a student of the Aikido Founder, Ueshiba Morihei O'Sensei. After graduating from Nihon University in Tokyo in 1969 he spent 2½ years in the Iwama Dojo as uchideshi under Morihiro Saito Shihan.

Today Inagaki Sensei is one of the most well known, and experienced, teachers from the Ibaraki Shibu Dojo. He travels worldwide to teach, and generously shares his deep understanding in Aikido, based on almost 55 years of training, as a direct student of O'Sensei for 11 years, and for many more under Morihiro Saito Sensei. One special feature of his teaching is to incorporate talks about what Aikido has meant to him, and of his views on the spiritual dimension of Aikido.

SHIGEMI INAGAKI SHIHAN [8° DAN AIKIKAI] FIRST SEMINAR IN THE UK

SCHEDULE	SATURDAY		SAT EVENING PARTY	SUNDAY		AIKI KEN, AIKI JO AND TAI JUTSU Please bring bokken, jo and insurance both days
	Registration 11am	12pm - 2pm		Registration 8.30am	9am - 11am	
		3pm - 5pm		12pm - 2pm		

SEMINAR FEE	BOTH DAYS	£80	Advanced payments via Bank Transfer: Sort code 55-70-49 Account 83680101, by cheque, or by PayPal on the official website: inagaki-koshukai.co.uk
	ONE DAY	£45	

CLOSEST HOTELS

City Nites	1 Edward Street B1 2RX	0845 233 1155	Jurys Inn	245 Broad Street B1 2HQ	0121 606 9000
The Hampton	200 Broad Street B15 1SU	0121 329 7450	Novotel	70 Broad Street B1 2HT	0121 619 9002
Hilton Garden Inn	1 Brunswick Square B1 2HW	0121 643 1003	Premier Inn	80 Broad Street B15 1AU	0871 527 8076
Hyatt Regency	2 Bridge Street B1 2JZ	0121 643 1234	Travelodge	230 Broad Street B15 1AY	0871 984 6064

TRAVEL TIPS	CAR	Follow signs to Birmingham city centre. Motorways - M1, M5, M6, M6 Toll, M40 and M42
	BUS	Visit Network West Midlands [networkwestmidlands.co.uk] or National Express [travelwm.co.uk]
	TRAIN	Birmingham New Street Station and Five Ways Station are both a short distance from the venue

The NIA Sports and Leisure Centre, St Vincent Street, Birmingham B1 2AA

THE ORGANISERS RESERVE THE RIGHT TO MAKE CHANGES AT ANY TIME — FULL DETAILS ON THE OFFICIAL WEBSITE

Visit inagaki-koshukai.co.uk

For more info call 07949 590788