

Aikido Times

THE OFFICIAL NEWSLETTER OF THE BRITISH AIKIDO BOARD



Welcome to the August issue of the Aikido Times. It's been great to hear all the positive comments about the 'new look' for the magazine. This is thanks to you for sending in such varied and interesting items.

So, my thanks to all of you who have sent in articles for publication, and in this issue we have some more detailed submission guidelines (see page 000)

When submitting something for publication please send in some pictures or illustrations to go with your article (make sure you have permission to use photographs). Course information for the web site should go direct to the BAB Webmaster (Steve Billett).

The next issue will be published on 16th October with a cut off date for submissions on the 11th September. To help you, the Executive Committee has drawn up some submission guidelines shown below.

If you have any items to submit then please contact me at:

mediaofficer@bab.org.uk

Brian Stockwell, Editor

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.

Coming in the next issue ...

The history of Ju Jitsu Part 2

The Principles of Aiki Part 2

Aikido Warm Up and Cool Down

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This year's National Course will be held at Welsh National Sports Centre, Cardiff, from 9.30-4.30 and is an opportunity for the wider aikido community to train together and experience different styles under the instruction of senior Aikidoka.



This is one of our favourite venues for the National Course offering a Dojo, with a training area of some 400 mats, plus space for spectators. Drinking water is available adjacent to the dojo, and there are on-site catering and vending machines. Extensive car parking facilities are also available.

The town centre with its variety of restaurants and vibrant shopping area is just a short walk away and Cardiff Bay is well worth a visit.

The course instructors are:-

Bill Harris	7th Dan	Kai Shin Kai
Tony Sargeant	6th Dan	Takemusu Iwama Aikido Europe
Marill Poole	6th Dan	UK Shinwakai Aikido
Peter Thomas	6th Dan	Shin Gi Tai Aikido Society
Chris Norburn	5th Dan	Aikido Seishin Kai

The Course is open to all aikidoka aged 18 years and over.

Full details, including directions, and a downloadable application form, are on the BAB web site, www.bab.org.uk but just a reminder that if you pre- book your place it is only £20, compared to £25 on the day. An insurance payment of £5 is chargeable for non BAB Members.



Bill Harris



Tony Sargeant



Marill Poole



Peter Thomas



Chris Norburn

Coach Level 2 Units

October 10th - 11th & 12th 2014

Don't miss out on this opportunity to obtain all the CL2 courses at a great value price!

- Fri 10/10/14 at 18.30 - 21.00 : Young People
- Sat 11/10/14 at 11.30 - 14.15: Fit for Purpose
- Sat 11/10/14 at 14.15 - 17.00: Managing Risk
- Sun 12/10/14 at 9.30 - 12.30 Practice, Skill and Techniques
- Sun 12/10/14 at 12.45 - 15.45 Communication

1 course £25

2 courses £45

3 courses £60

4 courses £70

5 courses £75



Venue: The Campus, Highlands Lane, Weston-super-Mare, North Somerset BS24 7DX

01934 427427

The campus is half a mile off Junction 21 M5.

There is a Premier Inn 1.2m away for anyone wanting to stay over

Contact Philip Benge for further details and express any interest you have with any of the courses.

Contact Phil via email: sensei@risingsunaikido.org.uk

Submissions: technical specification

Text should be in one of the following formats: Word - Publisher - InDesign - PDF - Plain text

Images and pictures: JPG - PNG - TIFF - PSD - PDF

If you have any queries concerning format then please e-mail mediaofficer@bab.org.uk

(please use this e-mail to send in your contributions).

We cannot guarantee to publish every submission, and we may have to edit for length or style.

Please ensure that you do not breach copyright when sending in articles or images!

Articles submitted may also be shared on the BAB's social media channels.

CLICK TO SUBMIT

Benny Yeow



The Muhibbah Aikido Yoshikan Club Negeri Sembilan held its grading exercise in Seremban on the 20th June 2014. Seremban, the capital for the state of Negeri Sembilan, is an hour's drive from the capital of Malaysia, Kuala Lumpur.



The examiners for that evening included Dr Ganesparant, Ivan Szeto, Sharmini and Benny Yeow. Overall supervision was by Master Francis Klyne and Master Yoong Kai Seng. The grading started with the junior belts and was followed by the senior belts.

The whole grading exercise was completed within 40 minutes with the green belts grading which was performed in a group of fours.

Master Yoong Kai Seng provided the group photograph for the evening.

Master Francis Klyne then confirmed the date of our club's annual dinner (which was held on the 28th June 2014) at the Aikido Club itself. He confirmed an expected turnout of 100 visitors from our members and their families. The purpose of the annual dinner is to foster ties between old and new Aikido members. Lots of delicious Malaysian food was served - such as barbecue meat dipped in satay sauce, beef curry, fried rice and noodles and, of course, ice cream for our junior members. It was a memorable night for our Master, Francis Klyne, because our members brought a birthday cake to celebrate the 13th year of our Aikido Club.



First row from the back –Left to right

Lau Chee Fong , Ong Tian Ai , Yeow Khen Loong Barnabus,

Saravanan s/o Vijean , Szeto Jia Chuiw Ivan, Szeto Jia Win Kenny, Joy Choong Hoi Ling , Mishael John Paul, Yoong Kai Seng ,

Middle row – Left to right

Shalini Palani , Francis Klyne, Dr Ganesparant, Benny Yeow

First row in front-Left to right

Monessa Nair d/o Sridaran , Ashwin, Tharani Palani , Ila Madhu Mitran , Kavan s/o S Seenivasagam, Jevvan s/o S Seenivasagam, Ross Neelraj and Jason John Paul

The Principles of Aiki (Part 1)

Dr Alun James Harris



Dr Harris trained in aikido some years ago, attaining the rank of yellow belt. Due to knee problems he was forced to stop training and since then he has been investigating the physics behind Aiki. Dr Harris has a PhD in physics/engineering and worked at the University of Newcastle. He is now retired.

Introduction

Aiki is a fundamental part of the martial arts of Aikijujutsu and the associated art of Aikido. However from the literature available it is not clear what Aiki is! In the books by Kondo and Davey, the word Aiki is used mainly to refer to the initial actions used to unbalance the opponent without a detailed explanation of why these actions should accomplish this. In books on Aikido, no or very little reference is made to Aiki, creating even more uncertainty. Furthermore, what is also unclear is the difference between these arts and other similar arts such as Jujutsu and Judo.

The publications in Aikijujutsu and Aikido categorise the methods to deal with an attack in terms of the initial form of the attack, for example by pushing/striking, pulling or holding a particular part of the body, and the technique used to finally control the opponent, for example a particular form of arm twist. It is usually stated that it is important to unbalance the opponent initially before trying to control him. From the descriptions given, it is not clear in many cases when the unbalance phase starts or finishes and when the control element starts. The same uncertainty exists for the art of Jujutsu and the associated art of Judo. If Aiki is referring to the initial unbalancing phase of the opponent then there should be a clear difference in this respect between Aikijujutsu/Aikido and Jujutsu/Judo.

In an attempt to clarify the above issues, an investigation was undertaken into the method(s) of unbalancing an opponent used in Aiki related arts. It was hoped that this investigation would provide an understanding of the word Aiki and how Aiki related arts differ from other similar arts.

The investigation took the form of studying the photographic and video information available in the public domain illustrating the techniques of Aikijujutsu, Aikido, Jujutsu and Judo, with particular attention being paid to the initial interaction between Tori and Uke where the act of unbalancing Uke was likely to occur. The information from the archive material was supplemented with a study into how humans maintain and lose balance when pulling or pushing or being pulled or pushed. The investigation took on both a theoretical and experimental nature as theories were developed and then tested out. In this way, possible theories were developed for Aiki and applied to the archive material to see how well they accounted for the actions of Tori and Uke during the unbalancing phase of a large number of techniques. The final interpretation of the term Aiki proposed in this article was developed from this process.

To provide the necessary theoretical description of Aiki it is necessary to understand the influence of forces on the body and its effect on balance.

Influence of Forces on the Centre of Mass

The Centre of Mass (COM) of a body is a point where external forces effectively act to produce linear motion of the body. In addition, those external forces whose line of action does not pass through the COM will cause the body to rotate about its COM. The force of gravity, due to the earth, acts at the COM and therefore produces only linear motion of the body towards the centre of the earth. Other forces generally produce both linear and rotational motion of the body. The human body under the control of the mind will always attempt to control the effect of the external forces to prevent unwanted loss of balance and therefore the possibility of injury.

When the human body is not under the action of any external forces then its COM remains at the same point in space as the joints of the body are moved. This means that a body cannot move its COM simply by moving its joints. To move its COM it needs to generate an external force on the body. On earth this is possible by, for example, extending the legs against the ground to create horizontal and vertical motion or pushing against another object with say the hands. By using muscles to extend the legs against the ground an upward force, called the ground reaction force, at the feet is created to balance gravity pulling downwards so that the body does not fall to the ground.

Maintaining Balance when Attacking or Defending

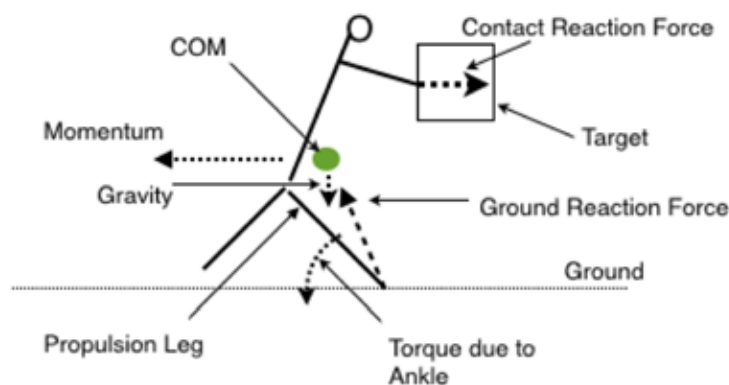
The word balance refers to controlling the forces on the body to prevent unwanted movements. Controlling ones balance is particularly important in preventing the body from falling due to gravity and possibly causing injury on impact with the ground. In this case, balance is retained by keeping the COM within the area of the feet base. Loss of balance means that the body is no longer in control of the forces on the body and therefore is unable to resist the effect of them, which makes it easy to control someone who has lost their balance.

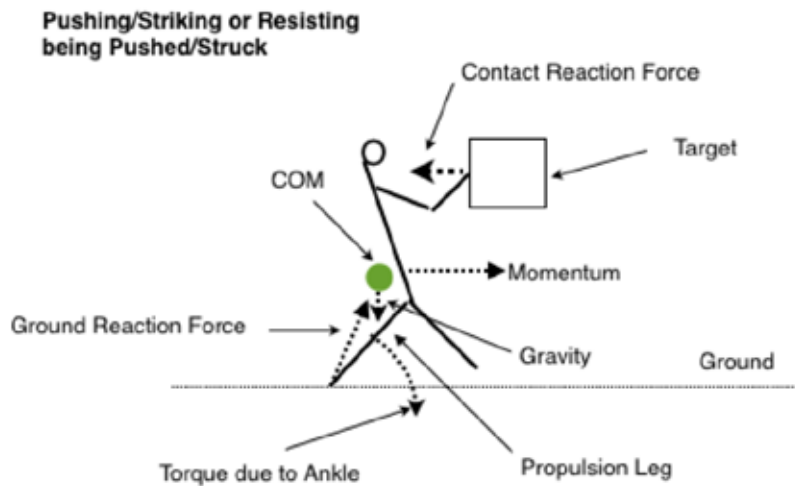
In both attack and defence the body is subjected to an applied force from another body at the contact point. This is called the Contact Reaction Force (CRF). Both bodies, i.e. Tori and Uke, experience the same magnitude of CRF but in opposite directions. The magnitude and direction of the CRF can be influenced by both Tori and Uke. The CRF also helps to keep both Tori and Uke balanced as it supports them as they apply force to each other i.e. the CRF is in the opposite direction to the propulsion force/momentum.

The direction of the CRF is the same when the body is pushing or resisting being pushed. Similarly, the direction of the CRF is in the same direction when the body is pulling or resisting being pulled, but this is in the opposite direction to that of pushing or resisting being pushed. As the direction of the CRF is the same for attack and defence the body balances the CRF in the same way as shown in the diagrams below.

When attacking, the propulsion leg moves the COM, by applying a torque to the ankles/feet, in the opposite direction to the expected CRF to position it so that both the propulsion force, i.e. ground reaction force, that is created by extending the propulsion leg against the ground and the torque exerted by gravity on the COM about the propulsion foot are increased to resist the effect of the CRF. At the same time, the momentum of the COM builds up to allow larger CRF forces to be created. The upper body then applies force to the target which generates the CRF at the contact point.

Pulling or Resisting being Pulled





When resisting an attack, the upper body relaxes and does not oppose the attacking force, i.e. CRF remains at zero, until the lower body, i.e. legs/feet, moves the COM in the opposite direction to the expected CRF. This is in order to position the COM so that both the propulsion force on the COM and the torque exerted by gravity about the propulsion foot on the COM are increased to resist the effect of the CRF. At the same time, the momentum of the COM builds up to allow larger CRF forces to be resisted.

When recovering from a loss of balance, Uke uses the recovery foot to slow his momentum and keep his COM within his feet base. Uke does this by reversing the propulsion process using his recovery leg i.e. placing the recovery leg in the direction of motion and extending it against the ground. This has the effect of creating a ground reaction force which acts on Uke's COM and decelerating it in the horizontal and vertical(downward) directions. However, the COM can still rotate vertically about the recovery foot e.g. like a pole vaulter. This vertical rotary motion is slowed down by the muscles of Uke's recovery leg applying torques about the foot and ankle joints in the opposite direction to the rotary motion. The effect of gravity on the COM will also create a torque about the recovery foot in the opposite direction to the motion. These torques help to prevent Uke's COM from going beyond the recovery foot. However, if Uke's recovery foot is not brought forward quickly so as to give sufficient time for these torques to slow down the COM, his COM will pass beyond the feet base and he will fall outside his feet base. (Wu et al, Robinovitch et al).

Unbalancing Uke

When Uke attacks, force is applied with his propulsion foot to move his COM towards the target and he is expecting to keep his balance with the help of the CRF or the GRF generated by his recovery leg. To unbalance Uke, this arrangement needs to be interfered with. The following courses of action are possible:-

- Resist Uke's momentum by creating a CRF that slows Uke's momentum to zero and then overcome his force so that he tips backwards about his propulsion foot.
- Do not resist Uke's momentum/force but limit him recovering with his recovery foot thereby reducing his stability in that direction. Uke can now be unbalanced in the direction of his original motion using only a small force.

The first method is dependent on strength, stability and technique and is generally employed in wrestling. The second method depends less on strength but more on technique and is employed in Jujutsu (Craig P27) and Judo (Watanabe and Avakian P36). In both methods Uke is unbalanced by Tori's force.

A third method is a combination of the previous two methods where a part of Uke's momentum/force is resisted and the remaining part is not resisted. The resisted part of Uke's momentum/force assists Uke to keep his balance and therefore induces him to keep on applying force (in the original direction) as he becomes aware of becoming unbalanced in the direction of the unresisted part. In this way Uke is unbalanced by his own force. From studying the written and video material available, it is proposed that this method is used to unbalance Uke in the arts of Aikijujutsu and Aikido, that is referred to as Aiki.

Part 2 of this article continues in the next issue

A Review of the *Pushing for Peace* Seminar, Burwell, Cambridgeshire, July 2014.

Richard Small

(note from the author: With no disrespect intended, I have purposely left out ranks and the term Sensei.)

It is almost pointless trying to explain what went on, because unless you were there, you won't believe it and you certainly won't feel it either. At every hour there was a choice of three internationally acclaimed teachers, so a choice had to be made to attend which ever seemed to offer the greatest personal value. Not easy. In no particular order I'd like to share what I thought I gained, yet I know only too well that in the absence of the guiding consciousness of the teacher, what I have to share is only a poor copy of their own mastery.

Of course I attended my own teacher's session, partly in support and partly just in case there was yet another gem to carry home. Tony Sargeant emphasised not only the study of the man (O-Sensei) and his lifestyle (pointing out that many will gladly study his art but not at all how he lived) but that the adoption of 'perfect' technique is neither wasteful in movement nor weak in application. Tony's own teacher Morihiro Saito had often told him, "the technique is strong, you don't have to be."

Once, I chose what I thought was an easy class (no effort on my part) only to find that the teachers had changed places and I was faced with the formidably martial Sandro Caccamo from Rome. In fact he turned out to be a superb and considerate teacher and demonstrated the use of centre and its relationship with early sword work and application of Aikido. He reminded me on a number of occasions to reduce strength and keep to centre (something that I'd thought I already knew ... in my dreams eh?) He could effectively neutralise an attack then issue his own soft but unstoppable power from centre into an uke unable to escape. (This was a similar power to that which I have experienced in tai chi, you just don't know where it is coming from, similar to being lifted by a wave in the ocean, you feel the power of movement yet nothing seems to be touching you).

Paul Linden was superb, in all he did and said. He is a man of slight build and suffers from Parkinson's, his attitude and ability are awesome, his sense of humour and his humility second to none. "Are you ready?" he asked his young uke as he prepared to launch an attack. "Yes", she replied. "Wrong answer", said Paul. The truth of the matter? When you ready yourself you tense, when you are 'not ready' you relax. (I suspect you can prepare for the attack yet not tense.) Then the word 'attack', perhaps it is better if you do not see it as such but see it as a gift. The change in your own body and the reaction of the 'attacker' is quite remarkable when you implement the 'gift' idea. We tried an exercise where uke grabs hard at your arm, first seeing it as an attack then secondly as a gift; the attack is met with resistance and conflict the gift is received with thanks and softness, which in turn surprises uke as there seems to be nothing there in response to his attack ... it takes their mind. Paul demonstrated no techniques but lots of Aikido, he sought his own peace by finding the easiest path to remove the threat ... in his own words "I try to save Uke, only when I cannot save him do I resort to saving myself." He was, rather, is, brilliant, you cannot fail to learn from him, he has changed so much of my understanding with only one lesson.

Who was next? Hard to see ... ah yes Steve Fyffe the blind teacher. But he wasn't a blind teacher he was merely blind in sight not in mind. There would be many a sighted person who would envy his Aikido and his poise and balance. We took it in turns to wear blindfolds and train with a sighted partner ... when it came to the punches we were hit before reacting. A very interesting learning curve that Steve had mastered but few would choose to copy.



Luke Archer, an Irishman from France, taught us about verbal Aikido. How rarely we might be physically attacked and yet how frequently verbally attacked in life . . . yet we only train hard for the physical. With a few tips from Luke, neutralising insults, bullying and rudeness became an interesting, successful and relaxing 'game'.

'That's rubbish', I hear you say . . . Well, I'm interested in your comment, what exactly do you mean by 'rubbish', what other things do you consider 'rubbish' . . . let's have a coffee together and you can tell me more . . .

I have to say that I wasn't too good at it but now have a copy of his book to help me on my way.

Gunter Buck taught us about animal competencies and links to Aikido by using animal Chi Kung. Gunter could not only show the efficacy of the chi kung for health as well as martial content, but could explain how the concept could be used in psychological therapy. Gunter's expression of Ki, (Chi), was very powerful. Sadly not many attended his classes which is often the case with aikido students as they commonly think training their art is all about techniques on the mat. . . it is patently not so and anyone attending Gunter's class would have come away much the wiser.

Judith Elze gave a workshop on connecting. Once again we are obliged to leave our comfort zone and explore for ourselves how to connect. 'Connect with what?' . . . firstly to connect consciously with self and all parts of your body at will, then to connect to the earth and only to move when you have created a conscious connection with the muscles required (*my interpretation*) then to create connection with surroundings and other people within those surroundings. All these things will put you in the real world and not the world imagined by your mind.

Jack Richford introduced the idea of games to encourage attendance of and development of aikido. Jack was full, and I mean full, of enthusiasm for taking the art to as many people as he could, with the ethos of building for peace.

Despite our varying ages and the natural reluctance to make fools of ourselves, it was not long before we all joined in happily with the various games that readily added significant value to our pursuit of effective Aikido.

There were many others teaching, they taught and they learned, they gave and they shared. I was lucky to practice with many of them, I am grateful. It was a very informative and happy seminar with lessons of a lifetime to last a lifetime.

Why didn't you come too?





Sue Ward

BAB Lead Safeguarding Officer

SAFEGUARDING CHILDREN IN AIKIDO

News for Club Welfare Officers

Club Welfare Officers are a vital part of the BAB's safeguarding structure and the BAB recognises and values the work done by volunteers around the country who are working hard to fulfil this role.

To help you, this page contains some basic information to ensure your club procedures are 'up to date'. It will also signpost some additional resources to help you in this important role.

Here is a "Checklist" that Clubs can use to make sure they have key policies and procedures in place (it's not meant to cover absolutely everything - it's just a guide!):

1. Recruit a Club Welfare Officer [CWO] (and ideally a deputy) for each Club offering training sessions for under 18s. This person should be known within the club (i.e. not someone who just sits remotely doing paperwork). Parents and children should know who the CWO is.
2. Ensure that CWOs attend the required training: Sports Coach UK's Safeguarding and Protecting Children (scUK SPC) and the BAB's Time to Listen course (currently being phased in for CWOs and you can register your interest by emailing sueward.cpo@gmail.com)
3. Think about how you can promote a safeguarding culture: have clear processes and procedures in place for dealing with allegations or concerns. There are flow charts in the BAB Safeguarding Policy that will guide you through this. Maybe print off the CWO Resource Booklet from the BAB web site so that you have key documents in one handy place.
4. Make sure you follow the BAB's Recruitment Policy for staff and volunteers working with children.
5. Do you have a Coaching Code of Conduct? There is one in the BAB Safeguarding Policy. Make sure all coaches are aware of this. Perhaps you could issue a copy to all coaches and get them to sign a file copy
6. Make sure you understand the Whistle Blowing Policy and that everyone in the club knows about it. It's vital that people feel empowered and safe to raise concerns.
7. Make sure children and parents know about the BAB's Anti-bullying Policy and procedures. It's important that you promote a Zero Tolerance approach to bullying. Think about ways to promote this and how you could manage any problems. Bullying is something that has happened in BAB clubs and so we have a number of case studies that can help other clubs if required
8. Ensure all children and their parents give consent if you want to take photos or videos. There is more information in the BAB Safeguarding Policy
9. Do you run events or do you have to transport children? Ensure you are aware of best practice guidelines. The BAB has produced a separate supplementary document covering Trips and Travel which includes what to do if a child goes missing.
10. Do you have the correct ratio of coaches / adults to children on the mat? Keep up to date with the current requirements (again all this information is in the BAB Safeguarding Policy)
11. Social media is so popular today so make sure coaches and volunteers understand how to use social media and other forms of electronic communications in an appropriate way.
12. Other things to think about: Equality Policy • Codes of Conduct for parents/carers/children • Health and Safety guidelines • Disciplinary and appeals procedures (how could you take disciplinary action against a coach, for example - do you have the right structures in place and the necessary club 'powers').

BAB Safeguarding has two 'mini' web sites within the BAB's main web site. One contains policy and guidance for safeguarding children in aikido. The other focuses on DBS checks (the new name for CRB checks).

Report by Vince Lawrence

Instructors:

- Sensei Rick Smaridge 5th Dan Aikikai (South Devon Aikikai)
- Sensei Ray Brown 3rd Dan Shin Gi Tai (Torbay Aikido)
- Sensei Vince Lawrence (Host) 4th Dan Yuishinkai (Makoto Aikido Taunton)

We had two days of great aikido on two of the hottest days of the year. Just sitting and watching was hot enough, so you can imagine what it was like once we got moving.



Students came from Wales, London, Bristol, Devon and Somerset and although there were three different styles everyone gave it their all and there were lots of smiles. Sensei Rick Smaridge, among other things, taught Kashima sword work and demonstrated how the principles of the sword are transferred into open hand techniques, an excellent lesson enhanced with positive movement and an explosion of kiai.

Sensei Ray Brown demonstrated many Bokken and tanto techniques along with koshinage, iriminage and kotagaeshi. Lots of fun with uki flying all over the place.

For my session I showed how and when to make contact with your partner, how to keep that contact throughout the technique and how to use your centre as the power behind the technique.



All in all it was a fantastic weekend with very positive feedback from everyone who attended and I will be hosting a similar course next year.

I strongly believe that it is our differences that should bring us together. Closing your mind to other styles restricts your growth and understanding. I am not saying that you should not train in one style, I am saying get out there and take a look; mix it up a bit with others. As an instructor, I often see new ways of teaching, as a student I learn new ways of doing. Some I like some I leave behind, but unless you get out there you will never know what you are missing and believe me you are missing a lot.



NEXT COURSE: Summer BBQ Saturday 23rd August 10am until finish.

There will be two mats on the go all day, one inside one outside. There will be a variety of instructors including Sensei Frank Burlingham, 6th Dan institute of Aikido and 5th Dan Aikikai.

The cost for the day is only £15 and includes the BBQ

You are welcome to bring along your family and you can stay all day or just for an hour or two.



Our Coaching goes to Greece

Frank Burlingham BAB CDO

Around a year ago I received a request for assistance from an association in Athens in setting up and the delivery of a coaching award based on the BAB coach award system and standard, this being tailored to the needs, laws and customs of Greece.

Over the past year our Coach Level One course was amended to suit their needs, all this with the support of the Executive. This work also included having to translate the amended PowerPoint, assessment forms etc into Greek, and I am very grateful to Babis Keranis for his hard work and assistance with this.

The course was delivered to a small pilot group in Athens on 26th & 27th April 2014. It is hoped and planned that this will be the start of something similar to that of the BAB and will grow into a national coaching standard for Greece.

I hope this good news will counteract some of the negative comments made about the BAB over recent months.

Below is a message from the Head of the Association:

To the executive of the British Aikido Board

As President of the Board of Directors of the Hellenic Aikido Association and on behalf of our members, I would like to thank the British Aikido Board for our cooperation in the successful completion of the first Coaching Award Course, which took place in Fukushima Dojo in Athens - Greece on the 26th and the 27th of April 2014. Everyone that attended has given us very positive feedback about the experience. We strongly hope that we have laid the mutual foundations for further future constructive cooperation.

Personally, I would like to especially thank Mr. Frank Burlingham, an excellent tutor whose teaching and training impressed and captivated the students and provided them with a comprehensive theoretical and practical course. It was a real contribution to the mastering of the art of aikido. Friendly and jovial with the participants, helping them to express their questions and objections regarding the course, he inspired confidence and esteem and contributed to the spirit of cooperation between the students and the teacher. He is armed with patience and self-discipline and never forgets that the focus is always the student and not the instructor.

Respectfully,

Babis Keranis Sensei

President of the Hellenic Aikido Association - Fukushima Dojo, Athens Greece

5th dan So Hombu Aikikai Tokyo Japan

Shido-in, Technical Advisor and Chief Instructor of the Hellenic Aikido Association-Fukushima Dojo, Athens Greece



The history of Ju Jitsu (Part 1)

John Picket



Before we talk about the history of Ju-Jutsu, I would like to take some time to explain the meaning of the word itself. Ju refers to softness or flexibility as opposed to the hardness and rigidity of steel (a sword for example). Jutsu refers to technique or art. Thus, Ju-Jutsu means soft techniques or soft art. Furthermore, there are several ways to spell Ju-Jutsu (for example Jiu-Jutsu or Ju-Jitsu), but in this article we will refer to it as Ju-Jutsu. (NB Open source material has been used to prepare this article)

Some historians believe that Japanese Ju-Jutsu can be traced back to a Zen-Buddhist monk named Bodhidharma (in Japan called Daruma). Bodhidharma is said to have brought a fighting style (Shaolin boxing) to China from India around the fifth or sixth century A.D., but the earliest traces of the Chinese Martial Arts dates back to the time of the Chou Dynasty, the royal lineage that ruled China from about 1122 to 255 B.C. This fighting style was not the same as modern Ju-Jutsu, but it probably had the basic fundamental techniques and principles, which later developed into the more advanced unarmed combat-techniques used today. There are several martial arts styles that have developed from different early civilizations, and each may have its own separate and distinct origin. During the Japanese civil war many different martial arts were developed and the Japanese professional soldier (Samurai meaning servant or Bu-shi meaning combat-man) was trained from a young age to be a skilled martial artist. He learned to master many different weapons, especially the Japanese razor-sharp sword (katana) and also the halberd, javelin, combat-scythe, bow and arrows, and other small (sometimes hidden) weapons. Many Japanese historians assert that in Japan they practiced combat systems without weapons by the end of the fifth century (in particular combat Sumo-wrestling), but the style "Ju-Jutsu" probably was originated by the Takenouchi Ryu (Ryu meaning school). The first school was opened in 1532 by the Japanese Takenouchi Hisamori. We can say from his system, built on techniques from combat Sumo-wrestling, Ju-Jutsu began an identity, but the name Ju-Jutsu or Yawara (flexible) was first used around the year 1600. When the civil war ended and Shogun Tokugawa rose to power circa 1600 and only the Samurais were permitted to carry weapons, the Japanese started to develop many different Ju-Jutsu styles; 725 styles were officially accounted for in Japan during the 17th century. The different styles had then (and it's the same today) different specialities, harder or softer, some focusing on kicking and punching, others in throwing, and yet others in joint-locks and takedowns. At the end of the 19th century, many Japanese martial arts styles were beginning to die out -- the old art did not seem necessary in an emerging industrial age. Yet some of the schools continued to practice over time -- especially Kito-ryu, Tenjin-ryu, and Daito-ryu. Over time there originated from Ju-Jutsu some different martial arts styles including some Karate styles, Judo in 1886 (originated by Jigoro Kano), and Aikido in 1936 (originated by Morihei Uesiba).



Modern Ju Jitsu

Japanese society remained the same for nearly 300 years under a military dictatorship. At the end of the 19th century it began to open up under pressure from diplomats, merchants, and other representatives from western countries (especially US and English officers) when the Shogunate ended. Consequently, Ju-Jutsu came to be used in many countries' military and law enforcement training, and Japanese Ju-Jutsu masters visited the USA and Europe even before the turn of the twentieth century. During this time, some of them began travelling and exhibiting their skills and techniques (what people at that time called "tricks"). In these exhibitions they would sometimes compete with well-known wrestlers and other fighters -- often much larger than they were -- and win. Over time the Samurai's martial arts became a modern sport (called Budo meaning Martial Ways) with World Championships in different disciplines. Judo eventually became an event in the Olympic games (1964). In the USA, different Ju-Jutsu schools developed from people who had been in Japan, as well as Japanese instructors visiting the U.S. Americans began practicing traditional Ju-Jutsu techniques, but soon other new styles started to develop which accommodated modern thinking and laws. Ju-Jutsu started to grow and be recognized around 1930 in the

USA, but later, from 1965 and onward, other martial arts like Karate, Chinese Kung-Fu (Wushu), and later on Korean Tae-Kwon-Do became much more well known and grew faster. These martial arts became popular because of public exposure to different Kung-Fu and Karate movies, but even Bruce Lee was studying and practicing for a living with Ju-Jutsu legend Professor Wally Jay before he developed his own style, Jeet Kune Do, which has many similarities to Ju-Jutsu.

Practicing Ju Jitsu today

Ju-Jutsu is a fighting and self-defense system for everyone regardless of one's physical condition. Because Ju-Jutsu is applicable to all persons, women and men of all ages and sizes, it places priority on practicing self-defense without competition rules and limitations, while emphasizing adhering to the particular laws and decrees that exist in one's respective country. In this way Ju-Jutsu parts from most of the other martial arts styles. It is not a "Do"-form (Do means "way" e.g. Judo means "the soft way" and Aikido means "the way of universal power") or a form to be trained for competition only. Ju-Jutsu is a fighting and self-defense system! I think the strength of Ju-Jutsu is that you can learn and choose techniques to use without restraint. You can always find some new angles and moves from the best of the different martial arts styles in the search for a more effective way to make a good system. This is



what I did when I constructed and incorporated many different techniques to make a great system, described in two books *Seiei Kan Ju-Jutsu, Volumes I and II* (*Seiei Kan* means picking from the best), co-written by Mr. Don Madden. Ju-Jutsu is the ultimate self-defense. It covers the entire spectrum of different realistic types of attacks, and you learn to use kicks, punches, knees, elbows, throws, take-downs, joint-locks, ground-fighting and more in order to protect yourself. Many Ju-Jutsu styles and organizations, both national and international, have integrated competition as an opportunity for those who wish to test their skills. Ju-Jutsu is an excellent form of exercise, especially when considering the importance of maintaining or increasing one's flexibility, endurance, and strength. If you ever need to defend yourself you need to be in good shape, so I would recommend practicing at least two times a week. Ju-Jutsu is also good practice for children. It builds up self-confidence, coordination, and it teaches them respect, discipline and other social benefits.

Some define jujutsu (also jujitsu, ju jitsu, ju jutsu, or jiu jitsu; from the Japanese jūjutsu "gentle/yielding/compliant Art") and similar arts rather narrowly as "unarmed" close combat systems used to defeat or control an enemy who is similarly unarmed. Basic methods of attack include hitting or striking, thrusting or punching, kicking, throwing, pinning or immobilizing, strangling, and joint-locking. Great pains were also taken by the bushi (classic warriors) to develop effective methods of defense, including strikes, thrusts and kicks, receiving throws or joint-locking techniques (i.e., falling safely and knowing how to "blend" to neutralize a technique's effect), releasing oneself from an enemy's grasp, and changing or shifting one's position to evade or neutralize an attack.

From a broader point of view, based on the curricula of many of the classical Japanese arts themselves, however, these arts may perhaps be more accurately defined as unarmed methods of dealing with an enemy who was armed, together with methods of using minor weapons such as the jitte (truncheon; also called jutte), tanto (knife), or kakushi buki (hidden weapons), such as the ryofundo kusari (weighted chain) or the bankokuchoki (a type of knuckle-duster), to defeat both armed or unarmed opponents.

Furthermore, the term jujutsu was also sometimes given to tactics used with the warrior's major weapons: katana or tachi (sword), yari (spear), naginata (glaive), and jo (short staff), bo (quarterstaff). These close combat methods were an important part of the different martial systems that were developed for use on the battlefield. They can be generally characterized as either Sengoku Jidai (Sengoku Period, 1467-1603) katchu bujutsu or yoroi kumiuchi (fighting with weapons or grappling while clad in armour), or Edo Jidai (Edo Period, 1603-1867) suhada bujutsu (fighting while dressed in the normal street clothing of the period, kimono and hakama).

This article will be continued in the next issue of the Aikido Times .../

ITEMS FOR SALE

The BAB is happy to list items for sale from members and their Clubs.

Please note that the BAB accepts no responsibility for any items listed here.

Please contact the seller direct for more information and to order.

Ikeda sensei UK Seminar HD Videos

Chishin Dojo are very proud to present Ikeda sensei's UK seminars in 720p.

As we all know, full seminar footage of Ikeda sensei is hard to come by - usually you need to meet sensei in the US on one of his seminar to obtain his DVDs. Sensei has allowed us to release his footage onto DVD and now for download in HD. This is a rare opportunity to see full seminars taught by one of the most skilled teachers alive today.

Why wait until next year before seeing what sensei can do? Get them now!

Visit: <https://gumroad.com/chishin> to order. Videos are priced at £15 each.



A WAY TO RECONCILE THE WORLD



AIKIDO STORIES FROM EVERYDAY LIFE

Edited by Quentin Cooke

Editor's note: some of the language used in this book is 'colourful'. For example, contributors have given accounts of conversations as they happened, and some include profanity.

<http://www.amazon.co.uk/Way-Reconcile-World-Stories-Everyday/dp/1631734083>

All proceeds go to support the work of Aiki Extensions. A more detailed review is planned for the next issue.

Review of 'A Way to Reconcile the World'

As students and instructors of aikido we all from time to time find ourselves feeling a little lack lustre and seeking any excuse to not go training, it's often all too easy to stay in, put the TV on and 'veg out'. Quentin Cooke may have found an antidote for this malady. 'A Way to Reconcile the World' is a collection of short stories written by contributors from around the world that might just inspire or encourage you to pick up your kit bag and head to the dojo. The book starts with Terry Dobson's train story, a tale that most aikidoka will be familiar with, and is cited as being one of the best examples of Aikido in practice as the art's founder taught it. The subsequent stories follow in a similar vein, either describing the wider effects of aikido practice on the author's life or describing an incident where aikido has been used in self-defence.

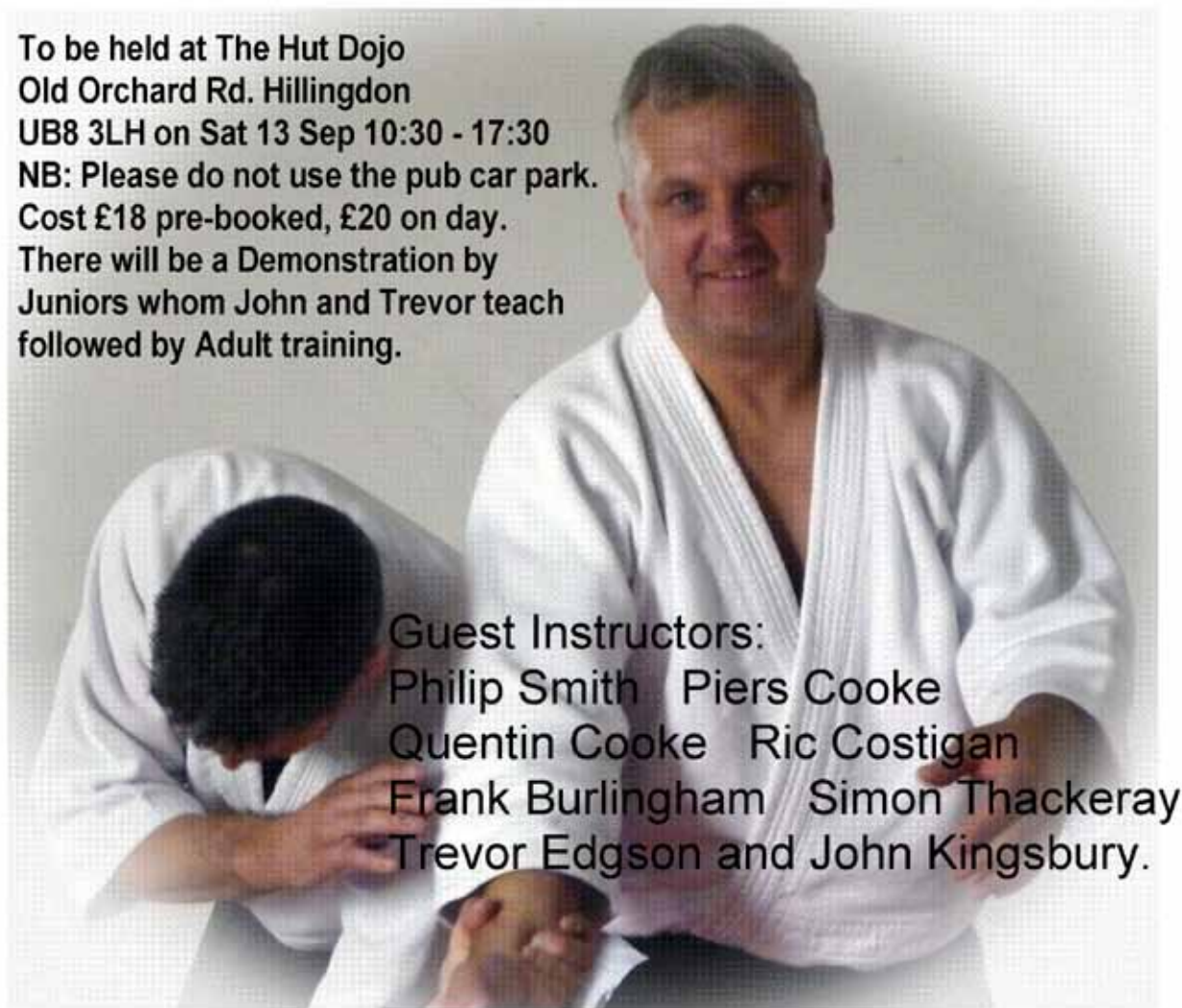
This collection of short stories is easy to read and easy to dip in and out of. It is in no way meant to be an instructional manual, but I have found things in this book that I will be bringing in to my own practice. All in all this is a wonderful collection of short stories that I found enjoyable and inspiring, a great book for seasoned aikidoka, beginners or anyone looking to take up this amazing art.

Mark Beer sensei, 5th Dan (Tenchi Ryu Aikido.)

Slough Centre Aikido Club

are pleased to announce a Celebration Course and Dinner in honour of John Kingsbury - 4th Dan Institute of Aikido - 30th year of training.

To be held at The Hut Dojo
Old Orchard Rd. Hillingdon
UB8 3LH on Sat 13 Sep 10:30 - 17:30
NB: Please do not use the pub car park.
Cost £18 pre-booked, £20 on day.
There will be a Demonstration by
Juniors whom John and Trevor teach
followed by Adult training.



Guest Instructors:
Philip Smith Piers Cooke
Quentin Cooke Ric Costigan
Frank Burlingham Simon Thackeray
Trevor Edgson and John Kingsbury.

Each session will be approx 30 mins with 45 mins for lunch and plenty of water breaks.
Please bring own packed lunch, bokken & jo and proof of insurance.
Evening meal: Water's Edge, Canal Cottages, Packet Boat Lane, West Drayton, cost £22 pp.

*For more information and a copy of the menu
please contact William Timms on 07770 823255*

Aiki Peace Week Workshop.

All proceeds to the charity MacMillan Cancer Care.

Saturday 20th September 2014 in North Devon

2 pm to 5 pm

(Registration from 1.30 pm)

Methodist Church Hall, Bideford, Devon EX392AH

Student fee by donation (suggested £10)

Observers welcome £1 donation asked.

Just turn up and pay on the day.

Students should be insured and bring their own weapons.

Weapons and insurance cover can be provided on the day if needed.

Free refreshments for all.



Mark Allcock Sensei 2nd Dan Aikikai.

20 years Aikido experience.

20 years Yoga experience and instructor with BWY.

Teaching same technique from Jo, Ken, Tanto and empty hand, examining similarities. www.wellspringsoftheeast.co.uk



Huw Collingbourne Sensei 2nd Dan

Began aikido under tuition of Sensei David Currie (7th Dan) British Ki Aikido Association in the early 1980s. Huw ran an aikido club in London and now runs the Hartland Club in North Devon.

Teaching knife technique (Tanto dori)

<http://hartlandaikido.blogspot.com>



Richard Small Sensei 4th Dan TIA Europe

40 years Aikido experience

Qualified Tai Chi instructor.

Teaching the 3rd Kunitachi but examining how mind and attitude can affect the experience. www.aikijo.weebly.com



Pete Blayney Sensei 1st Dan 30 years Aikido experience

Full time Clinical Hypnotherapist

Teaching application of yin and yang in aikido and in daily lives, how they relate, how we balance them and how we can use our intention and imagination to align both ki and mechanics in techniques. www.northdevonhypnotherapy.co.uk



Hosted by Aiki Jo Bideford lots more details on www.aikijo.weebly.com



South Coast Aikido Club
Saturday November 8th 2014

10am-5pm

Early bird price £25 (email me for payment details)

Last day for early payment is October 31st

On the day £30



Sensei Tony Sargeant 6th Dan Aikiki



Sensei Andy Channer 2nd Dan

Welcome to another fun filled day of Aikido

South Coast Aikido Club
Are proud to announce a one day seminar

Teaching will be Sensei Tony Sargeant
&
Sensei Andy Channer
To celebrate our 3rd year anniversary

All Clubs and Organisations are welcome
Please bring Bokken & Jo
And proof of current insurance

St Mary's Catholic Church Hall
211A Wimborne Rd
Poole
Dorset
BH15 2EG

For more details contact Andy Sensei on 07747481121
Email : bionic.pt@googlemail.com

Registration 9am-9.45am



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

ELLAN VANNIN AIKIKAI

International Aikido Course

VENUE: Peel Clothworkers School, Derby, Road, Peel, Isle of Man.

DATE/TIME: Start 11:00am 27th September; Finish 4.00pm 28th September 2014.

GUEST INSTRUCTOR: David Halsall 3rd Dan from Dyffryn Nantlle Aikido Club.



The Course

This course is suitable for all and is an opportunity to practice through David's teaching of aikido. David started over 30 years ago and has a depth of aikido experience.

Being a student of Alan Ruddock who was the original founder of aikido in the Isle of Man in 1975, David has vast knowledge of traditional aikido techniques and this is an opportunity to experience aikido from his perspective.

Paul Hughes
Secretary and Instructor
Ellan Vannin Aikikai





Shin-Ci-Tai Aikido SUMMER SCHOOL 2014

Instruction by
Soke Jones
Plus
Guest Instructors



23rd - 29th August 2014
The Memorial hall,
Parc-y-Minos, Burry Port, Llanelli
SA16 0BN

Cost

Daily - £20
Week - £90
Evening - £4*

*Additional cost

Time Table

Sat - Fri
11:00 - 13:00
13:30 - 15:30

Evening Class
Tue and Thur
19:30 - 21:30

Contact

For more information
please contact
Soke G Jones on



01554835564



gwynnejones@talktalk.net

Please note friday is for Dan Grading

*Please ensure you arrive 15mins prior to class beginning

to register and change. Please ensure you bring weapons and valid insurance*





Makoto Aikido Summer BBQ and Seminar



*Saturday 23rd August
10am until finish. Everyone welcome.
£15 for the day including BBQ
2 mats one outside one inside.
A variety of instructors and styles.
Burgers/Hot Dogs/Chicken
Soft Drinks
Tea and Coffee
Any special Dietary needs please bring
it and we will cook it.*

West Buckland Village hall,
Silver street, West Buckland,
Taunton. TA21 9NA
Contact Sensei Vince Lawrence to book.



aikidotaunton@googlemail.com



West Buckland Ki Aikido Club
is hosting an
Aiki Jo, Japanese short staff Seminar.

Guest instructor:
Sensei Richard Small 4th Dan

Saturday 13th September 11am - 3:30pm

Adults £20 Juniors £10

United Dojos Ltd
Unit C Wilfred Road
Taunton TA1 1TB.

Contact Sensei Vince to register
email: aikidotaunton@googlemail.com

Tel: 07812555753





AIKIDO

Larbi EL AKEL

6th dan Aikikai

14 - 15 & 16 Nov. 2014

Friday 14	Saturday 15	Sunday 16
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	
Sunday	£25	£40

400²_m
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

Scottish and Borders Birankai


Autumn Seminar
with

D. Boyet Shihan, 6th Dan

Aikikai Hombu Dojo, Tokyo Japan

13-14 September 2014

Saturday: 12:30 pm – 5:00 pm

Sunday: 10:00 am – 1:30 pm

Saturday: £25.00

Sunday: £25.00

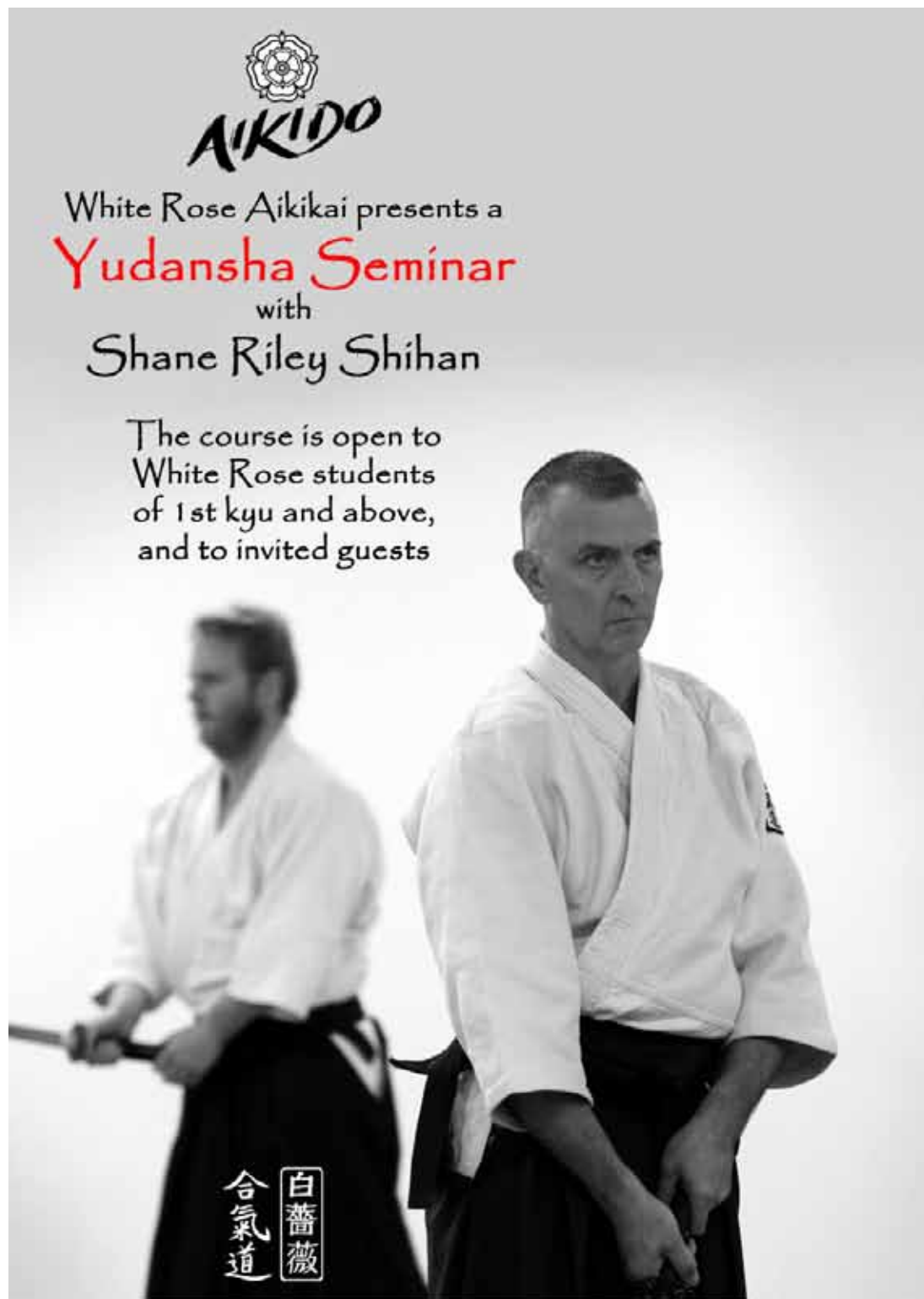
Both Days: £40.00

Unwaged: £30

**Iain Nicolson Sports Centre ,
Chryston Road , Chryston , Scotland**

G69 9NA

**For more information, including directions, call
01236 631465 or 07904066555**



September 6th 2014 12.00 to 5.00pm

at Allegiance MMA (above Brooklands Bar)
Bradford Road, Batley WF17 6JA

Parking is available off Alexandra Road.
Please note that no shower facilities are available at this venue.



Aikido

Friendship Course



Shin-Gi-Tai Aikikai - United Kingdom Aikikai



Sunday 14th September 2014
11:00am - 4:00pm

Shrewsbury Sports Village, Sundorne Road, Shrewsbury, Shropshire, SY1 4RQ

Instruction by;

Shidojin Peter Brown (Black Belt 6h Dan UKA)	11:00am - 12.30pm
Lunch - Please supply your own lunch	12.30pm - 1.00pm
Sensei Mick Corten (Black Belt 5th Dan SGTA)	1:00pm - 2.30pm
Shihan Keith Hayward (Black Belt 6h Dan UKA)	2.30pm - 4.00pm

Course Fees:

All Day - Adults £20 - Junior £15

Morning - Adults £7 - Junior £5

Afternoon - Adults £15 - Junior £10

For Further Information please contact
Mick Corten (course host) - 07743355786

All Who Wish To Participate MUST provide current and valid Insurance



Aikido



**West Midlands and Shropshire Shin-Gi-Tai Aikikai
Shrewsbury Aikido Club
Shrewsbury Sports Village, Sundorne, Shrewsbury,
Shropshire. SY1 4RQ**

British Aikido Board (B.A.B.) registered: www.bab.org.uk / www.shingitai aikidosociety.com
www.shrewsburyaikido.weebly.com

Saturday 4th October 2014

11.00 to 13.00 – Lunch 13.00 to 13.30 – 13.30 to 15.30

Cost - £10 half day - £20 full day

**All practicing Aikidoka must show current B.A.B.
Insurance certificate**

合気道



修留寿兵理

**Instruction by
Soke Gwynne Jones 9th Dan
Principle Instructor & 'Grandmaster'
of the**

Shin-Gi-Tai Aikido Society

(Club Coach/Instructor) Sensei Mick Corten – 5th Dan

**For more details contact Mick Corten – 07743355786 / 01939235006
or e-mail Mick on hayabusa1300mcc@aol.com**