

Aikido Times

January/February 2014

THE OFFICIAL NEWSLETTER OF THE BRITISH AIKIDO BOARD www.bab.org.uk

**Submitting an article
or new for publication
in the Aikido Times**
page 2

**BAB National Course
2014**
page 4

**BAB Event listings from
around the UK**
pages 10 - 16

- **Safeguarding quick
links**
- **BAB Grade
Certificates**
- **Register your BAB
membership details**
page 6

**CLICK
HERE**

To submit your
articles, news or events

CLICK TO
FOLLOW!



Message from the Acting Chairman

I regret to announce that as of the 1st February a number of Associations, have left the BAB. The BAF, UKA, UKAU, Komyokan and British Birankai, have left to form their own group, the Joint Aikido Council, which aims to develop more direct links with the Aikikai Foundation, Japan. In addition the BAA has decided that the BAB no longer meets their objectives.

This is obviously very sad news as they have had a long and valued association with the BAB and it is my strongly held view that if we are to grow aikido in the UK then we should be working together rather than fragmenting into a number of small groups. Having said that we must respect the right of individuals to pursue their own destiny and in that respect we wish them well in the future.

It is only regretful that because of the way the groups decided to handle their departure we did not have the opportunity to discuss the issues that led to their believing they could no longer work within the BAB and perhaps have found a solution.

A number of statements were made by them which were based on misconceptions such as the belief that the decision making process of the Board had been watered down by giving access to smaller Associations, in order to make us more inclusive. In practice whilst we have enabled smaller groups to join us and thereby ensure their standards are raised, the criteria for voting rights (minimum of 100 members) remains unchanged since the Board's inception.

Similarly the view that at an admin charge of £3 per student per annum, by the Board does no offer value for money, is surprising given that it provides access to a comprehensive range of services. These include competitive insurance cover; coaching training and qualifications; legal advice; conciliation service; communications network including BAB Website and Aikido Times; national courses; the development of policies and guidelines, backed up by specialist advice on key issues such as child safeguarding, equality & equity, health and safety, data protection, recruitment, weapons protocols etc.,

As these groups have made "block decisions" it is not possible to ascertain whether all their individual

Featured articles

Coach Level 1 course report
Steve and Ann Billett
page 3

**Scientific Explanation of
Aikido Technique**
Mark Hardwick
page 4

What is Self-defence
Leslie Cuthbert
page 7

Profile of Steve Billett
page 9

Coaching refresher course
Frank Burlingham & Grev Cooke
page 17

My journey in Aikido
Lee Mitchell
page 18

Free on line learning
page 20

Aikido and the Tax Man
page 23



members have been made fully aware of the impact of leaving the BAB. Some of these will have been in BAB membership for the whole of their aikido life and we feel it our obligation to advise them where practicable, that they not only lose the services referred to above but also :-.

- Membership of the only National Governing Body for Aikido, which will impact on the ability to obtain grant aid, loss of club publicity on our website, a national voice, security of venue hire where NGB membership is required etc.
- BAB Coaching qualifications which are only valid when held in conjunction with current BAB membership. N.B. Our Insurers recently had to settle a claim for over £11000 where the Instructor was not a qualified Coach.
- CRB/DBS Disclosures, issued through the BAB which may not be portable.
- Access to all BAB copyright protected documents including policies and guidance documents issued to associations, clubs and coaches
- Advice and support for Clubmark applications, which now includes adults.
- Services of our specialist officers, whose knowledge contacts and experience has been developed over many years, including child safeguarding, legal and coaching.
- Insurance premiums will inevitably increase or the level of cover amended

We will, of course offer advice and assistance to any clubs or individuals, who on reflection decide that they wish to remain with the BAB and in this connection, have already received a number of enquiries.

The Executive Committee have already discussed, in some detail, the points made by the departing Associations and have agreed to undertake a review of existing services to ensure that they continue to meet members' needs. On the more positive side a number of Initiatives are already in the pipeline including:-

- Upgrade of the Website to make it more informative and user friendly
- Bi-monthly issues of Aikido Times
- Leaflet on the BAB and the services it provides.
- Raising the Coaching qualification to national standard
- Developing communications with government and sporting agencies, schools, sports centres etc. so that membership of the BAB becomes a recognized quality standard.

So whilst it initially seemed that I had inherited something of a "poisoned chalice" when I took over as Acting Chairman, I now see it as an opportunity, a chance to move forward with a common purpose. The BAB remains the only National Governing Body for Aikido and it is our responsibility to continue to promote the highest standards where aikido training is offered in the UK.

Of course the key work of the BAB depends on volunteers, and we would welcome offers of support to help us move forward. At the May AGM there will be a number of posts up for election including Chairman and Vice Chairman, Secretary, Finance Officer, 2 General members and 2 Association reps (appointed for 1 year). In addition we currently have vacancies for an Equality & Equity Officer and a Resources Officer; full person specifications are included on the website. If you feel you would like to help in any of these capacities then please contact the BAB Secretary or myself.

Keith Holland
(Acting Chairman)

Submitting an article, news or event for the newsletter

Text should be in one of the following formats:

Word - Publisher - InDesign
Pages - PDF - Plain text

Images and pictures:

JPG - PNG - TIFF - PSD - PDF

If you have any queries concerning format then please email

mediaofficer@bab.org.uk

(please use this email 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

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. The contents are subject to copyright and may not be copied without permission.

British Aikido Board Coach Level 1 Course (report)

25th and 26th January 2014

Ann Billett 2nd Dan and Steve Billett 6th Dan, a husband and wife team of British Aikido Board Coach Tutors ran a full weekend course to qualify 14 London-based Aikidoka to become qualified by the British Aikido Board to Coach Level One which will allow them to instruct on their own and open their own clubs.

Anyone attending the course must be recommended by their association and already possess the necessary technical knowledge in aikido as well as be the minimum aikido grade of 1st Kyu.



The first day was a lecture and participation event which covered items such as Health and Safety, Child Protection, Methods of Coaching and much much more.

The second day requires each student to coach for a period of time after which they are peer assessed and then reviewed by the examiners. During the some of the coaching sessions scenarios may be set up for them to deal with, from unruly children to Heart Attacks of a training Aikidoka. We are glad to say they saved the life of the Heart Attack victim by dealing with the problem promptly and correctly.

Our thanks go out to members of the Aikido Development Society who provided the actors for the training session. Although most of them are at least in their late 30's they transformed into unruly children with ease and one of them had an uncanny ability to feign a Heart Attack (he has in the past fooled a paramedic we had on a previous course when we had to stop him calling 999 for ambulance service).

The feedback we have received from the course participants said that they not only enjoyed the course but also learnt a tremendous amount of new information. In fact we had one course member who has been teaching and running his own clubs for over 10 years both in Japan and Canada. He stated he had never been on a course that he had enjoyed so much. Although already very experienced he needed this qualification to be able to teach Aikido in the UK under the National Governing Body and Sport England recognition.



Welcome...



Welcome to the February issue of the Aikido Times.

A couple of weeks ago I sent out an email 'Fishing for news' and the response was brilliant. There have been some really good articles submitted and lots of people have asked about the type of articles suitable for publication. The answer is "everything and anything to do with Aikido and related arts". You can send in information about courses coming up, your thoughts on Aikido (as an advanced practitioner or someone just starting out). Share your news and use the Aikido Times to promote your club or association.

So, many thanks to all of you who have sent in articles for publication. Apologies if they are not in this issue - I have had to hold some over until the April issue.

The next issue will be published on April 16th with a cut off date for submissions on the 11th April.

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

mediaofficer@bab.org.uk

Brian Stockwell, Editor

National Course 2014
Cardiff 4th October
9.30am to 4.30pm

The BAB National Course
2014 will held National
Sports Centre in Cardiff.



Sophia Close, Cardiff,
South Glamorgan CF11 9SW
Tel: 0845 045 0902

Scientific explanation of aikido technique

Mark Hardwick

One of the essential principles of aikido is that it seeks to gain control of the natural energy created by an attacker, and use this energy in order to gain an advantage. This ideal reflects a purity which applies to the martial arts generally; that success depends more on the skillful application of art and technique than brute strength. Aikido shows us that by taking control of an opponent's energy, it is possible for a smaller person to successfully repel an attack from a larger opponent. Of course this is much more easily said than done, and to attain high levels of capability one would have to practice for many years.

Martial arts may be loosely divided into 'hard' and 'soft' styles (although many arts contain both hard and soft elements). The techniques used in those styles which are typically 'harder' sometimes utilise destructive force and physical strength to gain an advantage over an opponent. However the application of aikido technique relies much more on developing 'softer' skill and subtlety of movement. By considering an area of physics known as 'biomechanics', this article will take a scientific look at some of the principles involved in controlling an opponent's energy by using 'softer' aikido techniques, and in doing so will also consider another important principle of aikido – the use of circular motion.

Energy, momentum and force

Imagine two objects coming into collision with each other, for example two large hooligans engaged in a streetfight. As their bodies move towards each other, each one is creating a great deal of physical energy. The larger they are, and the faster they move, the more energy there is. This energy is called momentum, and it is the product of the mass of the objects and the velocity with which they are travelling.

Momentum = Mass x Velocity

(Physics students will recognise this equation from Isaac Newton's first law of motion)

As the two objects collide, all of the combined energy which has been created has got to go somewhere, and most of it will be absorbed by the objects themselves. This demonstrates that most of the energy which has been created is in fact wasted, it is just absorbed with little productive effect. Creating energy is tiring, and absorbing energy is tiring also. Therefore our two streetfighters are likely to become fatigued quite quickly, and any productive effect is likely to be as a result of brute force or a lucky punch...hardly something that we could call artistic.

Aikido technique will seek to use an opponent's momentum and to offer little momentum in return. The opponent's momentum energy is redirected rather than opposed. This will mean that momentum energy is not wasted in absorption, but is used to bring about a continuation in the opponent's movement. This movement is redirected so that the opponent loses balance, and falls to the ground under the control of the aikido artist. With correct timing and application of technique the aikido practitioner can successfully repel an aggressive attack, and can do this by expending minimal energy.

Force is a slightly different phenomenon to momentum. It is the product of mass and acceleration rather than mass and velocity.

Force = Mass x Acceleration.

(Physics students will recognise this equation from Isaac Newton's second law of motion)

Let's assume that an opponent does not have any momentum (i.e. is not moving). To throw this person to the ground from a stationary position, the aikido practitioner will have to create movement in the opponent - this is an example of acceleration. The more acceleration is created, the faster the opponent will be thrown, and the sooner they will hit the ground. To achieve this though the artist will have to overcome the opponent's inertia, which is the tendency of an object

to remain stationary. It is directly proportional to the object's mass. The more mass the opponent has, the greater his/her inertia, and so the more difficult it will be to throw them. However if they are thrown, they will hit the ground with more force (as they have a greater mass), and probably hurt themselves more.

Circles and arcs

The success of an aikido technique usually depends on the creation of circulation motion. This does not mean that complete circles have to be created, but segments of circles, or 'arcs' are normally used. In applying an aikido technique, arcs are created by the aikido practitioner (for example by rotating your body to the left or right), but are manifested in both the practitioner and the opponent (the opponent will fall to the ground in a rotational way).



The principle of momentum also works in respect of rotation. Your opponent will have a resistance to rotation, which we may refer to as rotational inertia. The greater the rotational inertia, the more difficult it is to get the opponent to rotate. However once he/she is rotating, the more difficult it is for them to stop, as they will have a greater rotational momentum, meaning they will hit the ground with more impact.

The principle of force also works in respect of rotation. If you rotate a part of your body quickly, for example if you execute a throwing technique quickly by rotating your arms, you will create more acceleration and impart more rotational force into the opponent, meaning you will overcome their inertia more easily. Of course you mustn't move so quickly that the technique is spoiled, and this is why it takes many years to perfect a technique – speed must not compromise the quality of the technique.

If you think about your throwing or escape techniques, how many of them rely on you creating circles or arcs?...probably all of them. Sometimes this is obvious as you can see big sweeping motions, but even a simple escape from a wrist hold will rely on you rotating your wrist in a way which is hardly noticeable. Or even if you just push your opponent on the chest in what may appear to be a straight line, the opponent will still rotate in a 'backward somersault' kind of way.

If you are unfortunate enough to be thrown through the air, it is possible to control the rate at which you rotate, even if you are not touching the ground, and this is useful when falling. When thrown, it is important to land in a way which means you don't hurt yourself, and in a way which allows you to get back to your feet as quickly as possible.

When freely rotating (i.e. when you are not in contact with the ground), you will have a rotational momentum, which remains constant. This is the product of

A quick reminder for all coaches, helpers and assistants working in junior classes



Sue Ward
BAB Lead Safeguarding Officer

Please remember that if you are regularly teaching or helping out with aikidoka under 18 (i.e. you are in Regulated Activity) then you will require a BAB "approved" DBS check. Your Club Welfare Officer or Association CPO will be able to discuss this with you and provide you with either a paper application form, or access to our on line application system. Your check should be processed and/or approved before you take up a new role. If you are already in a coaching/helping role then your existing CRB check will be renewed through the BAB's DBS system when it becomes 'due'. Currently this 'due' date is based on our three-yearly renewal time-scale.

Remember that we have a dedicated 'mini' web site covering DBS checks. You can access it by clicking here.

[http://www.bab.org.uk/
backend/web_page_cms/
homepage.asp](http://www.bab.org.uk/backend/web_page_cms/homepage.asp)

your 'rotation velocity' and your 'rotational inertia'. Therefore, if you change your rotational inertia you will also change your rotational velocity.

Rotational momentum = rotational velocity x rotational inertia.

(Isaac Newton's first law of motion again ...but this time applied to circles!)

Imagine a high diver diving from a diving board. In order to rotate quickly, for example in doing somersaults, they will tuck their arms and legs in as much as possible. This changes their rotational inertia and as a result speeds up their rotation. To slow down the rotation, as they approach the water, they will extend their arms and legs. A similar example is a rotating ice skater pirouetting on the spot. They will rotate at a certain speed and then all of a sudden they are a blur. This is achieved by them bringing their arms toward their centre line. They extend their arms outwards to slow down again.

So when falling from a throw, if you want to complete a rotation quickly, then bring your arms and legs in towards your centre line. This may give you more rotational velocity, which will allow you to get up quickly. However if you want to slow down your rotation so that you don't hit the ground with too much force, then spread your arms or legs wider...in other words get the break fall arm out early.

Locks and holds

So we can understand how arcs are relevant to throws and falls, but what about locks and holds? These work by disabling the opponent's joints, but what is it that is creating the painful immobility that the opponent experiences? Well, once again it is arcs. Next time you apply a lock, have a look at what is happening to the opponent's joint. You are actually rotating it against the way in which it is designed to move,



or rotating it too far in the direction that it is designed to move. This stretches the joints structures (ligaments and tendons) and causes pain. If you applied the hold any harder, something would snap.

We hope that this article, in combination with the similar article in the previous issue of the magazine, has allowed you to gain an insight into why aikido techniques are effective from a scientific perspective.

This does not mean that you have to be a scientist to be good at aikido, but it is interesting to consider techniques from this viewpoint as it may enable you to gain a different understanding of your technique.

Mark Hardwick is a lecturer in sports science

Please ensure that if you practise any of the methods and ideas described below, you do so under proper instruction.

Safeguarding: quick links

Does your club teach under 18s? Do you need help or advice on running junior sessions? If so, your Association CPO or Club Welfare Officer are the people to go to for advice and information.

There are also some great resources on line (click the links to find out more):

- [The Safe Network](#)
- [The Child Protection in Sport Unit](#)

Worried about a child? Advice and support from the NSPCC whenever you need it.

Call 0808 800 5000

ChildLine: A free and confidential helpline for children who have concerns.

Call 0800 1111

Have you registered your membership with the BAB

The BAB is really keen to get as many individual members registered on the BAB web site. This will enable much more effective communication so that you can stay in touch with key events and information.

[CLICK HERE to register](#)

BAB Grade Certificate

Did you know that BAB members can apply for a BAB Certificate?

To purchase a BAB Grade Certificate, login to your membership area and follow the procedure from there.

[CLICK HERE to apply](#)



What is Self-defence?

Leslie Cuthbert, BAB Legal Officer

Any crime involving an offence against the person i.e. some form of assault or use of force, which may or may not cause harm, has the potential defence to it of 'self-defence'. This defence is also akin to the defence of preventing a crime or carrying out a

lawful arrest and apprehension of an offender.

Self-defence can arise from either defending yourself or another, this defence came about through case law (Palmer v R [1971] AC 814 and R v McInnes 55 Cr App R 551) but is now enshrined in statute (Section 76 of the Criminal Justice and Immigration Act 2008). Self-defence can also include defence of your property which was created by the Criminal Damage Act 1971.

Essentially anyone acting reasonably and in good faith to defend themselves, their family or their property should not be prosecuted for such action.

I'm not going to focus on this article on defending your property but if you are interested the Crown Prosecution Service (essentially the police's lawyers) have published a leaflet for members of the public making it clear that if householders have acted honestly and instinctively and in the heat of the moment, that this will be the strongest evidence for them of someone having acted lawfully and in self-defence - <http://www.cps.gov.uk/publications/prosecution/householders.html>

What is 'reasonable' force?

There is no definitive answer (remember I am a lawyer!) but there are 2 key questions which must both be considered:

a) was the use of force necessary in the circumstances, i.e. was there a need for any force at all, on the basis of the individual's honest belief as to what was happening?

AND

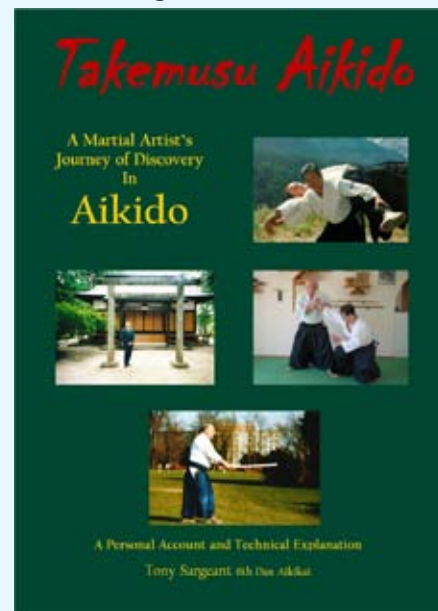
b) was the amount of force used reasonable in the circumstances given the person's honest belief of what was happening?

In practice what this means is firstly whether the person saying that they were acting in self-defence felt that they had to use force and that the amount of force they used was reasonable (a subjective test) followed by whether, on the basis of the facts they individual honestly believed were occurring would a reasonable person regard the force as necessary and of an appropriate amount (an objective test).

Probably the most important part of this is the point that in deciding whether the use of force was appropriate or not the Court would consider the individual's honest belief of what was happening, not necessarily what was actually happening,

If there has been an attack so that self defence is reasonably necessary, it will be recognised that a person defending himself cannot weigh to a nicety the exact measure of his defensive action. If the jury thought that that in a moment of unexpected anguish a person attacked had only done what he honestly and

Takemusu Aikido by Tony Sargeant 6th dan



Takemusu Aikido – A Martial Artist's Journey of Discovery in Aikido distils the thoughts, discoveries and advice from one man's search for enlightenment through O-Sensei's Aikido.

Tony Sargeant, 6th Dan Aikikai, shares some of his life stories, training enjoyment and reasons for following O-Sensei. He covers philosophical aspects of the Aikido mind and spirit and goes on to cover technical aspects of the art with explanations and photographic descriptions. These are designed to stimulate your thoughts as well as offer some answers which, he believes, are in keeping with the universal law; an adherence to which is essential in understanding O-Sensei's Aikido. His words are offered to you for your consideration in the hope that you will be encouraged to examine your own practices and will wish to apply such considerations in your future training.

Please contact Tony Sargeant sensei to purchase this book.

email: tonysargeant63@gmail.com

instinctively thought necessary, that would be the most potent evidence that only reasonable defensive action had been taken ..." per Lord Morris in *Palmer v R* *ibid*.

If, however, you make a mistake as to what was happening because you chose to go out drinking and were drunk that wouldn't be a factor that you would be able to rely on as part of answering either the subjective or objective tests.

Also to note is that the final outcome of the actions of the person saying that they acted in self-defence may not be indicative of whether or not the force used was reasonable. What this means is that provided you use reasonable force to defend yourself even if the other person suffers some serious injury you are still covered by self-defence. Similarly even if the person suffers only some minor injury if your decision to use force was unnecessary or was disproportionate then you will not have been acting in self-defence.

Pre-emptive strikes

There is no rule in the law which says that a person must wait to be struck first before they may defend themselves (*R v Deana* 2 Cr App R 75). The same subjective and objective tests apply in this instance as when you respond after being subject to the other's use of force.

Failing to retreat when attacked will be a consideration but is not by itself conclusive evidence that someone was not acting in self-defence.

If you start violence, however, or seek revenge on someone who has attacked you it is almost certain that your actions will not satisfy the two tests and so you will not be found to have acted in self-defence.

Final considerations

In deciding whether or not to prosecute in cases where someone says that they acted in self-defence prosecutors as well as considering the two tests will also seek to balance the public interest in promoting a responsible contribution on the part of citizens in preserving law and order and in discouraging vigilantism and the use of violence generally.

Leslie Cuthbert, the BAB's Legal Officer, qualified as a solicitor in 1996 but had already begun his aikido career before that point in 1991 under Senseis Haydn Foster and Ron Russell at The Hut, Institute of Aikido. After qualifying Leslie became a partner in a criminal defence practice, McCormacks Solicitors, and now predominantly sits as a judge in the Crown Court, in Mental Health Tribunals plus other judicial roles and travels around the UK and abroad delivering training on investigations and performing a judicial role. After a few years hiatus in his Aikido practice Leslie returned to training in 2007 with British Birankai and currently trains with Kurai Aikido in Chelmsford where he also lives.

EVENTS

Weapons Course with Frank Burlingham 6th dan & Vince Hammond 5th dan

15th & 16th February
Wellington, Somerset
page 16

Lancashire Aikiki

10th Anniversary course
28th Feb to 2nd March
Blackpool

Page 10

Tony Sargeant 6th dan

26th & 27th April
Dorchester
page 14

Scottish & Borders Biankai Spring Camp

3rd, 4th & 5th May
Stiringshire, Scotland
page 12

Larbi El Akel 6th dan Aikikai

9th, 10th & 11th May 2014
Weston-Super-Mare
page 11

Pat Hendricks shihan seminar

1th, 12th & 13th July
High Wycombe
page 13

Koretoshi Maruyama UK seminar

1st, 2nd, & 3rd August
The Lake District
page 15

Ki Society montly intensive training sessions with Bob Macfarland sensei

page 21

Winter Training 16-22 Feb

Kangeiko, our annual Shodokan Aikido Winter Training
Sheffield

page 24

Profile of Steve Billett: BAB Webmaster

Stephen Billet 6th Dan Tomiki Aikido, 4th Dan Judo, 1st Dan Jujutsu, Chairman of the Aikido Development Society, Currently coaches at Chingford & Woodford and Winchmore Hill clubs and has been involved in martial arts for over 40 years, including a very successful competitive career in international judo competition.

I started training in martial arts during my 16th year, a late starter many people pointed out, although I had previously been quite a successful gymnast and canoeist. Judo became my first martial art. I was very lucky to be trained by Leslie Agess one of the first women European champions in judo. My first contest was within weeks of starting and fought against a team from a school for the blind in the British Schools Judo Open. From that day onward I learned never to underestimate an opponent, as they had superior skills and I was lucky to win these contests.

During the mid to late 70s my Judo led me onward to become the IBF European Champion several times at both 63 and 65 Kilos. Around this time I was introduced to Don Bishop 7th Dan ADS (Tomiki Aikido) and began to practice Aikido, mainly for fun, but with Don's help to also improve my contest Judo by using some of the allowable Aikido techniques. I have always felt that if you take from a sport then you should also give something back; I therefore started to teach Judo (now for over 35 years) to both adults and children, achieving some success, bringing a few pupils through to international level. One of my most enjoyable times was training the local school children in Enfield for the London Youth Games Judo squad. They turned out to be possibly my most successful overall squad, gaining around 60 medals in 3 games.

My Aikido career now ran in parallel with my Judo, both in teaching and contest. My first Aikido Dan grade was awarded by the Belgian Tomiki Aikido Association in 1976 when I competed in a Tanto Randori competition that was run during the break of the Belgian Judo Open. I entered for fun and due to Don's superior coaching won the event (I subsequently went on to win the Judo event as well). I was a 2nd Kyu under Don at that time and decided to wait until he awarded my 'proper home grown' 1st Dan.



Training in Japan has illustrated to me that there is more to martial arts than just competition and it was this that motivated me to begin teaching Aikido. Currently I have 2 Dojos in North and East London. Aikido has now overtaken Judo as my first martial art with its requirements for skill rather than strength being more appropriate these days. Over the last few years I have also given some of my time to the British Aikido Board as webmaster and serving on the BAB Executive committee. But the most enjoyable part is being BAB Coach Tutor and running courses for those who wish to become Aikido Club Instructors. It is quite fulfilling seeing the young and sometimes not so young people flourish and become coaches.

My latest venture in martial arts is starting to teach Wado Ryu Karate. I have two young children, a son Adam (12) and a daughter Amy (7). They have been practicing Judo and Aikido as soon as they could walk, but they both also started Wado Ryu Karate at school and the instructor just happened to be a member of my Aikido class. I was then sucked into the class but found I was not happy that both my son and daughter were higher grades than me. I very soon learnt again what it was like to be a student and the pressure of achieving the next grade, for me what made it worse was that I was competing against my seven-year-old daughter. I am sure in the future I will just have to accept that they will surpass my skill and fitness level, but not just yet..... I can still beat a 7-year-old.

Lancashire Aikikai

10th Anniversary Course

28th February-2nd March 2014

Bob Spence, 6th Dan,
Principal of the LA
& other Senior LA Instructors

Guest Instructor
Matt Hill,
5th Dan, Iwama Ryu



Ribby Hall Holiday Village, Wrea Green, Blackpool PR4 2PR
Further details and location map: www.lancashireaikikai.org/ribby.html

Dates	Times
Friday 28th (pm only) LA instructors	1.30 pm - 4.30 pm
Saturday 1st Bob Spence Sensei	9.30 a.m -12.00 noon 1.00 pm - 3.30 pm
Sunday 2nd Matt Hill Sensei	9.30 a.m -12.00 noon 1.00 pm - 3.30 pm

Please arrive at least 30 minutes early at the start of the day for mat laying and registration

You will need to bring proof of valid BAB insurance with you. For non-BAB members, insurance and temporary membership is available at an additional cost of £5

There will be a course meal on Saturday evening (visitors welcome). Book via email with menus on LA website

Any queries contact Wendy:
ribby@lancashireaikikai.org
0161 449 7474

COST	LA	Other
Single a.m. or p.m.session	£5	£12
Day	£9	£23
Saturday & Sunday	£16	£42
Full Weekend	£19	£50

Concessions 50%

Costs half price of 2013 for LA members.

Pre-booking recommended for all. Priority will be given to LA members. **Limited places available for visitors**

Please feel free to complement your training with the excellent facilities available on site at Ribby. Train for the whole weekend or select sessions to suit your family break

Ribby Hall offers cheap, self-catering weekend breaks at this time of year. Please book direct: www.ribbyhall.co.uk 0800 085 1717

If you book by telephone and mention aikido you will get 10% discount

There are also several Travel Inns within easy distance

AIKIDO

Larbi EL AKEL

6th dan Aikikai

9 - 10 & 11 May 2014

Friday 9th
19.00 to 21.00

Saturday 10th
12.00 to 16.00

Sunday 11th
10.00 to 16.00

Location:

The Campus Sports Centre
Bransby Way
Weston Village
Weston-Super-Mare
BS24 7DX

Fee:

Friday	£10	£30
Saturday	£20	
Sunday	£20	

Enquiries:

Phil Benge Tel: + 44 (0)7786 513 973
or E-mail: 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 Spring Camp 2014

May 3rd - 5th
Stirlingshire, Scotland

with guests

P Masztalerz

Chief Instructor, Wroclaw Aikikai
Poland

M San Miguel

Hombu Dojo
Japan

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

springcamp2014@gmail.com

"Wha daur meddle wi me"

Pat Hendricks Shihan

**At High Wycombe Judo Centre
11th to 13th July 2014**



This year Pat Sensei will be celebrating her 40th year in Aikido. Within two years of starting Aikido training she had moved to Iwama, Japan to study Morihiro Saito Shihan and has returned to Iwama over 25 times of which 6 years were as Uchi Deshi.

Apart from his son and successor, Hitohira Saito Sensei, Pat Sensei spent more time over more decades training with Morihiro Saito Shihan than any other student and was awarded menkyo kaiden in both weapons and Tai jutsu. To this day she continues to support Hitohira Saito Sensei and her Iwama lineage.

The weekend will consist of a mix of Tai Jutsu and Bukki Waza Classes.

We are a very open group and all styles of Aikido and all levels of rank are very welcome.

Location:

High Wycombe Judo Centre
Barry Close
Cressex
High Wycombe
Bucks HP12 4UE
UK

Website: <http://www.wycombejudocentre.co.uk/>

Cost:

All Three Days	£ 95
Saturday & Sunday	£ 85
One Day	£ 45
Friday Evening Class	£ 10
Special Keiko (Optional Class)	£ 15



Wellsprings Aikido 

2014 Aikido Tai Sai

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.

With

Tony Sargeant Sensei, 6th Dan
Chief Instructor T.I.A.E



Saturday April 26th 10am – 4:45pm
(registration from 09:15am)

Sunday April 27th 10am – 4pm
(registration from 09:30am)

at

Herrison Hall Ballroom

Charlton Down Village Hall. Near Dorchester. Dorset DT2 9UA.

Open to all aikidoka. Please bring your bokken, jo and proof of insurance.

Wellsprings Aikido Celebrating 4 years of Joyful Training

www.wellspringsoftheeast.co.uk



Koretoshi Maruyama Sensei's 2014 UK Seminar
Takagashira Dojo, in the Lake District in Cumbria
1st – 3rd August 2014



Maruyama Sensei was a direct student of the founder of aikido – Morihei Ueshiba – for 13 years, and was also one of his uchi deshi. He was also the Chief Instructor and President of the Ki Society under Koichi Tohei Sensei before establishing his own association: Aikido Yuishinkai.

This will be the only seminar Sensei will be teaching in Europe in 2014.

When:

1st – 3rd August 2014

Venue:

Kendal Judo Club, Parkside Business Park, Parkside Road, Kendal, Cumbria LA9 7EN, UK

Fees:

£40 per day early registration fee (ends 31st March), £50 per day thereafter. If you pay on the day the price is £55 per day.

Reserving your place: Secure your place by completing the relevant registration page, current limit set at 100 people per day.

Insurance:

You need to bring proof of your own insurance to the seminar, this is usually available via your home dojo. If you do not have any insurance we can insure you on the day for £5

Travel and Accommodation:

We've put together some pages to help you find a place to stay and the best way to get here.

[Click to book or for more information](#)

Weapons Course 15th & 16th Feb 2014

VENUE:

The Princess Royal Sports Complex
Wellington School, Wellington, Somerset,
TA21 8NT
01823 668718



**2 days of great weapons instruction from two of the best weapons instructors I know.
This is sure to be an informative and fun weekend and not to be missed.**



Sensei Frank Burlingham 6th Dan



Sensei Vince Hammond 5th Dan

Registration 9am Saturday 15th,
first lesson 10am - 11:30am,
second lesson 11:45am - 1pm
Break for lunch.
First afternoon lesson 2pm - 3pm,
Second lesson 3:15pm - 4:30pm

Registration 9:30am Sunday 16th,
first lesson 10:30am - 11:30am,
second lesson 11:45am - 12:45pm
Break for lunch.
First afternoon lesson 1:30pm - 2:30pm,
Second lesson 2:45pm - 3:45pm

Mat Fees:	Adults	Junior/concession
Saturday only	£25	£15
Sunday only	£20	£12
Weekend	£40	£22

Saturday evening there will be a meal,
please let me know if you wish to attend
and if so how many seats.

If you require accommodation please
let me know and I will send details

Proof of insurance will be required

**For further details or to book your place for the course and/or the meal please contact
Sensei Vince Lawrence aikidotaunton@googlemail.com**

Coaching News

The BAB Coaching Refresher Course

The BAB has created a 'Coaching Refresher Course' that is in line with other National Governing Bodies (NGBs). Anyone involved in teaching other sports will know that NGBs require their coaches to attend refresher courses every 3 to 5 years

This course is for CL1, CL2 & CL3 certificate holders that have their certificate dated more than 5 years ago, and for instructors who received their coaching award with 'Accreditation of Learning/Prior Accreditation' etc.

This course lasts for one day and is structured along the similar lines as the CL2/3 modules. That is to say, it is taken as a workshop type practical session, including some theory. The tutor will provide the latest updates and the opportunity for Q&As along with group discussions

The BAB currently have 7 Tutors spread around the country so this course is well suited for an association to arrange their own course with the help of the BAB. There is no restriction on numbers so the cost per student can be kept very low

CL2/3 module Instructors

Due to demand, the BAB Coaching team is looking for new tutors to deliver the following courses:

scUK Term CL2	BAB Term CL2	Comments
Coaching Children and Young People	Young People	
Coaching Methods and Communication	Communication	No longer run by scUK
Safe Exercise, Injury Prevention and Management	Managing Risk	No longer run by scUK
Improving Practice and Skill	Practice, Skill and Techniques	No longer run by scUK
Safeguarding & Protecting Children	Protecting Children	
Fitness and Training	Fit for Purpose	No longer run by scUK

scUK Term CL3	BAB Term CL3	Comments
Equity in your Coaching	Equity	
How to coach Disabled People in sport	Coaching Disabled People	
A Guide to mentoring Sports Coaches	Mentoring Coaches	
Planning & Periodisation	Planning for Success	
Not available	Event Planning and Delivery	Only available from the BAB

New tutors can be selected from current tutors or students **without** tutor status.

We can only select applicants that have some expertise in these fields. Due to resources we can not select students that would like to deliver some of these courses but have no real knowledge in the subject matter.

If you wish to be considered as a BAB tutor for any of these courses please send your details to the BAB CDO Mr Frank Burlingham: coaching@bab.org.uk Please include the following information:

The course(s) you would like to teach Full name and address Your Association

Your Association's approval Any BAB Coaching awards

Evidence of experience etc in the courses you are interested in teaching

Frank Burlingham BAB CDO & Grev Cooke BAB CAO



I started training in Aikido back in 2003, NJ, USA achieving 5th Kyu. It then took 10 years before I found Aikido again and hit the mats, but this time I was much more focused and with a new desire. For the past 16 years I have been working in

the coaching and fitness industry, which has taken me all over the world, UK, USA, Brazil, Jamaica and the UAE. Working at all levels from 3 year old to professional athletes at National and International levels within the sport of football and the fitness industry, wearing 'many hats' as coach, mentor and educator. I am now putting all this experiences and knowledge to good use on the mats at my local club, Eiryukan Aikido in Lincoln.

When I am not on the mats I spend all my time with my family, hobbies include CrossFit, Fitness challenges and ultra endurance events and lots of coffee to keep me going.

Aikido – A new path, a new life

My first ever insight into Aikido was in 2003, "just come and give it a try" a good friend of mine said. I was working in New Jersey, USA at the time, however, I always seemed to be "too busy" to go, but, he didn't let up so I went. I loved it! For 2 years I continued to train on and off, sometimes 3 times a week others once a week. I managed to get to 5th Kyu and then a career change took me to the Middle East and that was that.

Originally from Lincolnshire I came back to see family and friends twice a year and often I surfed the internet to see what was out there in terms of clubs and training but that was as far as I got. I would go back to Dubai and again look up clubs and training but never quite managed to get on the mats. Work, family, social life, no time for Aikido.

In the Summer of 2012 my life was about to change forever, everything I have ever known, goals, focus, career, lifestyle, my family would never be the same. My now 18 month old daughter (middle child of three) was born with a complex heart condition, one that will need ongoing open heart surgery and hospital visits for the rest of her life. We had to give up everything and move back to the UK, our lives were and still are to some degree on hold.

No job, no more career aspirations, nothing but complete focus on our daughter and what she was going to face. Keeping my family is my priority and sustaining it was 'my role'.

After months of worry and visiting the hospital daily I needed an outlet, I needed my sanity back, I needed something. It was then I remembered Aikido, after all this time I knew I still loved the idea of wanting to get back into it, maybe this was the time? I jumped onto the internet and reached out to the first club that came up, Eiryukan Aikido in Lincoln, Sensei Neville Coupland. As soon as I saw the club online I knew it was the one for me, all I saw was lots of children, who were smiling, active and having fun, male and female adults and overall a sense of 'family'.

I didn't want to just train once or twice a week I wanted more than that, I wanted to really understand the art and truly get to grips with what it is, its history, techniques, everything. I wanted to be involved in Aikido not only as a student but also as a teacher, spreading the word, getting others excited and involved.

I typed an email and before I could reconsider I pressed send, 'oh well too late now'. Sensei Neville replied and organized a meeting. I felt like I had a lot to offer as I had just spent the last 16 years coaching all ages and abilities so I knew these skills would come in handy somehow or at least I hoped they would, anyway I had nothing to lose, no job, no real direction I figured why not give it a shot and Sensei was willing to grant me that opportunity.

It turned out Eiryukan was growing fast and Sensei was looking for potential instructors, call it luck, good timing or destiny but I found Aikido at the right time again. The first session, getting back on the mat in 'civilian' clothing was nerve wracking I moved like a block of concrete, all of a sudden I had no co-ordination and came away thinking what just happened there and I can't remember a thing, I just knew my head was spinning (I later found out this is normal).





And so the journey began, I bought my Gi, stiff as cardboard, the new white belt student, feeling self conscious and like I 'stood out' (not in a good way) but nobody cares, everyone just wanted to help, everyone made me feel like I had been a part of the club for years and that alone made we want to keep coming back.

Coming back is what I did, day after day. Fast forward to today January 2014, I am just preparing for my 2nd Kyu test within the next 4 weeks. Amazing, maybe, impossible, I would of thought so if you told me that a year ago when I first became involved.

There are many things that see you succeed in life and Aikido shows you them all, you have to have is a passion and love for what you do and that combined with energy and focus can be a very powerful weapon. Sensei Neville has an amazing passion for the art and teaching and so it is easy to fuel the fire. Five or six days a week we would train anywhere from 1 hour to 3 hours a day. On top of all the training I was giving back to the club by helping with all the kids and teens training 5 days a week 2-3 hours each day. This alone gives you a new perspective, you have to know the techniques and be able to break them down in order to try to simplify and teach the up and coming Aikido students, the future of this art. Seeing Aikido from another angle and perspective helps you to understand things better and see it differently, it pushes you and makes you dig a little deeper. You have to go home and perfect the basics so that you can 'show' a good picture to your young students. Sensei everyday clicks my hips into place, pushes my back heel down, tweak this and that constantly.

My journey is best described as being like riding a hurricane, it comes along, sweeps you up completely takes you for one heck of a ride. One day I feel like I've 'nailed it' and then the next it's like I'm doing it for the first time. All of this you have to embrace and

persevere with, not only is it 'worth it' but it's the beauty of the art of Aikido.

There is so much to learn and practice a lifetime isn't enough, I am just starting out and my knowledge is very little, yes I can get through a class and understand a number of techniques but perfect them...no, do they change each time I do them....yes. Do I drive home on an Aikido 'high' because I feel like I have just nailed something or something went right and then the next day at training I think what on earth just happened, I can't remember anything and it's as if I'm back to day one (this happens a lot by the way) It's all part of it.

Even through all of the training, the grading, moving through the belts, this is all great and rewarding but for me this is not what it is about. It's about what you put in, what you give. Don't get me wrong I love passing my grades and I love learning new techniques or perfecting one that I did on my first ever grading but for me it's about the life that Aikido has given me.

I now have a focus again; a drive, a passion. Something I enjoy and am fortunate that I can do this everyday through my club and my Sensei. It's about the fantastic people you meet, the club members, the Aikido family. Some come and go very quickly, others stay for a while and then come back and then the 'old faithful' once a week, every week year after year. Every single person has made an impact on me and my Aikido journey and I am forever grateful for their input even though most are not even aware of it.

I can't tell you what I would be doing if I hadn't sent that email, but I know I am blessed to have found Eiryukan and Aikido. I am more balanced in my life, I see things so very differently, it pushes my limits of endurance mentally and physically but it also teaches me about others and interaction. These lessons cross over into my family and social life and I believe it has made me a better person.

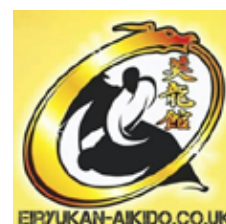
Always look for something new and don't ever be afraid to completely give yourself to something you love, in my case Aikido, the rewards will always outweigh the risk.

Lee can be contacted at

Leemitchell1975@yahoo.com

Eiryukan Aikido

www.eiryukan-aikido.co.uk



The courses listed on this page are available free of charge to BAB instructors, Coach Tutors, CPOs and CWOs. We are grateful to Endseigh (our insurance brokers) for their generous support of this initiative. See bottom of page for enrolment information.



NSPCC Child Protection Awareness in Sport and Active Leisure

This programme is suitable for anyone who comes into contact with children and young people through their work in a sports or active leisure setting. It provides an excellent introduction to safeguarding children and young people and will help you to recognise the early warning signs of possible abuse.



NSPCC Safer Recruitment

This programme is suitable for anyone who is responsible for recruiting paid staff or volunteers into their organisation. It includes guidance on recruitment, selection techniques, checks and safeguards to put in place, and post-recruitment vigilance that will help you to reduce the risk of employing someone who may pose a danger to children.



NSPCC Preventing Bullying Behaviour

This programme has been written in partnership with the Anti-Bullying Alliance. It will help you to understand bullying behaviour, and explains how you may prevent it or respond to it when it does occur, as well as providing guidance on developing an anti-bullying policy.



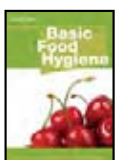
An Introduction to Equality & Diversity

This programme is an introduction to equality and diversity, what they mean and how they affect you. It looks at some of the barriers that can prevent equality from being realised, such as prejudice, stereotyping, discrimination, victimisation and harassment. There is a brief explanation of the Equality Act 2010 and the 'protected characteristics' that form the basis of the law.



Protecting Vulnerable Adults

Produced with a consortium of leading health and social care organisations (including Mencap, the Royal College of Nursing and St John Ambulance), this programme is essential for anyone who comes into contact with vulnerable adults in a work or voluntary setting. It provides key information including definitions and signs of abuse, likely threats, and what to do if you suspect someone is being, or has been, abused.



Basic Food Hygiene

This authoritative Level 2 programme is specifically designed for food handlers. It contains essential information on all aspects of food hygiene and meets CIEH (Chartered Institute of Environmental Health) standards. Ideal for anyone who prepares or serves food as part of a sporting club.



Personal Safety

This programme has been awarded the Association of Chief Police Officers' (ACPO) 'Secured by Design' seal of approval. The programme will show you how to reduce personal safety risks by using risk assessment and provides a number of proven, positive action techniques that are appropriate for both work and leisure safety.



An Introduction to Safety in Clubs

Written with the sport sector in mind, this introductory EduCare programme offers an insight into the key elements to consider in ensuring the safety of your staff, members, volunteers and premises. This programme has been awarded the Association of Chief Police Officers' (ACPO) 'Secured by Design' seal of approval.



NSPCC Children's Rights

This programme gives a clear and concise insight into what children's rights are and how they apply to anyone who comes into contact with children and young people through their work or in a voluntary or leisure setting. It introduces the International Convention and what it means in practice and suggests what you and your club can do to ensure you uphold children's rights.



NSPCC Child Protection – Staying Aware

This programme is designed for people who have previously completed Level 1 or 2 child protection training. It consists solely of a questionnaire that will test a person's child protection knowledge, and also their understanding of how to promote the welfare of children.

To apply for a place please email Sue Ward (sueward.cpo@gmail.com), ensuring that you have the appropriate permission from your Association. You can study at your own pace, and you have around 6 months in which to complete the Units. On successful completion of each Unit you will be able to download a certificate of achievement which has CPD points allocated. Places are limited and allocated on a 'first come, first served' basis.

Notification of a series of monthly weekend intensive sessions with Bob MacFarland Sensei to be held during 2014

Registered Charity No 1042432 Brighton Ki Society is part of the UK Ki Federation, a non-profit organization established to spread Ki Principles and Shin Shin Toitsu Aikido as taught by Master Koichi Tohei. The universal path established by Tohei Sensei is referred to as Setsudo.



The Brighton Ki Society provides a traditional Japanese dojo training environment for students of all ages and abilities. The dojo is led by highly skilled instructors who are certified by the Ki Society in Japan, and receive ongoing instruction to stay current and maintain certification.

The UK Ki Federation is affiliated with Ki Society H.Q. in Japan through our relationship with the Northwest Ki Federation.

During 2014 Bob MacFarland Sensei will be conducting a series of monthly weekend intensive sessions teaching the full spectrum of Setsudo at our purpose made facilities Brighton Ki Centre, 12 Queen Square, BN1 3FD. Seen below at with Shinichi Tohei Sensei the present president and chief instructor of Ki Society HQ.

Ki exercises for health and happiness, last Sunday of the month, 10am-12.30pm

Open to all – non-aikido students welcome. Wear loose comfortable clothing such as tracksuits for this class.

Sunday intensive Ki development sessions with Bob MacFarland, Full Ki Lecturer. It is a light exercise based class suitable for everyone interested in learning about

Ki and achieving the optimum state of mind and body unification.

You will learn through unification of mind and body how to achieve an unshakeable state to become naturally strong and relaxed. Other tools such as, Ki Meditation, Ki Breathing, Oneness Rhythm exercises and Ki exercises for health are introduced to develop Ki and to achieve natural posture and movement for improving health and well-being.

Very simple Ki tests are conducted and you will be able to experience your Ki and prove to yourself just how powerful mind and body unification can be.

Ki & Aikido for All Last Saturday of the month 13:30 – 17:30 (all levels)

This Saturday intensive session with Bob MacFarland, 5th Dan, Shinshin Toitsu Aikido is an excellent opportunity for anyone to delve deeper into their practise of the fundamental principles of both Ki and Aikido. With his over 35 years teaching experience Bob MacFarland Sensei has a wealth of knowledge and insights to pass on based mainly upon Koichi Tohei's teachings.

Weapons Intensive: 2nd Saturday of the month, 1:30–5:30pm

All levels. Bring Bokken and Jo if you have them as a limited number is available at the Ki Centre.

Saturday intensive weapons sessions with Bob MacFarland, 5th Dan, Shinshin Toitsu Aikido. A comprehensive programme of weapons practice followed by an optional session of Chanting from 5:00pm to 5:30pm.



In this session you will learn how to increase coordination. Training with weapons helps to align body movements and teaches full extension of ki as well as helping to overcome the fear of being hit.

Movements derived from weapons are relevant to Aikido techniques and students will gain deeper understanding of the art as a whole and it is essential to undertake these sessions if you desire to improve your Aikido and prepare for the higher grade examinations.

Kiatsu® last Sunday of the month, 1:30pm-4.00pm

Ki does not flow well in a person who is ill or injured. Kiatsu® activates and stimulates a person's natural healing processes by restoring the flow of living energy. Ki pressing improves circulation, reduces tension, and enhances health. It also helps reduce or eliminate pain, stiffness, and swelling caused by stress

or minor injury. These practice sessions are taken by the Brighton Ki Society members along with yearly full weekend courses with certified Oregon Ki Society personal Kiatsu® School instructors.

Kiatsu® is a registered trademark of The Ki Society H.Q. Japan.

If anyone is interested in attending any of these sessions please call Bob – (01273) 323315 or email:

brighton@kisociety.org.uk

For further info see

<http://brightonkisociety.org.uk/>



"When a water pump is dried out, no water can flow from the well up through the pump. To start this flow again we must put some water back into the pump. In the same way, Ki does not flow strongly in a person suffering from illness or misfortune. Let us practice Kiatsu® to put Ki back into these people, stimulate their own flow of Ki, and give them a fresh start to happiness."

(from the book of Ki Sayings by Koichi Tohei Sensei)

Aikido and the tax man

During our previous article I mentioned the expenses that you can claim. I am going to give you a little more detail here.

Travel Expenses

If you are volunteering your services to a club (e.g. as an instructor) and are **not** classed as self-employed, then the club may reimburse you for any travel expenses you incur. In this case you can claim mileage of 45p per mile for the first 10,000 miles you make in any one tax year and then 25p for every additional mile. You will need to submit an expenses claim to your club to receive this reimbursement, and you will not have to declare it to HMRC or pay tax on this amount.

If you are classed as self-employed and are receiving income from the lessons you undertake then you can claim your travel expenses as above when submitting your tax return.

Use of Home

If you are classed as self-employed and you prepare lesson plans etc from home then HMRC will allow you to claim a proportion of your home running costs (heat and light, contents insurance etc but NOT mortgage repayments).

The calculation to work out what is a fair proportion can be quite complex and it would be advisable for you to contact an accountant to prepare this for you. Luckily HMRC have very kindly provided us with a flat rate per month which you can use instead of the more complex calculation. These are based on the number of hours worked per month in the home.

Number of hours worked	Flat rate per month
25 or more	£10
51 or more	£18
101 or more	£26

More guidance on this can be found at: www.hmrc.gov.uk/manuals/bimmanual/bim75010.htm

Training kit

If you are volunteering as a coach then the club can pay for your gi (for example). If you are self-employed then you can claim the costs of the gi as a deductible expense BUT if you also use it when you train as a normal student then you will have to work out the percentage of professional and private use. This would also apply to any weapons or other kit needed to instruct.

Courses

If you are a volunteer then your club can reimburse you for course costs. If you are self employed then the calculations are more complicated. You cannot claim the cost of courses taken to acquire a new skill. This can be difficult to apply to aikido, but for example you could not claim for a grading or for attending a CL1 course. Both of these would count as 'new skills'. However, you can claim for courses which enable you to maintain your skills and credentials (e.g. necessary CPD and so on). More information can be found here:

<http://www.hmrc.gov.uk/manuals/bimmanual/bim35660.htm>

There are various other tax deductible expenses which an individual may be able to claim but these tend to be on a person by person basis.

Please note that this information has been given in good faith and is intended as general guidance only. Individual tax arrangements vary and so please consult an appropriate professional if you have any concerns or queries about your own tax position.



!!! Winter Training 16-22 Feb !!!

Winter is coming... Kangeiko, our annual Shodokan Aikido Winter Training, is on it's way!

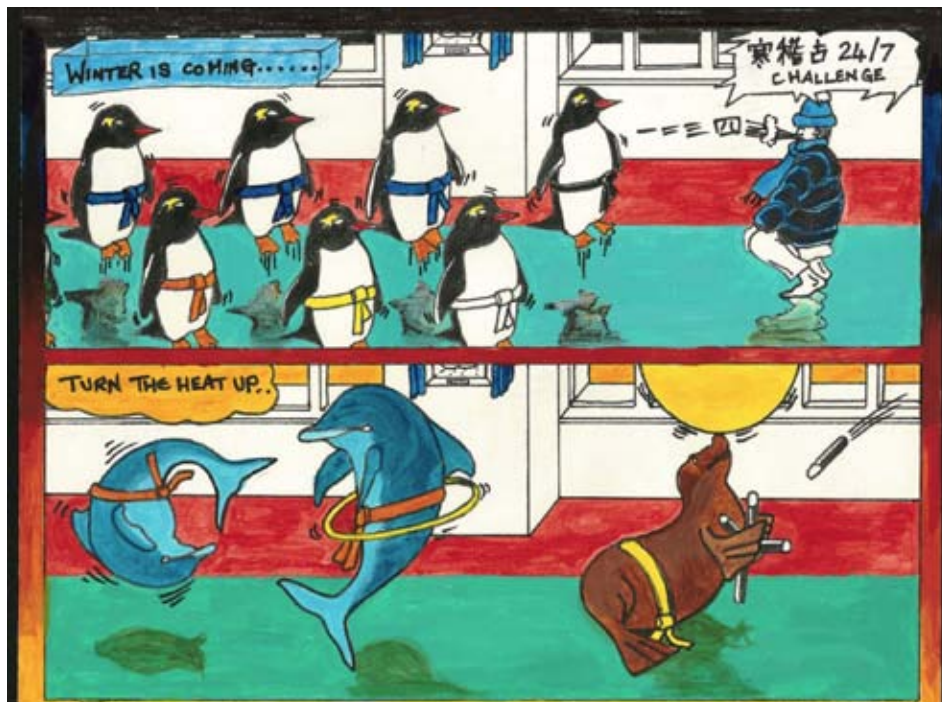
Kangeiko is a week's worth of intensive training, beginning with a day of training on Sunday 16th Feb, followed by morning, afternoon and evening sessions Monday to Friday, and ending with a day of training on Saturday 22nd Feb – then it's party time!

This year, in order to help raise funds for a desperately needed heating system, Kangeiko is a sponsored event! Members must raise their entry fees via sponsorship, and it's our hope that people may sponsor the Dojo directly for being the unique local resource that it is!

Please see our [crowdfunding page](#) for more details on why and how you can give sponsorship to the Dojo, and the rewards and perks available if you do!

Interested in joining us for Kangeiko? I thought so! Feel free to [contact us](#) or swing by the Dojo to take a look for yourself. We even provide free Kangeiko training in some of the many perks for sponsorship!

[Let's Turn The Heat Up!](#)



Unit 15 Devonshire Business Park
Eldon Street
Sheffield, South Yorkshire S1 4GT

Email. scottallbright@yahoo.co.uk