

# Aikido Times

THE OFFICIAL NEWSLETTER OF THE BRITISH AIKIDO BOARD



March 2016



Welcome to the 1st issue of 2016.

As mentioned in the last issue, we now plan to publish quarterly, unless we start to get enough submissions to revert to our bi-monthly programme.

I am always happy to send out course information in between issues, so you can

send in any promotional information as soon as you have it.

Please ask your club members if they have anything they would like to submit. I am sure there is a wealth of expertise and information out there, so please use the Aikido Times as a way of sharing this with other clubs and members.

Brian Stockwell, Editor

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## Level 2 Coaching Course Report

**Richard Power:** Chairman of West Midlands Aikido Association & Walsall Wood Aikido Club

On the 20th to 21st February people from 8 different Aikido clubs from around the UK gathered at Walsall Wood Aikido Club in the West Midlands to cover all 5 units of the BAB Level 2 coaching course.

The first day started with Risk Assessments, and we learned how to write them and how to apply them practically in our own surroundings. The second unit Coaching Children was led by Sue Ward who gave a fun and practical look session, allowing all 21 people to take part and let out the inner child in themselves, and use their imaginations to create games using random bits of play equipment to help engage children in Aikido. This was followed by the Safeguarding Children unit, which could have been boring but was made very educational and lots of class participation to learn from. The second day started with Fit for Purpose led by Ken Williams who gave thought provoking exercises and class debates to the full on the subject which everyone enjoyed. This was followed by the final unit, Communication, delivered by Frank Burlingham again who led the class along with bad jokes that made you smile, tales of good and bad communication stories and lots of class debates on the subject. Overall despite it being a long 2 days with lots of information to take in and multiple cups of tea and coffee not forgetting the chocolate biscuits and flapjacks, everybody was engaged throughout and found it a worthwhile 2 days.

*Editor's note: see page 15 for upcoming CL2 course details*





## BAB National Course 2016

***Date: Saturday 24th September 2016***

***Timings : 9.30-4.30p.m.***

***Registration opens 8.30 a.m.***

This year's National Course will again be held at Sport Wales National Centre, Sophia Gardens, Cardiff CF11 9SW

This 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:-

<b>Peter Thomas</b>	<b>7th Dan</b>	<b>Shin Gi Tai</b>	<b>(Traditional Aikido)</b>
<b>Tony Yates</b>	<b>7th Dan</b>	<b>British Aikido Yoshinkai</b>	<b>(Yoshinkai Aikido))</b>
<b>Stephen Billett</b>	<b>6th Dan</b>	<b>ADS</b>	<b>(Tomiki Aikido)</b>
<b>Phil Boulton</b>	<b>5th Dan</b>	<b>KSMBDA</b>	<b>(Ki Aikido)</b>
<b>David Dimmock</b>	<b>3rd Dan</b>	<b>Fudoshin Aikido</b>	<b>(Traditional Aikido)</b>

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

Full details, including directions, and a down loadable application form, are on the BAB web site, [www.bab.org.uk](http://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. Further information on the BAB Website [www.bab.org.uk](http://www.bab.org.uk) or contact The BAB Secretary,

e.mail: [shirleytimms@btinternet.com](mailto:shirleytimms@btinternet.com)

Tel: 01753 577878

N.B. Admission for coach Level 3 Instructors is Free and there is a reduced rate for those holding Coach level 2.

Keith Holland & Shirley Timms

(Joint Organisers)



## Report from the Executive Committee

### Keith Holland, Chairman

#### *Instructors Refresher Courses*

Although there is general support for the concept of mandatory refresher courses for Instructors, it was felt that at this time it has to remain an “aspiration” as our present resources do not allow for the implementation or management of such a scheme.

However the Committee were delighted to note that a number of Associations are introducing their own internal refresher courses for instructors and recommend this approach to all Associations.

#### *Membership Fee Increase*

The Executive Committee have carried out a major review of all its budgets last year and rationalised a number of areas of expenditure, but despite this it is currently drawing from its reserves to meet financial commitments. This is partly due to the increasing demands being placed on the Board, a reduction in membership levels and the fact that fees, which are the lowest for any National Governing Body have not been increased for some years.

Added to this it needs to be better resourced to meet its major priority of raising the profile of the BAB and Aikido throughout the UK. Initiatives include raising the profile and credibility of our Coaching qualifications through their endorsement by one of the National Sporting Agencies, the promotion of the BAB logo as a “kite mark” recognition of high standards for all venue providers and encouraging non member organisations to join the BAB.

The fee for individual members has increased to £7 per annum, that’s still only 13.5 pence per week, from 1st March 2016 and I would emphasise that we have only been able to operate at this level of income thanks to the many hundreds of hours of work by our volunteer officers/members, often unnoticed, to ensure that there is a future for our beloved Aikido in the UK.

#### *Appointments*

We are pleased to report the following appointments

- Equality & Equity Officer – Chris Cook
- Coaching Administration Officer – Bob Salloway
- DBS Administrative Officer – Anne Billett

#### *Lead Safeguarding Office Vacancy*

Sue Ward, who has worked tirelessly as our LSO for many years, has now relinquished her post and we are looking for someone with experience and interest in child safeguarding to fill the resulting vacancy. The post is supported by a strong Case Management Team and DBS Administration Officer plus the Association CPOs, and with so much focus having been given, in recent years, to ensuring that our coaching standards remain fit for purpose, the new post holder would have the space/time to settle themselves in to the new role. If you are interested please contact the Chairman (e mail: [babchairman@bab.org.uk](mailto:babchairman@bab.org.uk)) for more information.

#### *National Course*

Elsewhere in the Aikido Times you will find full details of this year’s National Course which is being held at the Welsh Institute of Sport, Cardiff, our favourite venue. All students are encouraged to attend as this is an opportunity to learn from

very experienced instructors covering the full spectrum of aikido styles, within the BAB and of course a chance to catch up with friends.

There is lots to see and do in Cardiff, and its bay area, so why not make it a weekend visit. Details of accommodation available in the area will be published on the BAB website.

### **New Guidelines & Codes of Practice**

The following have now been approved and will shortly be available on the BAB website.

- Risk Management Guidelines
- Child Safeguarding Guidelines DBS & Recruitment
- Code of Practice for Recruitment of Ex Offenders
- Mixed Mat Guidelines
- Code of Practice for Employment of Volunteers

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## **Tomiki World Championships**

### **Scott Albright 6th dan SAUK**

*[Please note, the following email has been edited for length by the Aikido Times Editor]*

Shodokan Aikido UK (SAUK) have been tasked with the job of hosting the next aikido world championships in the UK in 2017. I am very pleased that the BAB have offered to assist in the delivery of this prestigious event.

Firstly I would like to explain some of the history behind aikido kyogi (competitive aikido), and the competitive format used, so that the BAB might consider how best it could support the forthcoming world championships in Britain in 2017.

Tomiki sensei was an important pre-war student of Morihei Ueshiba. He was also a pre-eminent student of Kano Jigoro, the founder of modern Judo. But first and foremost he was a budoka, just like his famous teachers.

Tomiki sensei used the knowledge and experience he gained from working with Kano sensei to develop a competitive “testing ground” for Ueshiba sensei’s aikido technique.

Tomiki sensei spent the majority of his life experimenting with a competitive format whereby two players could spar against each other with full commitment and passion yet use controlled and safe aikido techniques. Tomiki sensei was able to describe and demonstrate the basic format for competitive aikido in the late 70s and he called this form of training Shodokan.

His intention was never to develop a training method separate and distinct from other styles of aikido, but to create practice methods and skills that could be utilised by all aikidoka.

Indeed, one strong supporter of Tomiki sensei’s practice methods was Hirokazu Kobayashi, the Aikikai shihan in Osaka. He opened the Kansai university clubs up to Tomiki sensei’s randori and kata practice and invited Tomiki sensei to travel from Tokyo to teach there regularly. Tomiki sensei would take his personal student, Tetsuro Nariyama, with him to teach, and it was agreed that the young Nariyama would stay in Osaka to teach whilst becoming the deshi for Kobayashi shihan.

Nariyama sensei studied under Kobayashi shihan for 5 years and reached the grade of 5th dan.

Nariyama sensei is now the world technical director for Shodokan aikido and runs the Shodokan hombu dojo in Osaka.

As with all competitive forms of sport, aikido needed rules and objective referees to ensure that players remained safe and their techniques were appropriately rewarded. Since Tomiki sensei's basic format in the 70s, the rules and refereeing have been continuously honed and improved so that players around the world can come together and compete in an atmosphere of mutual respect and friendship.

There are two distinct forms of competition – embu and shiai.

Embu is the martial demonstration of kata. The two kata are the randori no kata and the goshin no kata. Two pairs compete against each other by trying to perform the kata more accurately and faster than the other pair.

Shiai is the demonstration of randori skills in a sports arena. Two players compete against each other, and victory is decided by a points system based on the number of techniques successfully applied during the bout.

Tomiki sensei explained that embu and shiai (and their practice methods – kata and randori) are like the two wheels of a barrow. Both are essential for the barrow to work effectively. If one or other wheel dominates you go around in circles!

The first world championships took place in Tenri, Japan in 1989, with 8 countries taking part. A world championship has taken place every two years since. I became the first non Japanese world champion in Ohio, USA in 1995. Since then a number of American and British players have taken world titles along with the ever present Japanese winners.

At each world championship, the representatives from all participating associations decide where the next competition will be held. At the world championships in the Gold Coast, Australia, this summer, it was decided that the next competition would be in Britain in 2017.

Within Britain there are two main associations that regularly take part in aikido competition – the British Aikido Association (BAA) and the Shodokan Aikido UK (SAUK). There are a small percentage of young members in both associations who just want to compete and there should be a neutral sports arena in which this can happen. This is the work that I am undertaking. I want to ensure that there is a single internationally recognised standard set of rules for the sport, along with a single internationally recognised standard of refereeing.

In this way, young members of any style of aikido could come together to compete, so long as they learned the two kata – randori no kata and goshin no kata for embu competition, and learned the rules of randori for shiai competition. This was Tomiki sensei's intention from the outset.

It is a fantastic opportunity for the SAUK to work with the BAB, as the single national governing body for aikido in the UK, to organise and run a fantastic event that showcases the very best of both organisations.

One area that I personally feel we, as aikido associations, let ourselves down on is our inability to maximise publicity and prestige for all aikido at these kinds of events. This opportunity will not come around very often so I believe that it is very important that we hold this event in a venue worthy of our national aikido and international standing around the world.

We are at the very early stages of organising the event and I would like to involve the BAB at the earliest opportunity so we can discuss how the BAB can help SAUK to deliver an excellent event.

Of course this will be a large event with approximately 200 competitors involving a 4 mat competition area, so I am already enquiring about venue availability and costs. The SAUK competition management committee will be drawing up an extensive delivery plan and I will ensure that the BAB are kept abreast of developments.

*Editor's note: The Executive Committee on 19th March 2016 appointed Vincent Sumpter as their representative on the Championships Steering Group*



# 100 Different Sports in 100 Consecutive Days!

## Liu Batchelor

That's the challenge I've taken on!

Why? To inspiring the public to find their perfect sport while also raising money for Sport Relief 2016!

You can view my video 'About 100 Sports in 100 Days' here [https://www.youtube.com/watch?v=\\_LnT2qEhEcU](https://www.youtube.com/watch?v=_LnT2qEhEcU)

Do you remember the first time you discovered that excitement and inspiring sense of flow you feel when in the zone in your favourite sport? I want to showcase the huge variety of sport available in the UK so that everyone can find the sport which gives them that feeling.

I took on Aikido as the 1st of my 100 sports; the video diary from which I wanted to share with you:

<https://www.youtube.com/watch?v=Uy7yegfNBFo>

My reason for getting in touch is to offer these videos to you, you clubs and members, as an asset to help promote and inspire wider participation in Aikido and sport in general.

My ambition is to provide practical info to anyone following and inspired by my challenge, and who wishes to try any of the sports for themselves. Therefore I'd be happy to promote details of any events or clubs wishing to recruit new members on the 100 Sports in 100 Days pages - so please feel free to share this email and my details.

I'm excited by the possibility that my 100 Sports in 100 Days challenge may inspire others to find their hidden passion, and maybe even hidden talent, in a sport they may not have previously considered.

If you are also inspired by this possibility please do get in touch and I'd love to discuss further.

Best Regards

Liu mobile 07880697765 emails: [liubatchelor@hotmail.co.uk](mailto:liubatchelor@hotmail.co.uk) or [100in100@outlook.com](mailto:100in100@outlook.com)





## Can this be the 'magic' in Aikido?

### Richard Small 4th Dan TIA Europe

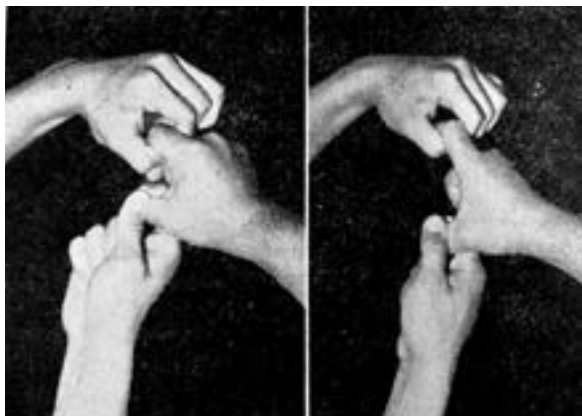
It's a little known but natural phenomenon called the 'ideomotor effect' and has been written about before with regard to aikido, particularly in relationship to ki power. Simply put, muscles in the body join in with a person's will or belief without informing that person they have done so. The person will be unaware that the muscles engaged, in fact they might even argue that they were relaxed at the time – they will not be aware of the underlying muscle involvement.



I've added a drawing of a tai chi posture (single whip) but it is only the knees I ask you to consider. I think we can agree that the knees are bent and therefore 'closing'. If this were so then the strain would be enormous, but the practitioner would probably say that they felt no such strain and might even go on to say that they were comfortable and relaxed in this posture. Take a break from reading and try it for yourself if you wish. (No liability taken by the author!)

This is what I think she is doing; this is my understanding . . . as the knees bend and begin closure, her mind is doing the opposite, it is telling the knees to open. This in turn will trigger the ideomotor effect and bring muscles into play which balance the posture – balanced = no strain. We tend to think, the mind is doing it, but the mind is triggering muscles to act on your behalf without knowingly engaging them.

This is one of the reasons we should at least look at other styles of Aikido. Take Ki Aikido or at least Koichi Tohei's view on it. There may be many teachers out there who do not commonly practise 'ki exercises', perhaps don't even know about them!



Here I've taken a picture from *Aikido in Daily Life* showing thumb and finger held together, once by physical and known strength and the other relaxed but using mind power. The object of the exercise is to see which remains intact after a partner tries to pull them apart. By imagining/believing that the fingers make an iron ring they prove the most powerful. Power without effort.

How do you think the 'unbendable arm' exercise works? We never really question it, because it is the magic ingredient 'ki' isn't it? Well perhaps it is in a way. The better your mind is trained in channelling belief the better, the more relaxed your muscles the easier energy can flow. Success in the practice breeds more belief and therefore greater success . . . but we continue to feel no physical feed back – in fact we feel even less. The big guy falls over and you wonder why he did, as you hadn't put any physical effort into the technique yet !

What about the age old story of the woman who lifts a car to save a child, yet afterwards cannot explain how; In such a case, instinctive and long hidden nature kicks in, maternal instinct, adrenalin and unity of mind, body and spirit combine with an unbreakable intent to achieve – simple as that. That's why we can't do it in ordinary life – because of how we are educated to grow up (eg, 'sit up straight!'), nothing is connected up properly and our mind interferes with our true ability and causes doubt to act against our hidden powers. Don't do it, but you could go outside and try and lift your car now . . . doubt has already defeated you as you walk to the door. The martial arts are a pathway to change all that.

The ideomotor effect also throws light on how another can detect your intentions. Hiding what you intend to do requires some skill and practise. Remember, almost imperceptible muscle movements will occur the moment you create mind intent. Ever wondered why some people have 'seen' your attack coming so early that your attack has to follow and try and catch up – leading to your downfall? (Boxers can avoid punches that are so fast they shouldn't be able to – they have read the signals that precede the physical action). Highly skilled martial artists see these miniscule indications of intent, perhaps not consciously but at a deeper level they themselves cannot explain.

Ki exercises are one way to enhance your natural abilities. Call it what you like, even magic if you will, but it does exist and can be trained.

### *In conclusion*

Ki, extension and relaxation = power.

Ki – imagination – belief gives birth to power – the energy can become a reality.

Like in the tai chi practitioner's knees or the finger joints in Tohei's exercise, the joints are open, relaxed – it is the space between that allows the 'magic' to travel.

"In nothingness, there is everything." You just need to ask your mind to take you there !

It's only my opinion . . . but I'm happy with it . . . so far !

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## Thank You Grev

### Frank Burlingham: BAB Coaching Development Officer



By now most of you will have heard that Grev Cooke has stepped down as the Coaching Administration Officer for the BAB, an office he held for many years.

During that time he has been very pro-active and instrumental in the development of coaching and a driving force in moving it forward.

The fact that Grev was the CAO and that I would be working with Grev was a big plus for me when I took on the role of Coaching Development Officer back in 2006. That was one of the reasons I agreed to take the job on.

During this time Grev has been a guiding light, someone I could talk things through with, we might not have always agreed but we always found a common ground, approach and a united front. Without Grev I wouldn't have taken the role on and couldn't have done the job.

I would just like to say a huge thank you to Grev for his support and for all the work and time he has dedicated to coaching. Grev a huge thank you, you will be missed, can I escape now?

*Editor's note: See Report from the Executive Committee for details of Grev's replacement*



# 6th International Friendship Seminar

## Report by Frank Burlingham

Early October 2015 saw eleven of us, four from Broadland Aikido Club and seven from Makoto Aikido, Vince Lawrence's Association travelling from the U.K. to the great white north, better known as Canada, for the 6th International Friendship Seminar that took place at the Japanese Canadian Cultural Centre (JCCC), Toronto, Canada. Those teaching were:

- Katsuyuki Shimamoto Shihan 8th Dan, Japan
- Osamu Obata Shihan 7th Dan, Canada
- Aziz Belhassane Shihan 6th Dan Belgium
- Philip Lee Shihan 6th Dan Singapore
- Frank Burlingham Sensei 6th Dan, U.K.



The seminar weekend started Friday with a special Zen meditation class in the afternoon. Obata sensei saying to me “tell your students to bring a pillow, you no need, you have pillow already”, saying this while pushing his finger into my stomach.

Each day started with classes by Osamu Obata Shihan followed by Aziz Belhassane Shihan, after a Japanese lunch classes were taught by myself, Philip Lee Shihan, the final session being taught by Katsuyuki Shimamoto Shihan

The seminar was attended by over 100 students travelling from many counties and around Ontario. On the first class Sunday afternoon the JCCC children were invited to attend, around 30+ turned up for my class, no pressure I thought.

This seminar is very special in that it brings together many from around the world with the sole purpose to meet, make friends, train and learn from each other in the true spirit of Aikido.

The seminar, hospitality, the organised events of Toronto sightseeing, a day trip to Niagara Falls, accommodation were all to the highest standard, I would like to thank Obata Shihan and all at the JCCC for all their hard work and for taking such great care of us all, nothing was too much trouble for them, they are truly special people and I would strongly recommend

that should you be visiting Toronto then you must make contact and train with the JCCC Aikikai

Plans have been made for the next three years, these being:

- **25th & 26th June 2016 Brussels, Belgium, celebration of Aziz Belhassane Shihan and the 30th year of his Association**
- **2017 Lowestoft, U.K.**
- **2018 Singapore, celebration of Philip Lee Shihan 30th year of Aikido Shinju-kai**



Should you wish for more information, would like to come to Brussels, Belgium next year or attend any of the dates given please contact me on:

Email: [frank.burlingham@virgin.net](mailto:frank.burlingham@virgin.net)

Tele: 01502 515062

M: 07949 803064

Frank Burlingham

### **RIGHT TO REPLY and LETTERS**

***HAVE YOUR SAY HAVE YOUR SAY HAVE YOUR SAY HAVE YOUR SAY HAVE YOUR SAY***

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

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

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

# Upcoming Events

**Broadland Aikido Club  
Presents**

**Shane Riley Shihan  
7<sup>th</sup> Dan  
Principal of White Rose Aikikai**



**16<sup>th</sup> & 17<sup>th</sup> April 2016**

**Sat 11am – 5pm / Sun 10.00am – 1.30pm**

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

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

Please bring Jo / Bokken and Proof of Insurance

**PLEASE BOOK EARLY  
TO ENSURE YOUR PLACE**

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

Phone: 01502 515062 or 07949 803064

Email: [frank.burlingham@virgin.net](mailto:frank.burlingham@virgin.net)

[www.broadland-aikido.co.uk](http://www.broadland-aikido.co.uk)

## 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.

## DISCLAIMER

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

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

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# Ulf Evenås Shihan 7th Dan Aikikai

June 18th - 19th 2016

Lilleshall National Sports Centre  
Lilleshall Hall  
Near Newport, Shropshire  
United Kingdom  
TF10 9AT

Ulf Evenås is the chief instructor of the Gothenburg Aikido Club. He started Aikido training in 1968 and Iwama Takemusu Aikido in 1969. He holds the rank of 7th Dan Aikikai and appointed as an Aikikai Shihan. He was also awarded 7th Dan and a Shihan title in Iwama Ryu by Morihiro Saito Shihan 9th Dan Aikikai of whom he closely trained under for 29 years.

Ulf Sensei also earned full certification in Bukiwaza (5th level) directly from Morihiro Saito Sensei as well as being Morihiro Saito Sensei personal representative. This makes Ulf Sensei unique and the only person in the world with all of these credentials.

Ulf Sensei is one of the most qualified and experienced Aikido teachers in the world and has taught more than 600 seminars in 20 countries on five continents!

So this 2 day seminar held at Lilleshall National Sports Centre is not to be missed

This event is hosted by The West Midlands Aikido Association and for more details please email Richard Power on [richello@hotmail.com](mailto:richello@hotmail.com) or visit [www.westmidlandsaikido.org.uk](http://www.westmidlandsaikido.org.uk)

There is accommodation at Lilleshall National Sports Centre available at £61.50 single or £85.10 Double per night which will include, breakfast, morning coffee, lunch, afternoon tea and dinner

Please book directly with Lilleshall National Sports Centre on: 01952 603003 for accommodation

*£40 Per Day  
Or  
£60 for Both Days*





# Upcoming Events

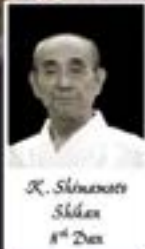
## 7<sup>th</sup> International Friendship Aikido seminar 25<sup>th</sup> & 26<sup>th</sup> June 2016 Brussels

Supported by Ky Seiryu

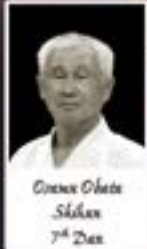


Y. Yamada Shihan  
8th Dan

30 years of  
Kiryoku Aiki Dojo



K. Shimamoto  
Shihan  
8<sup>th</sup> Dan



Osamu Obata  
Shihan  
7<sup>th</sup> Dan



Shane Riley  
Shihan  
7<sup>th</sup> Dan



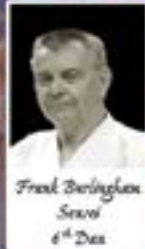
Aziz Belhassane  
Shihan  
6<sup>th</sup> Dan



Philip Lee  
Shihan  
6<sup>th</sup> Dan



Louis Van Thieghem  
Shihan  
6<sup>th</sup> Dan



Frank Burlingham  
Sensei  
6<sup>th</sup> Dan

### Seminar package

#### Accommodation suggestions

- Marriott  
[www.courtyard.marriott.com](http://www.courtyard.marriott.com)
- Auberge des 3 fontaines (Just a stone's throw from the Dojo)

English link:  
[www.auberge3fontaines.be/en/youth-hostel-brussels-booking.html](http://www.auberge3fontaines.be/en/youth-hostel-brussels-booking.html)

Uien Français:  
[www.auberge3fontaines.be/fr/auberge-jouissance-bruxelles-reservation.html](http://www.auberge3fontaines.be/fr/auberge-jouissance-bruxelles-reservation.html)

Promotion code : AIKIDO

#### Seminar Package

- 250€ (Pre-Order)
- Seminar Fees
  - Welcome dinner
  - 2 Days Luncheon during Seminar
  - Farewell Dinner
  - Transfer to Dojo / Training Hall  
(pick up / return @ Marriott Hotel Only)

#### Seminar Package

- 130€ (Pre-Order)
- 1 Day Seminar Fees
  - 1 Day Luncheon
  - Dinner with Sensei's
- 65€ (Pre-order)
- 1 Day Seminar Fees
  - 1 Day Luncheon
- 120€ (Pre-Order)
- 2 Days Seminar fees
  - 2 Days luncheon

### Seminar program

#### 25 June 2016 (Saturday)

- Registration ..... 8:00 - 8:45
- Seminar 1 ..... 9:00 - 10:00  
by Aziz Belhassane Shihan (Belgium)
- Demo ..... 10:15 - 11:15
- Seminar 2 ..... 11:30 - 12:30  
by Louis Van Thieghem Shihan (Belgium)
- Lunch ..... 12:45 - 14:00
- Seminar 3 ..... 14:15 - 15:15  
by Osamu Obata Shihan (Canada)
- Seminar 4 ..... 15:30 - 16:30  
by K. Shimamoto Shihan (Japan)
- Photo Taking Session ..... 16:30 - 17:00  
& Surprise
- Welcome Dinner ..... 19:30 - 22:30

#### 26 June 2016 (Sunday)

- Registration ..... 8:00 - 8:45
- Seminar 5 ..... 9:00 - 10:00  
by Frank Burlingham Sensei (UK)
- Seminar 6 ..... 10:15 - 11:15  
by Shane Riley Shihan (UK)
- Seminar 7 ..... 11:30 - 12:30  
by K. Shimamoto Shihan (Japan)
- Lunch ..... 12:45 - 14:00
- Seminar 8 ..... 14:15 - 15:15  
by Philip Lee Shihan (Singapore)
- Seminar 9 ..... 15:30 - 16:30  
by Aziz Belhassane Shihan (Belgium)
- Photo Taking Session ..... 16:30 - 17:00  
& Surprise
- Farewell Dinner ..... 19:30 - 22:30

#### Useful information:

Address: Centre Sportif de la Forêt de Soignes  
Chaussée de Wavre, 2057 - 1160 Bruxelles - Belgium  
Pre-order online on: [www.kiryoku.be/reservation.html](http://www.kiryoku.be/reservation.html)

Insurance is compulsory

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ANNIVERSARY SEMINAR

Reading Zenshin Aikido Club  
Anniversary Seminar

16th April 2016

University of Reading Sports Centre



Tony Sargeant Sensei

6th Dan Aikikai

Head of Takemusu Iwama Aikido Europe

All styles welcome

£25 if booked before the end of March

£30 on the day (or if booked after March)

for full details & booking form please visit

[www.aikido-reading.co.uk/seminar](http://www.aikido-reading.co.uk/seminar)

# Upcoming Events

## COACH LEVEL 2 COURSES

On April 17th (Sunday) Aikido Gakko Ueshiba (based near Cardiff) will be hosting the following BAB courses:

### ***MORNING SESSION: Time to Listen (for Club Welfare Officers)***

These are the official stated learning outcomes for this course (which has been put together by the NSPCC):

1. Identify what a club welfare officer does
2. Describe how a club welfare officer works with others to create a child centred environment
3. Explain how the club welfare officer role fits into the wider safeguarding environment
4. Apply learning to case studies including sharing good safeguarding practice

Most important of all, this course will give CWOs the chance to ask questions, discuss scenarios and “what ifs” from their clubs. It is designed to support, empower and give confidence to those who are at the “sharp end” of BAB safeguarding. We will explore what safeguarding should look like in a BAB club and draw up action plans for best practice and implementation.

### ***AFTERNOON SESSION : Coaching Children (officially called “Young People” by the BAB)***

This Unit covers the the physiology of children, how they grow and develop, related safety concerns, teaching/learning models (including FUNdamentals), duty of care and safeguarding (safeguarding content is relatively limited as it is covered in depth on the safeguaring course). There is also an element of practical content through which we explore suitable activities for both warm up and learning generic / specific skills.

Please note also if you wish to achieve the BAB Level 2 Coaching Course qualification at some point in the future you must have attended both these courses.

If you have a Welfare Officer or someone who fulfils this role within your club, or you now need someone to take on that role, then the Time To Listen course will give them the required background knowledge.

If you are currently teaching children, or are considering it for the future, then the Coaching Children course will furnish you with the necessary skills.

These courses will be held at **Morganstown Village Hall, Heol Syr Lewis, Morganstown, Cardiff, South Glamorgan CF15 8LE** and will run from 9.30am to 4.00pm. The cost for both courses is £40 including sandwich lunch or £30 if you wish to attend just one of the courses.

If you are interested and want to reserve your place or find out more details please ring Paul O'Neill on 07775 761591 .