

Aikido Times

THE OFFICIAL NEWSLETTER OF THE BRITISH AIKIDO BOARD



Sept 2016



Sorry to say that this is quite a thin issue as not much information has been sent through to me.

Remember that you can send in a Dojo Profile or Sensei Profile. You can promote your courses. Or you can

write an article. You don't have to wait until I send out the "Fishing for News"; you can send in items at any time and can store them until the next issue. Hopefully we can launch 2017 with a bigger issue!

Brian Stockwell, Editor

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Insurance Update

Vincent Sumpter, BAB Insurance Liaison Officer

Aikido Sessions in Schools – Venue (Club) Insurance

Did you know that as part of the BAB's commitment to fostering the growth of children's classes in aikido, it was agreed at the July meeting of the Executive Committee that where schools are being used as aikido training venues for the students of those schools and the Instructor does NOT hire the venues then the Association (or instructor) can register those venues on a single club membership payment under the generic Club title of "SCHOOLS". This facility is specifically for training venues used solely by the students in those schools.

However, where the School venue is used as a normal Club venue by the Association or Instructor (that is, there are adult and other student members and they regularly train at that venue) and/or the Instructor pays the school to HIRE the venue on a regular basis then the current club registration rules apply.

If you are teaching in a school and are unsure of whether you qualify to register your training venues under "SCHOOLS" please contact me at the web address insuranceofficer@bab.org.uk for a ruling.





NEWS FROM THE EXECUTIVE COMMITTEE

Keith Holland, Chairman

Alexander Goodwin Appeal

The Committee were moved by the appeal which has been launched to raise funds to support one of our seriously ill young members, and felt that members may wish to lend their support.

Alexander, a junior aikidoka, is the 9 year old son of Jeff Goodwin, Chairman of the British Takemusu Aikido Federation, and who has sadly contracted Ewing Sarcoma, in his leg, a rare form of bone cancer which affects children, and is now undergoing a course of chemotherapy, followed by radiotherapy and then surgery.

This treatment can be overpowering both physically and mentally and the hospital advised that a way to help Alexander get through this ordeal is to have a focus on something positive in the future. Alexander would really love to go to Disneyland, but because of the need to provide full time care for Alexander his mother has had to give up work and Geoff's work as a police officer has also been affected. So the only way that Alexanders dream can be achieved is through this Appeal.

However since the Appeal was launched we have learnt that he will now also have to go to America for Proton Beam Therapy,, and whilst, thankfully, the NHS will cover treatment costs, the family will still have to raise further funds to cover transport, accommodation etc to enable them to be with Alexander.



British Aikido Board

The British Aikido Board are supporting Alexander's Journey

Alexander Goodwin is a nine year old boy who is a member of the Aikido family. His Dad has studied Aikido for 23 years and is a member of the British Takemusu Aikido Federation and Alex has been part of the Aikido family since he was born.

Alex has struggled to train since January 2016 suffering with leg pain and was initially misdiagnosed. It wasn't until June that the family had the terrible news that he had Ewing Sarcoma Bone Cancer of his right femur.

Alex has had weeks of scans, tests and chemotherapy. He now faces more chemotherapy and then radiotherapy and surgery.

Doctors have said that it is really important that he has something positive to look forward to as this will help his recovery.

Alex's biggest dream is to go to Disneyland & Universal Studios and we are raising money for him to send him on his dream holiday.

Please support him in any way you can

<https://www.justgiving.com/crowdfunding/AlexandersJourney>

 @alexs_journey
 @alexgjourney





This is an opportunity for the Aikido Family to show that it cares for “its own” and if anyone would like to make a donation it can be sent either to the BAB Secretary or via the Just Giving Page which is linked to www.alexsjourney.co.uk

We will be promoting this appeal at the National Course which is being held in Cardiff on 22nd September.

Appointment of BAB Lead Safeguarding Officer.

We are delighted to report the appointment of Geoff Aisbitt, Chairman of Kogusoku Aikido Association as the BAB’s new Lead Safeguarding Officer.

We are also pleased that Sue Ward who held this post for many years, has kindly agreed to support Geoff, and the BAB, as he settles into the job. Our thanks again to Sue for all the enthusiasm and commitment she brought to the post, ensuring that the BAB maintains high standards of care for its younger members.

Policy/Guidance Updates.

Equality & Equity Policy

Amendments have been made to the current Equality & Equity Policy to ensure it remains compliant with current legislation, pending a full review of the policy.

National Consultations

The BAB is seeking to increase its involvement/ presence in the wider sporting community and has contributed towards a number of initiatives being launched nationally.

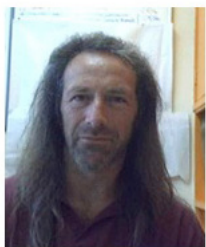
Recent responses include-

- UK & Sport England Consultation on the UK Sports Governance Code
- Endorsement of 1st4Sport proposed new Level 1 Leadership qualification, aimed at youngsters.

In addition the Chairman is now participating in the Sport & Recreation Alliance Sports division meetings.

Membership

We are delighted to report the growing number of clubs joining existing member Associations and particularly welcome Go Shin Kai, a new Association, led by Sensei Mike Smith.



Aikido and Weapons

Mark Hardwick

In the modern age, when typewriters have given way to the computer, and telephone boxes are almost obsolete due to the advent of mobile phones, aikidoka and other martial artists are still practising with centuries old weapons which would not be seen outside a dojo. These are usually pieces of wood of various lengths, sometimes incorporating steel blades, and occasionally chains are involved.

Rather than being anachronistic, the practice of using weapons in martial arts remains relevant in a number of ways, and this includes the self defence aspect of martial arts. Proficiency with a weapon does of course provide some reassurance, however it would not be advisable to walk around the town, bokken in hand, just in case of attack. Any use of the weapon, should such an undesirable situation occur, may confuse the legal claim to acting in one's own self defence.

The alternative strategy is to recognise that, after achieving a high degree of proficiency with a bokken, a number of objects in everyday use become very good substitutes, and these would not normally be considered 'weapons'. The claim to acting in self defence, should an emergency arise, is then much more reasonable.

It should be remembered that improvising with everyday articles and implements is how some weapons developed in the first place, and so conforming to this strategy is in keeping with the development of the martial arts. After achieving proficiency with three or four different weapons of various types, a considerable array of everyday objects become available as weapons.



In this respect the 'unarmed' aikidoka is in fact 'armed' quite a lot of the time, as long as there is sufficient imagination and awareness to realise what is available, and which objects resemble traditional weapons closely enough so as to be viable substitutes. This of course is very easy to practice, it is just a case of observation and noticing what can be deployed.

The practice of weaponry though is not only a case of recognising self defence applications. The technical use of these weapons, and aspiration to mastery of them, ties us to our martial arts history, and to the spirit of budo. It may help us to associate with our spiritual ancestors of the far east, whether they were warriors, scholars, or farmers.

We become aware that our continued aspiration to perfect the use of a chosen weapon has also been the endeavour of thousands of others over the centuries. Our sense of humility is reinforced by the fact that, although we possess highly complex technological devices to perform almost every menial task these days, it remains difficult to attain mastery of a simple piece of wood.

The effective use of a weapon can be examined mechanically. A piece of wood held in the hand provides significant leverage, which is then translated into extremely

powerful forces being imparted through the weapon and into the intended target area. The initial force applied to the weapon is created by the powerful arm muscles, and is amplified by virtue of the fact that the wrist acts as a pivot for the lever (i.e the weapon). This is then given further force if the movement is performed at speed. The resultant physical force, combined with good technique, results in strikes of extreme power.

To properly apply these large forces though, it is essential that the aikidoka retains essential qualities of balance and movement, just as with any other technique. Moving artistically whilst carrying an implement needs to be practised extensively if effectiveness is to be achieved. In training, some aikidoka may use bladed weapons. The dangers with this are obvious, and so even greater attention to movement, artistry and control is necessary.



In the early stages of training, it may be considered that the weapon is a foreign object which is picked up, temporarily used, and then put down again. In this sense the weapon remains an external object. With practice, a different relationship with the weapon is developed, whereby the weapon becomes an extension of the aikidoka. The weapon begins to feel much more a part of the body, an extra part of a limb which feels entirely natural.

With mastery though something else happens. The weapon is no longer an extension of the practitioner, but is a part of the practitioner. All thoughts of it as a foreign object are gone. All movements and techniques which are performed no longer require consideration of the weapon as though it were external. It is mechanically a part of the practitioner, but it also may develop into a spiritual part of the practitioner.

The weapon becomes something through which the spiritual energy ki (chi) can be applied. It can therefore be used to cultivate and exercise ki energy. To achieve this though, it is necessary to think in a soft way, which makes aikido an ideal vehicle for this kind of practice. Delivery of ki energy through a bokken or jo staff is unlikely to be achieved by developing bigger muscles and using more physical force. Instead the emphasis must be on practice, technique, artistry, breathing, and all the other things usually associated with ki.

Mark Hardwick is a Lecturer in Health Sciences, Kung Fu instructor and Chair of the North Devon Martial Arts Forum

Atsushi Mimuro, 7th Dan, becomes Technical Director of Lancashire Aikikai

Christine Shepherd and Christopher Wallace Marple Dojo, Lancashire Aikikai

The final course of the year in November 2015 proved to be a milestone in the history of Lancashire Aikikai when our Principal, Mr Spence, announced that Lancashire Aikikai would be renewing its link with Aikikai Headquarters in Tokyo, the Hombu Dojo, through an association with Mimuro Sensei and the Yokohama International Aikido Club. It took a few months to finalise the details but we are delighted to formally announce that Mimuro Sensei is now Technical Director of Lancashire Aikikai.

Quoting our founder, Mr Mucha's, words, Mr Spence referred to the need periodically to return to the source of Aikido to prevent muddying of the waters:

"Aikido is like a river at the source. The water is crystal clear and pure, but the water as it flows through acquires some impurities".

The sad death of Mr Spence's own teacher, Chiba Sensei, in June 2015, was also on his mind as it ended the last direct link between Lancashire Aikikai and the early Japanese teachers sent out by Morihei Ueshiba himself to spread aikido into other countries. It was on Chiba Sensei's tour of Britain in the late 1960s that both Mr Mucha and Mr Spence became his students - forging a lifelong tie of respect and affection.

Most people within Lancashire Aikikai and beyond will be aware of Mimuro Sensei as a regular guest at Marple Dojo and many will have attended his courses and have benefited from his expert teaching and approachable nature. This amiable and unassuming 7th Dan's association with Lancashire Aikikai has come about through a series of happy accidents - or perhaps it is fate.



The association originates through his wife Cathy who was a Lancashire Aikikai student. During a stay in Japan as a teacher she began to practise at Mimuro's dojo and their relationship rapidly developed. On their visits to the UK, they reforged links with old Lancashire Aikikai friends and gradually those links of friendship and aikido developed.

Marple Dojo organised the first full course for Mimuro Sensei in January 2009 and his courses have since become an annual event, welcoming more and more students from throughout the UK and overseas.

Mimuro Sensei has always been appreciative of the standard of aikido taught in our association and his new role as Technical Director will not alter our structure. Mr Spence remains our Principal but we shall now have the benefit of being part of the Aikikai Foundation.

The sole purpose of the Aikikai Foundation is 'to support inheritance of Aikido created by the Founder, to train body and mind through Aikido and to promote Aikido' so what seems like a dramatic change actually takes Lancashire Aikikai back to its beginnings. As Mr Mucha suggested, back to the source.

BAB Grants Scheme

Leslie Cuthbert, BAB Vice-Chairman

In accordance with its Constitution The British Aikido Board ("The BAB") now provides tangible support in the form of financial grants for the promotion of Aikido in Great Britain. Current BAB Member Associations or individual members who have the support of their BAB Member Associations can now apply for one BAB grant per annum. Details of the process and criteria which will be applied in relation to applications are now on the BAB website but projects should meet one or more of the following targets:

- be focused on raising awareness of the value of Aikido for the development of physical and mental wellbeing and safety;
- the development of adults, young people and children, within aikido, without discrimination;
- training opportunities for vulnerable adults;
- providing opportunities to enhance aikido training.

Anyone considering applying who has any questions should contact the BAB Secretary who will ensure that their query is responded to.

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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Tony Sargeant Sensei 6th Dan Aikikai



合気道

Sunday 09/10/16

11:00 – 16:30

Bingley Fitness Studio, Bingley West Yorkshire BD16 4LD

£25 if paid before 31/08/15 £30 thereafter

Teas and Coffees provided.

Parking is available on site. The venue is also accessible via public transport.

**Please contact Alex Gent for more details and to register:
07455 159890 or alex@aikiflow.uk**



Hosted by Aiki Flow in Association with Takemusu Iwama Aikido Europe





Lewis Bernaldo de Quiros, 6th dan Aikikai

Saturday October 29th 2016 11am – 5pm
(registration from 10.15)

&

Sunday October 30th 2016 10am - 4pm
(registration from 9.30)

At

Charlton Down Village Hall

Herrison Hall, Sherren Avenue, Charlton Down, Dorchester, Dorset DT2 9UA.

More information and booking form available from
www.wellspringsoftheeast.co.uk

Please bring bokken, jo and proof of insurance.

The Institute of Aikido Winter School

The Institute of Aikido are holding their winter school at Wycombe Judo centre 4th and 5th of March 2017 hosted by Slough Centre Aikido club and The Hut dojo. This year's theme is celebrating 60 years of the late Mr. Foster beginning his path in Aikido and 61 years since Aikido was introduced by Abbe Sensei at the Hut. This course is open to any organisations that would like to attend and the cost will be £25.00 for the weekend or £15.00 per day. For further information please contact William Timms on 07770 823255 or smap1@btconnect.com.

Aikido in Hertfordshire are proud to announce a seminar with



Direct student of:

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

Nobuyoshi TAMURA Sensei 7th Dan (1978 - 1982)

Masamichi NORO Sensei 7th Dan (1968 - 1978)

Friday **7th October** 18.00 - 21.00 (registration at 17.30)

Saturday **8th October** 10.00 - 16.00 (registration at 09.00 - 09.30)
and Ashtanga YOGA with Sonia Tomioka Toutain 09.30 - 10.00

in Stevenage, UK



to book, or for more information and videos of Sensei Toutain
please visit www.aikido-hertfordshire.co.uk/7oct.html
or 7oct@aikido-hertfordshire.co.uk



The International Budo Council & Shoshinkan Traditional Aikido.



*are pleased to present, from
The Cercle J.Naessens , Budo College Belge, Brussels (est. 1951)*

**Pierre Citti kyoshi, 7d Aikido, 2d Jodo.
René Hauzeur sensei, 6d Aikido, 6d Judo.**

*We most cordially invite you to join them in an open Aikido seminar,
to be held on the 26/27th Nov. 2016 in Taunton, Somerset.*



Location :

Heathfield Community School,
School road, West Monkton,
Taunton, Somerset.. TA2 8PD

Further details :

contact : John Creed
phone : +44 7425 16 78 24
email : john@somerset-aikido.org
fb : facebook.com/groups/westhuntsrillaikido/
web : www.somerset-aikido.org

Times :

11:00 - 16:30 each day.

Fee :

One day £25, both days £35

Notes :

Please bring Weapons & Insurance,
We would respectfully request that
zori are to be worn off of the mat
at all times and that hakama are
only worn by Yudansha.