

Aikido Times

THE OFFICIAL NEWSLETTER OF THE BRITISH AIKIDO BOARD



December 2014

Welcome to the December issue of the Aikido Times.



It's time for me to spread some Christmas Cheer by wishing you all very Happy Festive Season.

Thank you for making 2014 such a successful one for the Aikido Times - without you all submitting your articles and posters it would not be the impressive publication that it is! So many thanks to all of you who read and contribute.

Please see page 2 for an important message about the National Course 2015 and I am planning a new feature for next year called Right To Reply (see page 11).

If you have any items to submit for 2015 then please contact me at:

mediaofficer@bab.org.uk

Brian Stockwell, Editor

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**"ALWAYS KEEP YOUR MIND AS BRIGHT AND
CLEAR AS THE VAST SKY, THE GREAT OCEAN,
AND THE HIGHEST PEAK, EMPTY OF ALL
THOUGHTS. ALWAYS KEEP YOUR BODY FILLED
WITH LIGHT AND HEAT. FILL YOURSELF WITH
THE POWER OF WISDOM AND
ENLIGHTENMENT."**

MORIHEI UESHIBA



HELP! An important message regarding the National Course in 2015

Traditionally we have sought to vary the location of the event to enable it to be available to a wider cross section of members. This years course at the Welsh National Sports Centre, Cardiff was without a doubt the best venue we have used and we hope to return there in 2016.

However despite approaching other venues that we have used in the past, plus a number of other potential leads, we have, to date, been unable to come up with anything suitable.

What we ideally need is:-

- a matted area capable of accommodating up to 200 participants.
- adequate seating for spectators.
- a cafeteria or catering arrangements
- available on a Saturday between mid Sept-end Oct.
- car parking facilities.
- accommodation on site or within the vicinity.
- within reasonable access of main motorway networks.

It might be possible to consider a venue without its own on-site mats, but this is not ideal as this could increase costs by up to £1500. If you know of any potential site then please let Shirley Timms, BAB Secretary, know as soon as possible otherwise the course might not be held in 2015. Contact details can be found on the BAB web site

Keith Holland, (Chairman)

Submissions: technical specification

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

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

Images and pictures should be sent separately where possible.

If you have any queries concerning format then please e-mail mediaofficer@bab.org.uk
(please use this e-mail to send in your contributions).

We cannot guarantee to publish every submission, and we may have to edit for length or style. Please ensure that you do not breach copyright when sending in articles or images! Articles submitted may also be shared on the BAB's social media channels.

[CLICK THIS LINK TO SUBMIT](#)

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The benefits of BAB membership

Mike Bent



I have been intending for some time to put on record an advantage of belonging to the National Body for Aikido in the UK.

Last year, one of our members, well versed in the ways of obtaining finance for clients, decided to do the same for us. He made out a business plan for the proposed expansion of our children's classes and submitted it to Children in Need. He was eminently successful and, apart from the acquisition of extra mats and kit, we have been able to fund L1 Coaching Courses and obtain CRB checks for our new Instructors. For a small Association like ours this funding has been a godsend as you can well imagine, and currently are running two extra Children's classes with more in the pipeline for next year.

As part of the process we had to provide bank details, and a copy of our constitution, for their scrutiny as well as a reference to establish our bona fides. This was where the BAB came in. Shirley came up trumps with a letter from the Board which put our activities into context. Without this it is doubtful that Children in Need would have advanced us the very generous grant which we are now putting to such good use, our thanks and appreciation go to both organizations.

Sometimes we see the BAB as a remote body concerned with the bigger picture, distant from the more immediate problems of running Dojos in small towns on cold winter nights. This is to set the record straight, and to perhaps encourage others out there to "chance their arms". You have the clout of a big Organisation which will support you all the way.

Mike Bent is Treasurer of the Welsh Aikido Society

Don't forget to check out the BAB's "new look" web site ... www.bab.org.uk

Our thanks go to Steve Billett for all his hard work "behind the scenes" in producing the new web site. Much of the work is in what we call the 'back end' of the system and this, in due course, should provide some exciting new features for members and Associations to use. Steve will be writing about this in more depth in a future issue of the Aikido Times.





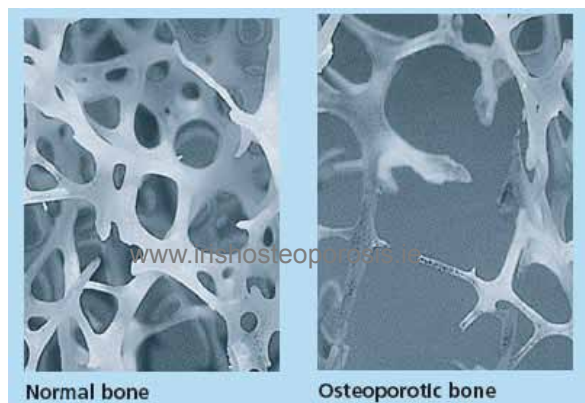
In a recent issue of Aikido Times we looked at the role of aikido in the preservation of good mental health, specifically in preventing or alleviating psychological stress. In this issue we turn our attention to the role of aikido in maintaining good physical health. When considering the health benefits that can be gained through physical exercise, it is common to think of good muscular health and good cardiovascular health. Aikido is an important contributor to the development of these aspects of physical health; regular training will result in increased muscular strength, stamina and flexibility. As your training progresses, you should also notice improvements in cardiovascular stamina and a lowering of the resting heart rate.

Other aspects of physical development are less easy to assess as they are less obvious. In this article we consider how the quality and health of bones may be optimised by practising aikido. Bones are living tissues, just like muscles, and they respond to the demands of exercise in much the same way, by detecting changes in demand and applied load and growing stronger in response. The resulting improvement is not visible though, and you may never realise that it has happened, but it may mean that you do not break bones later in life, or fall victim to bone diseases.

Bone health is of significant concern to the health services, and several bone related disorders are preventable. Rickets is a softening of the bones in young people which can lead to deformities, especially in the legs as they have to bear the weight of the upper body. Rickets has increased in incidence in recent years due to Vitamin D deficiency. Vitamin D is generated in the body as a result of exposure to sunlight. If people stay indoors too much and are not exposed to sunlight, Vitamin D deficiency may occur, meaning that bones are not turned into hard, calcified tissue.

Osteoporosis is a degenerative bone disease which usually occurs in later years. It is the gradual reduction in bone mineral density. It shows no symptoms, and often the first that a sufferer knows about it is when they fall and break bones. This article will concentrate on the prevention of osteoporosis.

Osteoporosis literally means 'porous bones'. The structure of bone is a complex latticework of cells, with empty spaces in between them - they are not solid objects as might be thought. With osteoporosis, the latticework diminishes and the spaces get bigger. Compare the magnified image of a healthy bone and an osteoporotic bone in the picture.



Over time the bones get weaker, resulting in a higher likelihood of fractures and skeletal deformity. The most vulnerable areas are the wrists, hips and spine. Osteoporosis occurs when bone density is lowered to a critical threshold, and it is especially prevalent in women after the menopause.

So that's the bad news, the question is 'what can we do about it?'

The best way to avoid osteoporosis is to build a higher bone mineral mass in younger years, before bone degeneration starts to happen, so that when bones do grow weaker there is more bone mass to degenerate, making a diagnosis of osteoporosis less likely. Bone mass is built in response to physical exercise which is either load bearing, or which produces impact. Aikido does both of these things.

In practising aikido, the 'load' is either your own bodyweight, or the bodyweight of a training partner, for example when

you are throwing him/her. Although aikido is a softer art which relies on precise application of technique and redirection of the opponent's momentum rather than brute strength, physical strength is still a factor. Any time that you perceive you are using physical strength to execute a movement, you will probably be enhancing bone mineral density. This of course is not an excuse to do techniques incorrectly!

The 'impact' is created by moving across the mats, doing aerobic running or jumping warm ups, or landing from throws. Although impact is dangerous for someone who already has osteoporosis (as this may result in broken bones), it is certainly helpful in preventing the condition.

In response to loads and impacts, bone cells known as osteoblasts receive signals from other bone cells (called osteocytes) that more bone matter is needed, and so they create more bone tissue, meaning that the bones get stronger. For this process to happen, it is important that the necessary nutrients are available within the body. This means that although training is beneficial, it must be combined with a healthy diet. The essential nutrients for bone development are calcium (available in dairy products, green vegetables and bread), phosphorous (in dairy products, fish and meat, grains) and Vitamin D, which we get from sunlight.

Bone health is compromised by unhealthy lifestyle factors such as lack of exercise, poor diet, smoking, excess alcohol consumption, and being underweight. Therefore, as well as continuing to practice aikido, it is also a good idea to pay attention to these factors.

Even though we may take precautions and try to prevent osteoporosis, it is still probable that bones will get weaker later in life. Although we would be more vulnerable to falls and fractures when this happens, aikido still has a part to play in minimising damage.

To gain expertise in aikido, it is necessary to cultivate precise coordinated movements and balance. The development of these aspects result in improved 'kinaesthetic feedback'. Kinaesthetic feedback is the ability of body parts to recognise whereabouts they are in space and inform the central nervous system. As a simple test of how this works, close your eyes and put your finger on the end of your nose...(assuming you were successful) how did your finger know where it was, and where the nose was? Another example is when you stumble and immediately correct your balance before you have consciously thought about it.

The development of this ability is really a feature of the nervous system rather than the bones, but it does have implications for bones as it can prevent falling. When your aikido instructor is telling you to make a fine adjustment to your movement so as to perfect a technique, this may also mean that you will avoid falling down a flight of stairs when you are ninety-five years old, as you will have enhanced your ability to detect changes in your body positioning and balance. Unfortunately 'kinaesthetic feedback' also diminishes with age, but as with bone health, it is better that the deterioration begins from a stronger position.

Mark Hardwick

Lecturer in Health Sciences.

References:

National Osteoporosis Society [<http://www.nos.org.uk/>]

NHS Choices [<http://www.nhs.uk/conditions/rickets/pages/introduction.aspx>]

British Nutrition Foundation [<http://www.nutrition.org.uk/>]



When I started aikido it was all about watch, copy, repetition, militaristic repetition, no speaking, simply the physicality of aikido with the only dialogue being an internal one. Aikido consisted of the satisfaction that you gained from learning or improving technique and the pleasant fatigue that followed every lesson. For many years it was never any deeper than this, no tuition on what aikido was outside of the physical or what it may lead to. What wasn't taught wasn't learned.

Comments made (always off of the mat) such as a particular action of another person as being "bad Aikido" gave an occasional prompt that there was more to Aikido than the mere physical moves. But never any guidance, explanation or assistance in finding and practicing these other elements. And just as the words of a parent to a child go in one ear and out of the other so did any deeper meaning to these.

And this was my training for many years, the action of learning the physical aspects of the art with little awareness of its greater value. I remember on one occasion reading the book "Dynamic Aikido", and proud as punch exclaimed to my instructor that I had read it. I was asked one question in response "so, what is aikido". I looked blank faced back and after a long pause answered "erm.... I don't know". So my instructor suggested that maybe I should read it again.

Well, I read it again, but was none the wiser.

Once in a while I would come across something that would revitalise the question, most of the time the answers would revolve around technical aspects of aikido. In fact the longer I practiced aikido the more technical my answers would become, thinking that I had a better understanding of the technicalities of aikido (thanks to my sensei) I could better hone what aikido was (and wasn't). I learned to describe how aikido differed from other martial arts and latterly the commonalities. But this was still only physical technical principles.

This view of aikido was, I believe, correct from the perspectives I had but were ultimately naive. Over the years I have considered and responded to the question "what is aikido" many times, and many times I got it fundamentally wrong by only responding on the physical aspects of the art, or as I prefer to think as Thomas Edison once coined it "I have not failed, I have merely found a thousand ways that won't work."

Teaching, has led to my eventual improved understanding of Aikido. You are constantly challenged to be ahead of your students, to find the answers to their questions before they ask them and most importantly to have the correct mind-set. My reason for teaching has always been the honest and open desire to give back that which I have been given, with the fervent desire to give people a better life.

By avoiding clashing with people (force against force), or scoring points over others, by making my enemy my friend, by seeing the good in everyone, by being true to yourself, staying safe and healthy and losing one's ego. These are some of the things that I believe an Aikidoka should learn and inculcate and with that the responsibility of the instructor to reflect these virtues and show the student the path.

It is true to say that even in the absence of being taught these elements one partially learns them through social osmosis.

Just as a child who is brought up in a kind and loving family is more likely to be a kind and loving individual themselves so is an aikidoka a 'good' aikidoka if they train with a 'good' instructor in the right environment.

This understanding has elevated the value of my aikido a hundred fold. Aikido is not merely a technical system to protect oneself or others from a would be attack or assailant, or simply a spiritual ambition often expressed in terms of ki, it is a development of self and a social interaction..... a "connection".

Shioda Kancho Soke Sensei's words "aiki soku seikatsu" which loosely translates to "aikido is life" have been there all the time, but as a child in this aikido world, I just didn't hear them. I do now!

So what do these words mean and how should we apply these to our Aikido training and ultimately to our life?

The practice of Aikido should be instantly equal to your life. Yes, instantly, that sentence alone is all that you need. Now, this is important, the goal should not be to practice aikido for 30 years and then and only then once you have an understanding of aikido reflect its lessons in one's life. But rather every lesson received in aikido must be immediately integrated into your life. As you learn you change. This is the way.

It therefore means that everything that you do in your training should be utilised in your daily life. At its simplistic level this means that the physical lessons of aikido are replicated. For instance it still surprises me that on the very mats that students practice the correct use of body form, minutes after the lesson as the mats are put away, bend backs, twist spines and lift predominately with the power of their arms. This shows that the boundary of aikido at its best is the lesson itself, it hasn't even stayed in the room.

How we interact with other students and instructors, our mind-set on the mat, how we treat our uke's, how we give our uke for Sh'te to learn. These simple things many of which have no bearing on the physicality of Aikido are all lessons in the broader truth of aikido. But why stop there!

At a basic level Aikido is physicality combined with a martial mind-set, but move on a few steps and Aikido is self, it is connection and it is social interaction. Once again aiki soku seikatsu means that the principles that one uses for the technical aspects of aikido are applied 'immediately' in one's life. Understanding intent, using the energy of others, harmonising with force and not competing with it (it's not about scoring points!).... These principles used in your everyday life are game changers, and the more you practice them the better you will become. The mistake is to believe that you must fully understand how to master each of these technical 'dojo elements' first before you can replicate them in life. Immediately is the key, don't wait until you are a black belt on the mat before you aim to be one off the mat.

So the next time you practice aikido think about how this relates to your life, how it can be used. Equally outside of the dojo when you are at work or with family for instance find opportunities to practice aikido, more likely to be the non-technical elements, although a busy train is a great way to practice balance and harmonising with people and your environment.

Just as the principle to 'Pay it forward' has large scale positive ramifications so does this understanding and application of Aikido. Through your actions, you will make the lives of others better and in turn possibly they will pass this on. I believe that this is what both O'Sensei and Gozo Shioda Soke Sensei meant that through training in Aikido we could contribute to world peace.

James Hall is a 4th Dan Instructor, Yoshinkan Aikido. He trains at the Taidokan under the tuition and guidance of Sensei Yates (7th Dan). He teaches his own club in Milton Keynes, Buckinghamshire.

The Principles of Aiki (Part 3)

Dr Alun James Harris



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

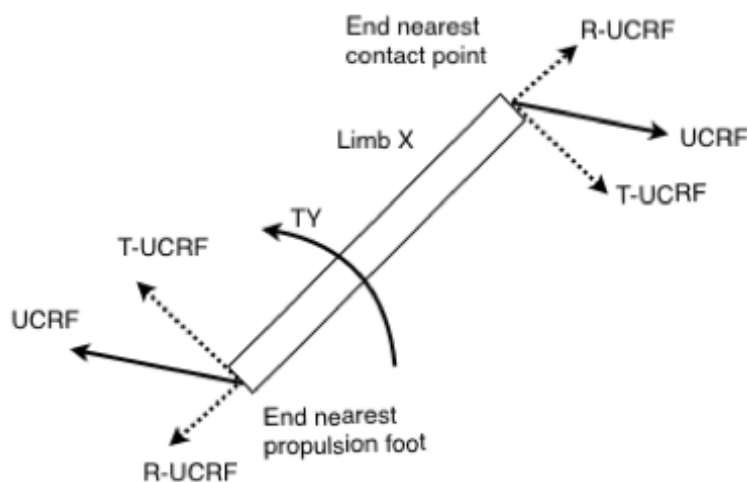
Introduction

Please see previous issues for Parts One and Two of this article. This is the final instalment of what has been a most interesting item which has provoked a lot of positive comments.

Aiki applied to the Contact Reaction Force Experienced by Uke

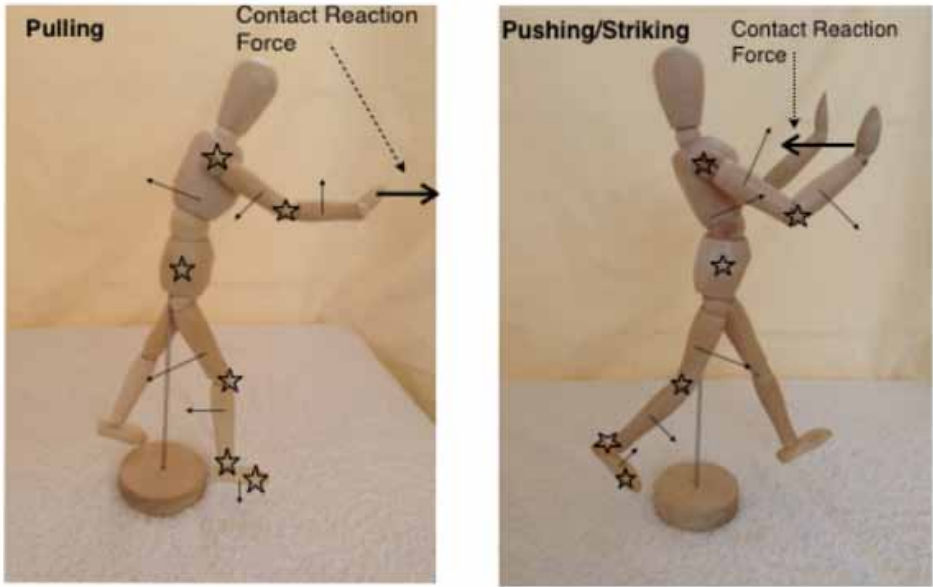
In this case Tori induces Uke to apply Aiki to the contact reaction force Uke experiences (UCRF) as he applies force to the target. To see how this is possible, the internal body forces need to be considered. The internal body forces are used to maintain the body in a stable configuration to allow it to balance the effect of UCRF on the body, during pulling or pushing, with the effect of the ground reaction force and gravity.

When Uke applies force to the target and UCRF is generated, each limb of his body that connects the contact point to the propulsion foot will generally experience an additional force at opposite ends of the limb, i.e at the ends connecting to the joints. When the limb is balanced, the end of the limb nearest the contact point will have an additional force in the direction of UCRF and the end of the limb nearest the propulsion foot an additional force in the opposite direction equal in magnitude to UCRF. These forces on the limb, called limb X, are illustrated in the figure below.

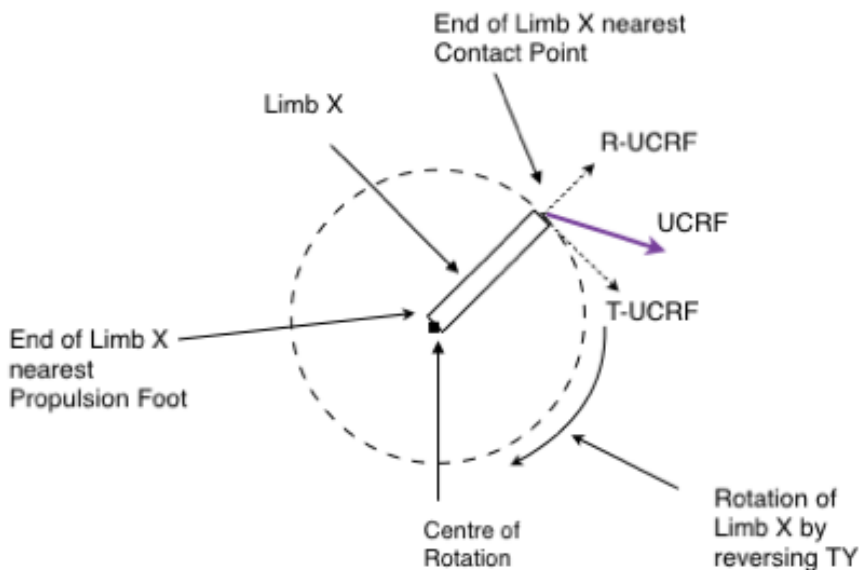


The component of UCRF along the axis of the limb, i.e. R-UCRF, at the contact end of the limb is balanced due to R-UCRF in the opposite direction at the other end of the limb. The latter force results from the support given by the limb next to it which, in turn, is supported by the other limbs leading down to the propulsion foot. The tangential component of UCRF, i.e. T-UCRF, will attempt to rotate the limb. The body maintains stability by preventing the limb being rotated by using the muscles of the body to apply a torque to the limb in the opposite direction. Prior to applying force to the target, the body positions itself and applies the torque TY to the limbs of the body to resist the effects of T-UCRF when contact with the

target is made. It does this by starting from the propulsion foot and moving upwards so that the limbs below limits the rotation of the ones above. The direction of the torque applied to each limb by the muscles of the body to prevent rotation of the limb about the joint nearest the propulsion foot for the cases of pulling and pushing in the horizontal direction are show in the figures below. The star marks the joint and the arrow shows the direction of the torque T_Y on the limb above the joint.



Aiki can be applied to the contact force UCRF experienced by Uke at the joint (Point of Application of UCRF) of limb X that is nearest to the contact point. This is done by Tori inducing Uke to reverse the torque T_Y applied to limb X so that the limb moves in the same direction as T-UCRF around a centre point corresponding to the joint at the propulsion end of limb X. The contact radial force R-UCRF along the axis of the limb is balanced. This is illustrated for the limb X, considered above, in the following diagram.



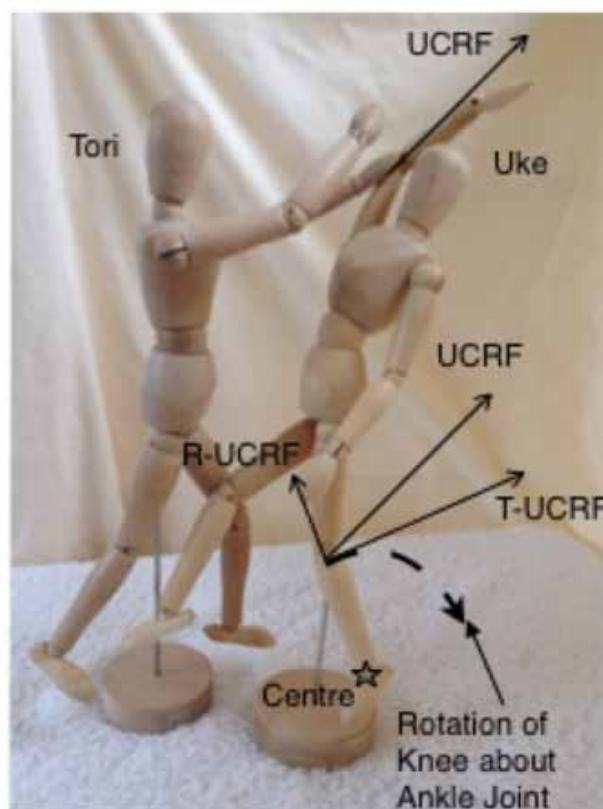
Aiki can only be applied to the limbs from the shoulders downward to the propulsion foot. The forearm cannot be rotated about the elbow joint due to the hand being fixed to the target. The upper arm cannot be rotated about the shoulder joint due to the fixed distance between the shoulder and the hand. When Aiki is applied to one of the limbs below the shoulder, e.g. the upper body rotated about the waist, the top of the limb is moved in the same direction as the tangential component of the reaction force and the body becomes unbalanced in that direction. The contact reaction force along the limb is balanced by the force in the opposite direction, produced by the limbs below it that are supported by the ground.

Note. If both upper arm and forearm are simultaneously rotated about their respective joints in the opposite direction for either pulling or pushing, then the contact reaction force reduces to zero. Aiki is then not being applied, as there is no centre of rotation or radial force and the body is forced in the direction of the force from the propulsion foot and can recover with the recovery foot.

Aiki applied in this way to the contact reaction force experienced by Uke can be used to account for the unbalancing phase of a group of techniques demonstrated in the literature.

As an example one of the techniques is considered below.

- Kondo, P 48. Uke attacks Tori with an overhead strike (Shomenuchi). When Uke's attack is blocked by Tori, Uke experiences a contact reaction force UCRF. The upward pressure applied to the pressure point just above Uke's elbow induces Uke to reverse the rotation of his rear lower leg, i.e. backwards, about the ankle joint to reduce the pressure on the pressure point. This action rotates the rear leg in the direction of the tangential component (T-UCRF) of UCRF at the knee as the radial component (R-UCRF) is balanced. This unbalances Uke to the rear as he pushes. The details are illustrated in the figure below.



Conclusion

The proposed explanation of Aiki, in its three forms, has been found to account for the unbalancing phase associated with many Aikido and Aikijujutsu techniques described in the literature and has highlighted differences between the Sensei. This fundamental understanding provides a useful starting point for analysing the early stages of a technique by allowing Aiki to be identified. This knowledge may also aid identification of actions prior to Aiki which are required to perform Aiki, as well as, post Aiki actions to prevent recovery of balance. Achieving the conditions necessary to apply Aiki forms the art of the Aiki based technique. This will include inducing the attacker to apply the necessary pull or push/strike at the desired moment and/or direction that can be unbalanced using the intended rotation of the Point of Application of the reaction force that is to be used. It is hoped that this interpretation of Aiki will be of benefit to both beginners and more experienced practitioners as it is important to apply Aiki correctly to unbalance Uke.

More examples giving an analysis of the application of Aiki in Aikido and Aikijujutsu techniques can be found on <http://aiki.simdif.com>.

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RIGHT TO REPLY

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

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

Maybe you have something really positive to say about a particular item that you found helpful or interesting. If so then please send in your comments and we can publish these in the new "Right to Reply" section in 2015.

Mushin Mugamae

Paul Bonett Instructor, Brighton Ittaikan Aikido Club



Last Sunday, at our Sport Aikido session, I concentrated my attention on 'mushin mugamae', a concept, principle and approach in Japanese budo which adds a whole dimension to everyday training and is critical to first rate kata practice and presentation.

If you are privileged to see an Iaido or a Karatedo master demonstrating kata, they will bring their budo alive, even though they do not have an actual 'opponent'. To an onlooker, the opponent, though invisible, is 'there'!

Intrinsic to their practice are: kamae (guard or stance), metsuke (eye contact), maai (distance), zanshin (focus), plus other technical elements helping create their exquisite movement. Underpinning those will be mushin mugamae.

Many of you will have heard the phrase, 'the 10,000 hours'; the hundreds and thousands of repetitions needed to take the rough edges off a skill to create a thing of beauty. In martial arts, we have uchikomi (repetition training), practising the same movement over and over again until it is completely natural and simple. At the session, I spoke briefly about a kata being like a great sculpture, created by removing all the unnecessary bits. In aikido, this sculpture is created by two people, not one as in those other arts. That makes it even more demanding and difficult: we need to fully harmonise with our opponent, creating aiki in all moments of the kata. It must not be flamboyant and showy, but calm, smooth, unhurried; effective and powerful. Throughout the kata, every meeting will be slightly different; it's bound to be. To be effortlessly ready, our approach has to be mushin mugamae: ready for whatever happens, thanks to our many hours of preparation. We are living beings, not robots, so our aikido needs to have that 'every moment is a new moment' feel, not a choreographed set of techniques but a living, pulsating piece of budo, full of heart, yet calm and serene.

If you see the power of nature, water or wind, it moves inexorably forward. Our aiki needs to be like that; naturally powerful, created by simple, effective idoryoku (effortless power created through movement). The best kata players are not showy or flashy. But, they are determined, purposeful, calm, focused, simple, effective, like nature.

Finally, you need the judges to look and be pleased by what they see. Don't make them doubt you know what you are doing together. Aikido kata is a paired practice. It takes two active participants. Of course, uke's aikido need to be similarly simple, controlled, not flamboyant but showing true receiving of the aiki, merging with tori, staying calm throughout.

There is a lot more to be said on this matter but first of all we need to routinely practice our aikido with this approach, repeat and repeat until it is shining like a polished sculpture and becomes irresistible. Mushin mugamae is not just the goal but also the way of achieving the goal.

Whether you are a competitor or not, this should have relevance to your practice.

The history of Ju Jitsu (Part 3 final)

John Piket

Technical characteristics

Although there is some diversity in the actual look and techniques of the various traditional jujutsu systems, there are significant technical similarities:

- Students learn traditional jujutsu primarily by observation and imitation as patterned by the ryu's kata (prearranged forms).
- Most kata emphasize joint-locking techniques, that is threatening a joint's integrity by placing pressure on it in a direction contrary to its normal function, or take-down or throwing techniques, or a combination of take-downs and joint-locks.
- Very occasionally an atemi (strike) targeted to some particularly vulnerable area will be used to help create kuzushi (break in balance) or otherwise set-up the opponent for a lock, take-down or throw.
- Force essentially never meets force directly, nor should techniques need to be strong-armed to be effective: rather, there is great emphasis placed on flow (which follows from the art's name, in which ju connotes pliability and suppleness) and technical mastery.
- Movements tend to emphasize circularity, and capitalize on an attacker's momentum and openings in order to place a joint in a compromised position or to break balance as preparatory for a take-down or throw.
- The defender's own body is positioned so as to take optimal advantage of the attacker's weaknesses while simultaneously presenting as few openings or weaknesses of its own.
- The common inclusion in the ryu of cognate weapons training (also using kata as a primary instructional method), stemming from the historical development of jujutsu and other koryu when active battles were waged. Weapons might include, for example, the roku shaku bo (long staff), han bo (short staff), katana (long sword), Wakizashi or kodachi (short sword), and tanto (knife), some of the main repertoire of traditional weaponry.



Philosophical dimensions

Although jujutsu and the ancient arts in general often do not have the suffix -do or "way" to designate them as paths toward spiritual liberation and inner development, there are some philosophical and mental components, which have significance and application in these systems, at least because of their value in developing the actual combat effectiveness of the practitioner.

These include: an all-encompassing awareness, zanshin (literally "remaining spirit"), in which the practitioner is ready for anything, at any time; the spontaneity of mushin (literally "no mind") which allows immediate action without conscious thought; and a state of equanimity or imperturbability known as fudoshin (literally "immovable mind").

Together, these states of mind tremendously strengthen the jujutsu practitioner, allowing him the utmost potential for effective action. Such effectiveness and the technical competence and mental mastery on which it stands, however, is possible only after a considerable period of serious and devoted training.

These various characteristics or components, taken together, largely describe the principal elements of traditional Japanese jujutsu. If most or all of these characteristics are not noticeable in a so-called jujutsu system, then the legitimacy

of the system as bona fide Nihon jujutsu would be highly suspect. This is not to say that the system or school in question does not offer a good training program or effective techniques. It simply suggests that such a system may be more accurately labelled with some other term.

Jujutsu as sport

Jujutsu as a competitive sport is somewhat controversial. According to some practitioners, what makes jujutsu jujutsu, is the fact that every conceivable technique to win in combat is allowed - there are no rules or limitations, surviving the fight is what counts.

This includes some very dangerous techniques, such as throwing a person from a standing position while having an arm in a jointlock, which can result in serious injuries. In order to safely compete in jujutsu, rules have to be made and techniques limited. According to many, this takes away the very heart of what jujutsu is. They claim this would turn jujutsu into a combination of judo and karate, while it is so much more.

The most popular competition method is called fighting system. This system consists of one round of combat with different phases. In the first phase, only atemi (striking) are allowed. In the next phase, grappling and throwing are added, but continuing on the ground (newaza) is not allowed. In the last phase, groundfighting is allowed, including chokeholds. Only half-contact is used, meaning that striking is allowed but serious attempts to knock out the opponent (as in boxing) are prohibited. Judges award points for techniques used and the fighter with the most points wins.

Another, less known system, is called practical. In this system, 2 defenders will take their places in the centre of the mat (tatami), surrounded by 4 attackers, 1 on each corner of the mat. The attackers will choose who and how to attack. A defender can therefore be faced with 0 to 4 opponents at a time. Attacks must be straightforward, without feints. This is also 'half-contact'. Combat is one round of 2 minutes. There are 3 judges who will indicate at the end of the round which defender did the best job of defending himself. The judges watch not only for effectiveness of individual techniques, but also how the defender keeps oversight and control of the situation when faced with multiple attackers. Taking down one opponent with a difficult technique but leaving yourself open for the other attackers will not score very well, while using a simple one throwing your attacker in the way of the other(s) will.

A third competition method is called duo system. During such a competition, a couple of fighters (same sex or mixed) has to present defences for different predetermined attacks. These defences can be freely chosen and are awarded with points from judges. The attacks are divided into 4 groups of 5 attacks each. The 4 attack groups are gripping, embracing/neck locks, punches/kicks and weapons.

Jujutsu, jujitsu, jiu jitsu — there are a wide range of spellings used in English for this Japanese martial art. In the native Japanese, jūjutsu is written in kanji (Chinese ideograms), but the romanization of the Japanese word into the English language has been performed several times using several different systems since Japan was forced out of isolation in 1854 by the United States.

Jujutsu, the current standard, is derived using the Hepburn romanization system. Before the first half of the 20th century, however, jiu-jitsu and then jujitsu were preferred. Since this corresponded to a period of time when Japanese martial arts

first became widely known of in the West, these earlier spellings are still common in many places, though the romanization of the second kanji as jitsu is unfaithful to the Japanese pronunciation, especially since jujitsu means "military preparedness".



Father of a large family

Because jujutsu is both so encompassing and has its origin hundreds of years ago, it has become the foundation for a variety of styles and derivations today. As each instructor incorporated new techniques and tactics to what was taught to him originally, he could codify and create his

own ryu or school. Some of these schools modified the source material so much that they no longer considered themselves a breed of jujutsu. Modern judo is the classic example of an 'art' which was derived from jujutsu but is today distinct. Another layer removed, some popular arts had instructors who studied one of these jujutsu-derivatives and made their own derivative on top. This creates an extensive family of martial arts and sports which can trace their lineage to jujutsu in some part. In conjunction with its variations, jujutsu has achieved a high level of success in modern mixed martial arts competition and has arguably become one of the necessary areas of training for professional MMA fighters.

The following are a few different schools of jujitsu:

- | | |
|--------------------------|--------------------------|
| • Goshin Ryu Jujitsu Kai | • Saigo Ryu Aiki Jujutsu |
| • Araki Ryu Kogusoku | • Sekiguchi Shinshin Ryu |
| • Danzan Ryu | • Shin No Shindo Ryu |
| • Daito Ryu Aiki Jujutsu | • Sosuishitsu Ryu |
| • Hontai Yoshin Ryu | • Takeuchi Ryu |
| • Fudoshin Ryu | • Tasumi Ryu Heiho |
| • Hakko Ryu | • Tenji Shinyo Ryu |
| • Hakko Denshin Ryu | • Yagyū Shingan Ryu |
| • Koppo Ryu | • Yoshin Ryu |
| • Takenouchi Ryu | |

Items for sale

I have designed some hakama bags which specifically protect your hakama from dirt in between practices, keep your hakama neatly folded and to allow it to breathe and wick out any moisture accumulated from that full on practice.

Initially I have three versions:

1. A plain bag (no embroidery or printed logo) - Price £16
2. A bag embroidered with Japanese kanji for the word 'aikido' - Price £21 (sold out for now)
3. A bag with the Aiki Extensions logo printed on it - Price £21

All prices are inclusive of postage in UK - outside the UK please enquire. Bulk orders can also be supplied with bespoke printing. I have tested them for colour fastness and when put through the washing machine I am pleased to report that the white handkerchief inserted came out as white as when it went in.

The bags are made of a tough and durable material and seal with a Velcro strip.

All proceeds will be donated to Aiki Extensions to support the good work they do (www.aikiextensions.org)

Please note: the item illustrated shows a bag with embroidery - only available through special bulk purchase for now.
Quentin Cooke email: q.cooke@ntlworld.com





Learning is a science and the process of finding effective ways of imparting information is constantly under revision by educational psychologists. We can see this evolution happening in both our schools and colleges on an ongoing basis. You only need to think about the way children were educated in the Victorian age and then compare that to your own educational experience. Then, if like me you are of a certain age, you can take the process one step further and compare that to the education of your children. Schools these days are far more vibrant, offer far more opportunities and have resources at their disposal, which in days of old, hadn't even been dreamed of, let alone invented.

This process is entirely natural and logical and so we have to ask ourselves why to a very great degree in the aikido world we are stuck with an educational model that is archaic, based on ancient Japanese culture.

By way of example, whilst on my travels recently, I was lucky enough to attend a class of a very long standing Japanese teacher, who had spent a lot of time training directly with O Sensei. I was very excited to be allowed to attend the class as an honorary guest and as usual found my training partners to be very pleasant. However, I have to say that the teaching was a huge disappointment. The teacher demonstrated a technique no more than 3 times. He rarely said anything about what he was doing, and then let us get on with trying to replicate what he had done for the next 15 to 20 minutes. Unless called upon, he did not often intervene, so if you were making mistakes these were not being corrected. The class had a good number of what I might term more elderly students and it was a humid night in a room that had no windows and no air conditioning. I was younger than a good few and consider myself reasonably fit, but this was one of those very rare occasions, where the intensity of the training reduced me to a puddle, and I was absolutely drained off all energy. In summary, the only things I learnt that night were:

- My own levels of endurance.
- How tolerant aikido students are, (*well at least the ones that stick with it*).
- How not to teach.

Here was a man with almost unrivalled experience, who undoubtedly had wonderful technical skills and who on the little taste I got was kind and generous, but who on my brief visit simply wasn't effectively passing this on.

Over the years, I have visited many clubs and attended many courses and whilst my experience above is perhaps extreme, (*a bit sad, as it's fairly recent*), the model above is largely mimicked to a greater or lesser degree.

This traditional method mostly concentrates on how to do a technique in terms of how you use your body. All too frequently absolutely nothing is said about how you use your mind and to get a teacher to talk about the fundamental principles that they are employing to make the technique effective, safe and powerful is as rare as rocking horse poo.

Added to this, when I attend courses, or visit other clubs or talk to other people about their experiences of aikido, all too often I see/hear the following common practises.

Teachers throw their students, but rarely take ukemi in class.

- Students questioning their teacher are thought to be rude and anyone daring to do so is often punished or belittled in some way.

- Teachers demand that students address them as 'Sensei', off the mat as well as on it, which suggests that they are not only better on the mat, but better human beings off it. (*Really.....!*).
- Too many clubs foster a culture of the macho, which normally means that they have very few female members and inevitably lose a lot of students along the way.
- Teachers positively discourage students from looking at what other sensei have to offer on the grounds that their students will become confused. (*This is completely at odds with my own personal experience and is totally disrespectful of a student's critical faculty*).
- Clubs rarely offer opportunities for cultural exchange by practising with clubs that have a different aikido lineage. In fact the very idea is frowned upon.
- Many dojos allow a kind of pecking order to exist, fostered by the traditional hierarchical nature that aikido and most other martial arts are based on.
- Teachers hold back knowledge so that they have the edge on their students.
- Too much learning is done by simple repetition and that's just boring and rarely gives the student any insight into why they are doing what they are doing.
- Good technique is seen as the goal rather than the medium for demonstrating great principles that help as much, if not more, off the mat as well as on it.
- Teachers teach what their teachers taught them with no significant variation to the teaching methodology and a bit like Chinese Whispers, the further you go down the line, the worse the copy becomes.

It really is time that we began to start taking a more professional stance on the process of teaching aikido and that as a group we started to benefit from the very real progress that has been made in relation to the science of learning. If we do, we just might see our students make much more progress and we may find that more students stick with the programme rather than giving up as so many do. (*Imagine how you would feel if you suddenly found yourself being schooled in the Victorian age. Would you want to stay?*).

I am not an educational psychologist, but I would suggest that the following practises create a more positive learning environment for both teachers and students alike and are more likely to tick the boxes for the professional educator:

Make the learning fun and be imaginative in how you get your message across.

Be prepared to do things differently and constantly search for new ways to get a message across, because different students learn in different ways. Some find it easy to learn when shown something, some concentrate on what the teacher says and others need to feel what the teacher is doing.

Where possible, teachers should take ukemi from their students. This is simply one of the most effective ways to learn what is truly going on with your students and is an amazing tool for getting great insights into how and why a technique works.

Treat the dojo as a laboratory, where everyone involved has a chance to learn from each other including the teacher. Everyone is a student and whilst the teacher might lead the learning, by encouraging others to offer their thoughts and experience you will be amazed at what can come out.

Start teaching principles instead of technique, bearing in mind the old motto that if you give a man a fish, he will eat for a day, but teach him how to fish and he will eat for life. (*Of course technique provides an ideal medium to demonstrate the principles.*)

Make sure your dojo is genuinely safe for all students to train in and that all students treat each other with deep respect. When we give our bodies to take ukemi, it is a precious gift and it's important that the receiver treats that body appropriately.

Give respect as a teacher to all your students equally and then you have the best chance to get respect back from them.

Foster an environment where students are encouraged to ask questions. Don't worry if you don't know the answers, as that just helps you pinpoint an area where you need to learn more and don't worry if your student doesn't agree with your answer. It's okay to have a different viewpoint and again it may just signal a possible area of learning for one or both parties.

Celebrate the day your student knows something that you don't, it means that you have done your job well.

Whilst I accept that some of the charm of our art is found within the historic ritual that most of us adopt to a greater or lesser degree, it is necessary to change the teaching methodology if we want our art to flourish. It is entirely possible to change the way we do things, but still maintain the core values that aikido promotes.

I think that most readers will accept the basic point of this article, which is that within aikido, we have become trapped within a system that is selling students short. It will take courage and vision to break the mould, but surely the purpose of training is to create strong, independent, courageous human beings who know right from wrong and act accordingly.

If you are interested in exploring these ideas further then please contact me as in the New Year, I will be arranging an event that will explore these issues in more depth.

Quentin Cooke is Chair of Aikido for Daily Life and can be contacted at: q.cooke@ntlworld.com

Safeguarding Update: new support and training plans

Sue Ward: Lead Safeguarding Officer

As 2014 draws to a close the BAB has made huge progress with regard to its safeguarding provision. An updated policy document has been produced and should be ready for publication early in the new year. This has much more detailed guidance to help Associations and clubs understand and implement the various policy requirements.

In November, the BAB came very close to meeting the Intermediate Level of Safeguarding Standards administered by the Child Protection in Sport Unit (CPSU). We will be re-submitting our application in the Summer of 2015.

In terms of further support for CPOs and CWOs around the country I am planning a couple of exciting new initiatives:

1. A series of on-line training clinics (the first one is ready to launch in January and deals with the on line DBS application system). These training clinics will be available through the BAB web site.
2. A free (hopefully monthly) webinar for CPOs through which I can update safeguarding teams on any developments, answer general questions. The first one is scheduled for Sunday 1st February at 10am. You attend via your computer; email sueward.cpo@gmail.com to book your place. Please put CPO WEBINAR as the subject of your email. Places will be limited to 6 attendees for this first session and two places are already booked!

The BAB/CPSU training course for CPOs and CWOs (called "Time To Listen") will continue in 2015. I am looking for suitable venues (classroom - not dojo!) which are cheap -- or even better -- FREE! If you have a space you could offer which is reasonably easy to access (e.g. close to motorways, parking etc) please let me know (sueward.cpo@gmail.com).

On training with weapons.

Richard Small



The following is my interpretation of advice given me in a conversation with my friend, Karate 6th Dan Sensei William Hollister (founder of Tamar Tai Chi). From a viewpoint of the Aikido student, surely it would be hard to differ in opinion. What do you think?

Understand the weapon you are using or facing. Take into account if it is bladed or blunt. Consider this, even when using wooden 'bladed' weapons. You cannot 'cut' with a blunt weapon; however, its action may follow a similar line at times in order to better protect your own wrists and joints. With weapons you learn about blocks . . . whether they are useful or should be deflections instead. Angles of attack and defence vary with the type of weapon.

1. Using weapons conditions the body, developing endurance, balance, power and co-ordination. It is a conditioning that only requires the presence of self and the weapon; this is one of its advantages. Using weapons trains the mechanics of the body; weapons are a very useful aid to developing good footwork and maintaining centre.
2. Imagery, use of your mind, of an opponent is required in the beginning to create correct focus, posture and movement. Flailing about with the weapon without such thought will be of little benefit. Develop control; i.e. stop where and when you want to, and not when the weapon decides. Hit what you aim for, even if imaginary. Know what to strike, when training alone use mirror imagery.
3. When training, be delicate and conscious; do not miss out any of the ingredients. There should be no weakness in your actions. . . none at all.
4. Consider the origins. Original intent may have come from weapon to weapon.
5. If training a Kata, and there are many and various, know what it's all about; know why it is this or that move. Have purpose in your Kata . . . always know 'why'.
6. Weapons training will reinforce the importance and necessity of mental focus. A relaxed mind and body will come from much training. Extension of body is good but tension in body is not.
7. Weapons training can enhance the awareness of breath in the whole issue. Breath is required as part of movement. Kiai can become part of this; however, I suspect there is still much more for us to know on this topic, in that kiai should be there to take the opponent's mind and not your own. Neither should it create a tension in your own body but instead, in theirs.



(Weapons) “. . . in the hands of a serious student, it is a pathway and a prayer towards balance and peace.”

My good friend Terry, (Karate 4th Dan)

Richard Small runs Bideford Aiki Jo and is a 4th Dan with TIA Europe.

Report on the Larbi Sensei Course- 14th November 2014

Sophie Juleff 3rd Kyu.

Once again we were hosting a weekend course for Larbi Sensei, a personal student of Yamada Sensei.

Friday is a normal training session for me and to turn up and have Larbi Sensei teaching, it felt an honour. It was a very good turn out to see around 33 aikido students on the 184sqm tatami. I found the night to be very informative and the time just seemed to fly. Larbi Sensei's teaching I find very interesting, he shows the small details that make such a difference to my Aikido. Larbi Sensei teaches with such humour it makes the whole group relax and of this impacts upon the aikido.



15th November 2014



Unfortunately I missed the morning, however due to enjoying myself and having the need to learn more I was eager to get back and was able to train in the afternoon, when I first walked in I was amazed at how many mats I was seeing before me, almost 400sqm of tatami. It looked so impressive I had never been on a course with such a large matted area. The tatami size was necessary with around 48 students participating coming from the south west, south coast and Birmingham. It was great to make new friends and train with such a lovely group of people. I became fascinated with how smooth Larbi Sensei moved; at times it looked like he was floating across the tatami.

As the day ended Larbi Sensei presented Aikikai Dan grade certificates to Al Carchrie & Matt Bowen, whom he graded back in May. It was a lovely end to the day as this was a surprise to Al & Matt and showed to me how our club is progressing and what I could aspire to.



The evening then played host to a meal at a local Japanese restaurant and a great turnout of 36 people showed up, this is the relaxed side of aikido where you enjoy the company, socialise and try to numb the body from the days training.

16th November 2014

Sunday I turned up in the morning however not to train as I soon had to head off for work, the morning saw a lot of people turn up and watching their faces whilst training was great. Sitting and watching was frustrating, however, I was still able to learn.



A massive thank-you to Larbi Sensei and his student Vince for coming over and teaching. All in all over the weekend we had 65 people! What a superb turn out and a great weekend.

The course finished with Larbi Sensei announcing he would return in May 2015, 15th-17th.



Those who are skilled in combat
do not become angered,
those who are skilled at winning
do not become afraid.
Thus the wise win before the fight,
while the ignorant fight to win.

Morihei Ueshiba

Report of the UK Ki Federation's 2014 National Seminar

with Calvin Tabata Sensei 8th Dan Chief Instructor of the North West Ki Federation USA and Louis Sloss Sensei 7th Dan Chief Instructor of Oregon Ki Society USA plus UK Ki Federation, BKS news and Promotions

The UK Ki Federation's National Seminar this year from September 19th until 21st 2014 was held at Arfon Leisure Centre, Bethel Road, Caernarfon, Gwynedd. The event was hosted by the Menai Ki Society and was directed by Calvin Tabata Sensei who is currently appointed by the Ki Society HQ in Japan to advise and oversee the training of all the Ki Society students in the UK. Tabata Sensei also heads the Northwest Ki Federation, USA and is an 8th degree black belt in Shin Shin Toitsu Aikido and holds an Okuden Ki rank. He is also a full Lecturer in the Ki Society, and the Chief Instructor of the Personal Kiatsu® School. He began his training in Hawaii and is a lifelong direct student of Ki Society founder Koichi Tohei sensei. Tabata sensei has been teaching in the Northwest since 1970. He established the Oregon Ki Society in 1974 and the Personal Kiatsu School in 1993.



This was a great opportunity for us all to practice with one of the Ki Society's most senior instructors at a World Class level. The full schedule of classes over the three days made it not only possible to cover the whole spectrum of Koichi Tohei's teachings at various levels both beginners and advanced but was also made it possible for family and friends who were not interested in training Aikido to attend the event as well on a Ki Classes only basis.

This enabled the event to be enjoyed by all those there whilst at the same time continued to help with the development and understanding of all present from beginner to advanced student and as well as those that had attended the event for their advanced Ki and Aikido exams to be conducted. This was in no small way a feat to achieve. For those interested please see this link for photos from Seminar:-

<https://www.dropbox.com/sh/2pvgwsec3vxuwn4/AAA26dJXq7oiZuq4XFIwy81Ha?dl=0>

Training workshops with Louis Sloss Sensei 7th Dan Chief Instructor of Oregon Ki Society USA at the Brighton Ki Centre, Ground Floor Studio, 12 Queen Sq, Brighton, BN1 3PG. Brighton Ki Society (BKS) hosted Ki, Kiatsu® and Ki-Aikido training workshops as taught by Louis Sloss Sensei starting on the evening of Tuesday 23rd September and running through to Sunday 28th September. These were very well attended classes and catered not only Aikido but also for those that wanted to learn how to apply Ki in their Daily Life from a Senior Dan Grade instructor.



Louis Sloss Sensei is Chief Instructor of the OKS Adult Programs, Ki Lecturer, OKS Secretary, Okuden and Shinshin Toitsu Aikido 7th Dan and a Kiatsu Associate Lecturer. Sloss Sensei has been teaching for over 30 years.

Kiatsu® Seminar Work Shops are taught by instructors of the Oregon Ki Society Personal Kiatsu® School. The school is the first in the world to offer the opportunity to learn Ki pressing techniques and Ki principles as a complete nonprofessional development program for self-treating, family and friends only. Established in 1993 under the guidance of founder Koichi Tohei Sensei, it is the only authorised Personal Kiatsu® school outside of Japan. Kiatsu® is a registered trademark of The Ki Society H.Q. Japan.



The UK Personal Kiatsu® school program entered its 2nd year with Seminar 1 the September 27-28. Our plan is to cover year two in the next approximately two calendar years with seminars about every 6 months, ending with Seminar 5 in fall of 2016.

In addition at the Brighton Ki Centre we hold monthly Kiatsu® Intensive practice sessions on the fourth Sunday of each month from 10 am to 4pm. For more details see Kiatsu® tab on this BKS website and calendar at link <http://brightonkisociety.org.uk/>. Note only approved and selected UK members of the Ki Society HQ in Japan are allowed to participate in these sessions.

Monthly BKS weekend intensive sessions taught by Robert MacFarland Sensei

The monthly weekend intensive sessions that BKS will be hosting during 2015 are as follows:-

- BuQi (Weapons) Intensive Session 2nd Saturday from 1:30 to 5:00pm, Optional Chanting to 5:30pm.
- Aikido for All Session 4th Saturday from 1:30 to 5:30pm. Open to anyone with previous Experience.
- Ki Intensive 4th Sunday 10 to 12:30 this session is open to all, no previous experience is required.
- Kiatsu 4th Sunday from 1:30 to 4pm, this is only open to those already on the Kiatsu programme .

Training Across Borders (TAB) 2015 is a major martial arts seminar focused on peace-building. It is being organised by Aiki Extensions (AE) the international group based in the USA dedicated to applying and promoting the principles and methods of the nonviolent martial art of aikido in all aspects of life. It will take place near Athens, Greece on October 7-11, 2015. The event will bring together as many as 200 participants from conflict regions around the world, particularly the Middle East, Africa, and the Eastern Mediterranean, who practice aikido.

Through the transformative practice of aikido, participants will begin to replace existing narratives of hatred with foundations for peaceful relationships that are based on shared experience and understanding rather than on fear and distrust.

Breakout workshops facilitated by leaders in the fields of mediation, leadership, psychology, youth outreach, and somatics will supplement “on the mat” practice to provide safe environments in which participants will develop practical peace-building tools that they will bring back home with them.

Social events are scheduled to provide participants with opportunities to connect with one another in meaningful ways, to showcase their unique cultures, and to develop the trust that is the cornerstone of peaceful relationships.

Participants will return home bolstered by new friendships and connections, and equipped with new tools for cultivating peace in their own communities.



History

Training Across Borders was born out of AE's relationships with aikidoka in the Middle East, and its commitment to spreading aikido as a method of building peace. AE Founder Don Levine and noted somatic peace practitioner and former AE Board member Richard Strozzi-Heckler co-directed the first TAB seminar, which was based on Don's previous work in the Middle East.

In November 2003, Don met with two groups of aikido practitioners – Jews at Hebrew University on Mount Scopus, and Arabs from the Palestinian suburb of Beit Hanina. A few members of the two groups had been training together for years, which inspired Don to suggest the idea of a seminar with more participants to be located in a neutral place. This idea formed the kernel of Training Across Borders.

The first TAB seminar took place in April 2005 in Nicosia, Cyprus, the only militarily divided city in Europe. In addition to being neutral territory, Nicosia was a perfect backdrop for a seminar based on cross-border conflict resolution. Participants from Jordan (7), Iraq (7), Palestine (20), Israel (24), Bosnia (5), Serbia (6), Greece (3), Turkey (2), Cyprus (14), and Ethiopia (1), and instructors representing six countries trained together, shared social time, and participated in several breakout sessions.

The immediate effect of the seminar was apparent based on participant responses:

- “A lifetime experience. Like the dojo in Athens has become my family in the last years, from this moment the world is my family.” *Spiros, Greece*

- “Amazing. Heaven on Earth for three days in Cyprus. You have managed to pull off what governments only dream about.” *Scott, Turkey*
- “I know that I need to learn from the tolerance I saw in the eyes of many participants. Thank you all for coming and comforting me in knowing that I am not the only crazy man in this world. It is a tough world and I am glad we are not facing it alone.” *Ala'a, Jordan*
- “You have proved that the training mat is a perfect tool that helps people forget their hate, understand each other, and even love each other. I hope that the seeds of peace that you have planted at this seminar will grow very quickly, so that we will be able to see their positive impacts on our reality.” *Khaled, Jerusalem, Palestine*

There were long-term results from the seminar as well:

- The vast majority of growth in Palestinian aikido can be traced to AE's pre- and post-TAB efforts. Six Palestinians from East Jerusalem who have been training with Jewish Israelis in West Jerusalem since TAB now have their black belts.
- TAB participant Miles Kessler founded Aikido Without Borders, an Israel-based organization whose mission is similar to AE's.
- The award-winning PeaceCamp Initiative (PCI), which brings Arab and Jewish youth leaders to the U.S. each summer, was inspired by TAB. The connections forged at the TAB seminar with Danny Hakim and Israel-based Budo for Peace make PCI possible.
- TAB opened the door for the first American/Israeli woman to visit Palestinian dojos since 1960, making ongoing relationship building possible.



Mission and Goals

The mission of the TAB seminar is to build foundations for peace through the practice of aikido. Several specific outcomes have been identified:

- *Cultivate peace leaders* - Breakout sessions will provide participants with practical skills and understanding needed to implement embodied peace programs in their dojos and their communities.
- *Build bridges and forge relationships* - Through on-the-mat practice and formal and informal social interaction, participants will develop new narratives based on shared experience. Strategic partnerships also will be created between Aiki Extensions, participating dojos, and other peacemaking organizations.
- *Promote successful models* - AE will use the large scope and ambitious goals of the TAB 2015 seminar to promote its programs, members, and mission to the general public and to the professional communities with which it works. Existing successful models will be highlighted as programs to emulate.
- *Develop and support enduring initiatives* - Using the skills and leveraging the relationships that they develop at the seminar, participants will be encouraged to develop enduring initiatives, with AE's support, that extend the transformative power of the TAB seminar in local communities around the world.

- *Enhance local aikido communities* - The process by which we will identify, select, and prepare participants will help support existing aikido communities. Dojos will be encouraged to sponsor local fundraising initiatives, participate with other dojos in International Aiki Peace Week, apply to become certified Peace Dojos, and take other steps to strengthen their local capacity to provide aikido training, share aikido's peace-building message, and work with other dojos and communities.

Methodology and Participant Outcomes

While borders help foster rich individual and cultural diversity, they also create conditions of misunderstanding, division, and lack of trust that too often result in devastating alienation, hatred, violence, and warfare. Whether geographical or metaphorical, forced or self-imposed, borders separate people.

Embodied peacemaking through the practice of aikido – “The Art of Peace” – counters these conditions by highlighting shared norms and goals, and facilitating shared experiences in the physical practice of peace:

- We all have a body that we use to negotiate this world.
- The dojo itself encompasses a set of rules that we all share by virtue of our aikido heritage. No matter where you train, you bow to show respect, you take turns with your partner, and you work with other people to “do” aikido – you can’t practice aikido alone.
- As opposed to most other martial arts, aikido explicitly emphasizes both physical and metaphorical commonality through hands-on practice.

Training Across Borders weaves together elements of the familiar and the unfamiliar, the comfortable and the uncomfortable, the self and the other – all in a neutral location and within the compassionate embrace of the practice of aikido. The expected outcomes are that participants will create:

- *New beliefs* - Participants will have opportunities to confront and go beyond the divisive boundaries and misinformation to which they have been exposed, and the fearful circumstances under which they may be living.
- *New perspectives* - Participants will create new narratives based on having shared a uniquely enriching, physically-based “peace studies” seminar with individuals whom they may otherwise have been taught to hate.
- *New visions* - participants will create enduring relationships that serve as practical and symbolic reminders of what is possible, and of what work they can engage in together to bring healing and peace to their communities and the world.
- *New capacities* - Participants will develop skills needed to create programs in their home communities based on these new narratives and new relationships.

Such events support the whole aikido community as they show the power of our art to transform the world for the better. AE hope to fund this event by applying for a number of grants, but the question is what will the aikido community do to help support the event. Are you willing to hold a fund raiser in your dojo or do you have any skills to help us make this project come to fruition.

Quentin Cooke is Chair of Aikido for Daily Life and an Aiki Extensions main board member. He can be contacted at: q.cooke@ntlworld.com

Upcoming Events

Five experienced instructors from different backgrounds getting together to share their knowledge, have fun and get the joints moving after the Christmas break. To book for the course and/or the after course meal please contact Sensei Vince Lawrence at aikidotaunton@googlemail.com

New Year Friendship Course 17th & 18th January 2015



VENUE:

Richard Huish College, South Road
Taunton. Somerset. TA1 3DZ



Mark Smout
Sensei
(TBC)

Phil Benge
Sensei

Ray Brown
Sensei

Vince Lawrence
Sensei

Mike Higgins
Sensei

Start your Aikido year off with a great course. If you want to work off the mince pies and chocolates then this is the course for you.

Get all hot and sweaty with friends and like minded people who just enjoy aikido. Four different styles getting together to get the joints moving and the aikido juices flowing and have fun.

We look forward to seeing you there

Registration 9am Saturday 17th January,
Lessons 10am - 4:30pm

Registration 9:30am Sunday 18th January,
Lessons 10:30am - 3:30pm

Mat Fees:	Adults	Junior/concession
Saturday only	£20	£15
Sunday only	£15	£10
Weekend	£30	£20

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

Tea/coffee/water provided,
please bring a packed lunch

Please bring weapons

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**

Greg Habert, Sekaidojo, Paris



A weekend course with an exciting and illuminating teacher from Paris

Greg Habert from Paris, who is a regular visitor to Fudoshin Aikido, returns for an open seminar.

Greg belongs to a generation of new young teachers emerging in France. He is a superb teacher whose powerful, fluid Aikido has earned him international attention.

This seminar is open to practitioners of all levels, and is particularly recommended to newcomers to Aikido.

Dates, times & fees

February 2015...

Friday 20th 2 hours, venue & times to be confirmed

Saturday 21st 4 hours, venue & times to be confirmed

Sunday 22nd hours, venue & times to be confirmed

Concessionary rates will apply to students and the unwaged.

There will be a meal and social event on Saturday evening to which all participants are warmly invited. Please ask for details when you register.

We can assist if you require overnight accommodation in Cardiff - please let us know. If you have any questions or would like more information, please contact us. We look forward to seeing you.

Hosted by Fudoshin Aikido Cardiff, Chapter Arts Centre, Market Road, Cardiff CF5 1QE

Email address: enquiries@aikidocardiff.com



Systema & Aikido

Seminar – London, UK
Saturday January 24th, 2015

The weapons of Aikido and Systema

An example of convergent evolution, both Systema and Aikido have developed extensive training methods with the same weapons – the knife and the staff.

This seminar will show basic principals common to both Systema and Aikido, the technical aspects of weapon control and how to work in difficult situations. We will also show how pressure testing can be used to evaluate skill.

Location and times:

The Upper Room
8 Greenland Street
Camden
London NW1 0ND
11:00 am - 5 pm

Seminar fee: £40 – Limited spaces

Please contact Sam for booking:
rmasystemauk@gmail.com
07794 697744



Scott Allbright

Born in England, Scott began his study of Shodokan Aikido in 1983. After years of intensive study in Japan, he became the first non-Japanese world champion in this competitive Aikido style. He now holds a 6th Dan with the Shodokan Aikido Federation of Japan. Scott is a full time professional martial arts instructor, coaching in Sheffield. Shodokan Aikido is the system of training devised by Professor Tomiki Kenji. Using the educational and scientific principles of Judo, Tomiki developed a training system for Aikido technique. This gave rise to a distinct and especially effective form of Aikido through education in technical aspects, pressure testing and competition.

Sam Benson

Dr. Sam Benson found an interest in martial arts and sport as a teenager. During university, he intensively studied Shodokan Aikido, competing on a national and international basis. He subsequently studied Judo, Karate and Silat. After 8 years practising and teaching these arts in the UK and Japan, Sam met Val Riazanov and David Kirillov, discovering Systema in 2002.

Sam qualified as an instructor in Systema in 2005 under Mikhail Ryabko and now trains intensively with Valentin Talanov in Tver. Sam runs a Systema school in London.

Systema is distinguished by its technical and systematic approach to training for unpredictable and realistic situations. It emphasises simplicity and practicality.



Shiro Kashi Aikido Club

16th Anniversary Seminar



with

Tony Sargeant Sensei
6th Dan Aikikai

Saturday 31st January 2015

Hill Street Baptist Church
Swadlincote
DE11 8HL

**Only
£25***

Registration: 9.30 - 10.15
Training: 10.15 - 16.30
Celebration Meal: 19.30 - late

Book your place now!

skaikido@btinternet.com

01283 210533



Public car park and
entrance to the right
hand side of building.

Additional free parking
on the road and at
Morrison's supermarket.

*Cost: £25 if booked by 31/12/2014. £30 if booked after this date or paid on the door. Proof of insurance will be required on the day. Temporary insurance can be purchased on the day if necessary.

Free tea & coffee will be provided during the seminar.
If you wish to reserve a place at the evening meal ensure you mention this when booking.

For more details visit www.skirokashi.com

Takemusu Aikido

Aikido Weekend Seminar with Sensei Tony Sargeant, 6th Dan

7th & 8th March 2015 - Allander Aikido, Glasgow

Sensei Tony Sargeant has been training in Aikido for over 40 years. Living in Cambridge, he is the head of Takemusu Iwama Aikido Europe with clubs in Great Britain, Greece and Russia. Since 1983, he has followed Morihiro Saito Sensei, 9th Dan Shihan, and is dedicated to passing on his traditional Iwama style and teachings.

Sensei Sargeant has been teaching a March weekend course at Allander Aikido Club since 2009. We are again delighted to invite Sensei to Glasgow and extend an invite to our many Aikido friends. Sensei published his book this year and we are sure he will expand on the finer, subtle but key principles of aikido during the seminar.



**Full details and booking form available on:
www.allanderaikido.com**

Upcoming Events

After the success of the weapons course in February 2014, Makoto Aikido Taunton have been asked to host another in 2015. It has now been confirmed that Sensei Frank Burlingham and Sensei Vince Hammond will be returning on Saturday March 21st and Sunday March 22nd for another great weekend of weapons instruction. Please book early, numbers are limited and there are already over 30 places booked. To book for the course and/or the after course meal please contact Sensei Vince Lawrence at aikidotaunton@googlemail.com

Weapons Course 21st & 22nd March 2015

VENUE:

Heathfield School,
School Rd,
Monkton Heathfield,
Taunton, Somerset TA2 8PD



After the success of last February's course I have been asked to organise it again for next year. Places are limited so please book early This will be 2 days of great weapons instruction from two of the best weapons instructors I know. It 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 21st,
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 22nd,
first lesson 10:00am - 11:00am,
second lesson 11:10am - 12:10pm
Break for lunch.
First afternoon lesson 1pm - 2pm,
Second lesson 2:00pm - 3:00pm

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

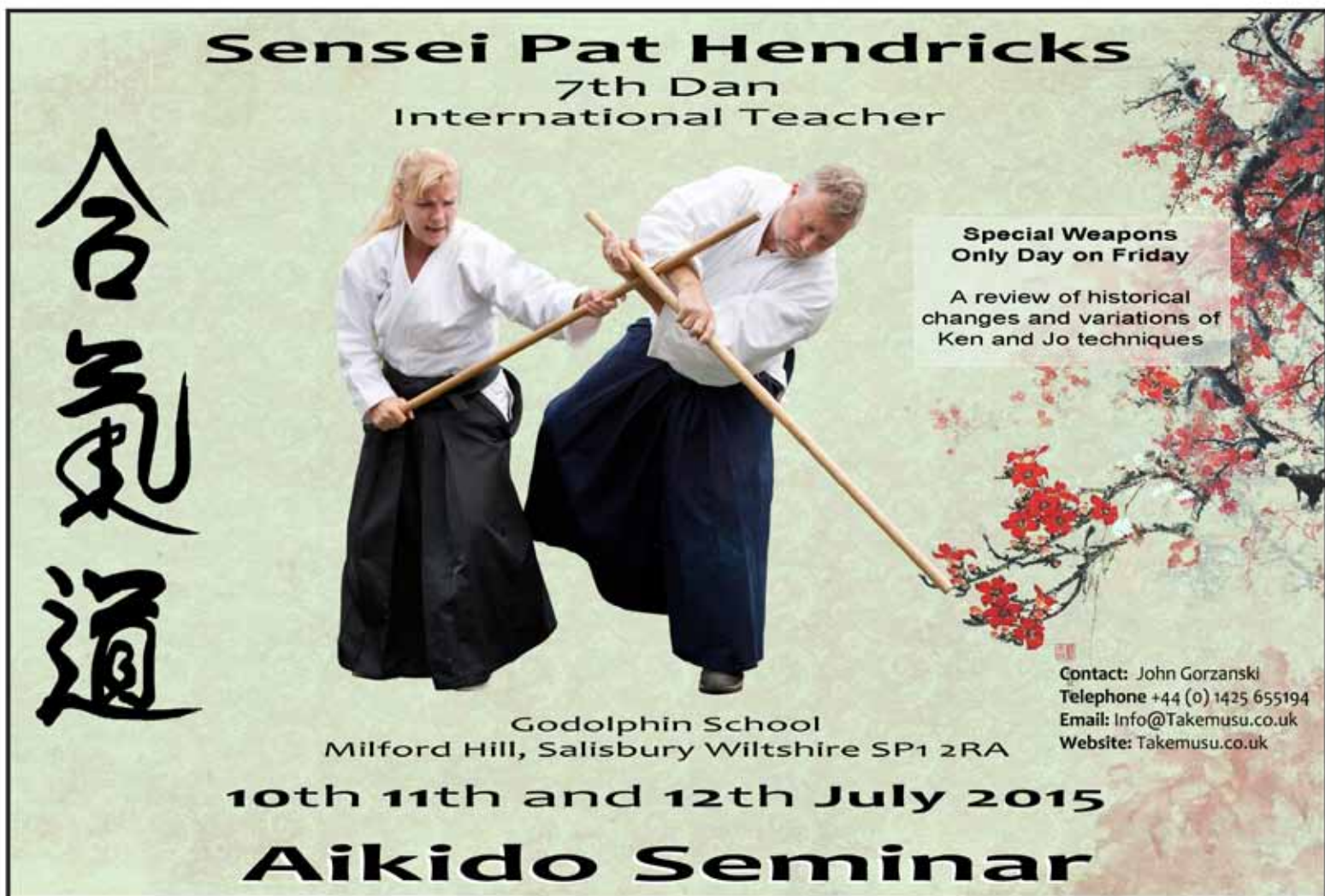
Proof of insurance will be required

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

Other BAB and Association courses

As well as sending in posters for inclusion in the Aikido Times, Clubs and Associations can also send details for publication on the BAB web site.

Please visit <http://www.bab.org.uk/courses/courses.asp> for details of current courses and guidance on how to upload details.



Sensei Pat Hendricks
7th Dan
International Teacher

合気道

**Special Weapons
Only Day on Friday**

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

Godolphin School
Milford Hill, Salisbury Wiltshire SP1 2RA

10th 11th and 12th July 2015

Aikido Seminar

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

INAGAKI SHIHAN

AIKIDO KOSHUKAI

SATURDAY 23 AND SUNDAY 24 MAY 2015



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

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

The NIA
Sports and Leisure Centre
Birmingham
United Kingdom

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

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

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

CLOSEST HOTELS

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

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

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

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

Visit inagaki-koshukai.co.uk

For more info call 07949 590788