

Aikido Times

THE OFFICIAL NEWSLETTER OF THE BRITISH AIKIDO BOARD



July 2019



Welcome to the summer issue of the Aikido Times.

As is often the case with summer media, this issue is a fairly light one. But, that said, we have had some great articles sent in so many thanks to those of you who

continue to support this publication.

I hope that, in addition to the Chairman's regular report, we will see the new Director contributing to the next issue; bringing BAB members up to date with her ideas and plans for developing aikido in the UK

Have a great summer -- and I hope your dojos stay busy during the holidays and warm weather!

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News from the Executive Committee Report by the Chairman

Appointment of Part Time Director to the BAB.

I am delighted to report that Kerry Cope has been appointed to the post of part time Director to the BAB and takes up this role on 1st July. This is the first time that the Board has appointed a paid officer and her key responsibilities will be to raise the profile of the BAB and Aikido in the UK and the development and operation of a range of support services.

Kerry, who lives in South Wales, runs her own aikido club and is a member of Kai Shin Kai.

National Course

Elsewhere in this edition you will find full details of the National Course which is being held at Brunel University on Sat 28th September. This year, in response to demand, we are opening it up to BAB students over the age of 14yrs who will need to be accompanied by a parent or designated adult (e.g. their Coach)

This is always a good event both in terms of meeting with the wider aikido family, testing your own abilities and hopefully learning new skills so please come and support this event and mention it to your fellow students.



Aikido Development Plan

At this year's AGM the Vice Chairman led a workshop, amongst the Association representatives, to seek to identify the perceptions of the BAB and what should be its priorities moving forward. This resulted in an amazing amount of thoughts and ideas and these are being collated by the Vice Chairman to assist the Executive Committee in the development of a new Aikido Development Plan for the next 5 years.

Insurance

We are delighted to report, that thanks to the sound management and negotiating skills of our Insurance Liaison Officer, Vincent Sumpter, we have been able to approve the extension of our contract with Endsleigh, for a further 3 years, and at a reduced rate.

Report by the BAB's Webmaster

Steve Billett

The production of the new BAB website is well under way, The requirements were to make the site mobile first (Mobile Friendly) and meet the Governments requirements for GDPR which means all sensitive data must be encrypted also to introduce direct online payments from the BAB little members.

Currently on the test site all sensitive data is now encrypted in the database and displays correctly on the test site. The back end systems are 85 percent complete and the front end plugins for WordPress which displays the information is around 70 percent complete. A basic mobile first design has been selected which will be implemented on the BAB Live site later this year.

The encrypted plugins will be added after the mobile first. Online returns and direct payment will only be setup after the first 2 stages have been live for some while to ensure integrity of the system.

New features will be added for example:

- Member Image in the member section.
- Member photo gallery
- Club Photo gallery.
- Auto type ahead on all search boxes.

To make the website a great place to visit please send the webmaster@bab.org.uk your best photographs to be added to the design. Please ensure you have permission to use the photographs before sending them to me.

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.

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London Aikido Dojo explores world of aikido outside the UK

Nelli Shevchenko 1st Dan, Aikido Development Society

The new year of 2019 started on a very adventurous note for female practitioners of London Aikido Dojo members of the Aikido Development Society. The club practices Tomiki style of aikido under the leadership of Tony Evangelou and has been based in London for over 19 years now. Tomiki aikido is a competitive style of aikido, often associated also with Shodokan system of aikido.

After realisation that our club has possibly the biggest number of female aikido practitioners in the UK, a group of girls at the club decided to go global and use the forces of Internet in promoting more girls in martial arts. Thus started a movement called AikiGirls and we publish most of their content through Instagram page (@aikigirls). In the past few months we attended a number of seminars, where we had a great opportunity not only to meet other wonderful aikidokas, but also promote Tomiki style and spread the word about AikiGirls. Although the club is practising Tomiki aikido, we are very keen to learn from other aikidokas in different clubs abroad.

Trip to Paris for Okamoto Yoko (7th Dan Shihan) seminar

On a bright morning of 19th January, six girls from London Aikido Dojo got on a Eurostar and went to Paris where Okamoto-sensei held a weekend seminar. Being one of the most prominent female aikido masters, we were all very excited and looking forward to the seminar.

Okamoto-sensei was very visual with little explanations along the way, so you have to pay close attention to her every movement. The Aikikai teaching system at the seminars leaves everything to your eyes and gives little to no explanations, which makes it sometimes hard for practitioners like us from other systems to understand. Most of the people in attendance were very experienced practitioners of many years, so such a seminar would be more appropriate for higher grades. Nonetheless, all of our club members were guided and patiently explained the basics of Aikikai when we felt the difference between our styles was evident. Some of the differences in styles were so startling for Aikikai club members that they thought we are practicing judo!

Unlike many other big name aikido masters, Okamoto-sensei didn't just watch the students during the training but joined the small groups to clarify or to show the technique. Even though it was very busy with plenty of ukes for Okamoto-sensei to choose, two of our Shodan grades were lucky to experience her techniques. Christian Tissier-sensei walking around and supervising the students was a nice little bonus for all attending :)

The mat was incredibly busy with Sunday morning session being so crowded that the students had to split into groups and train interchangeably, as the space was scarce and there was no way you can perform an irimi or tenkan without stepping on someone's foot! Despite being so busy, it was a unique opportunity to learn new techniques and applications for us. Even though at times, being from Tomiki system, some basic principles of Aikikai Aikido left us confused and puzzled, we still found that having a new fresh approach improved our aikido in general and was incredibly rewarding for each of us.

Trip to Dnipro for Shirakawa Ryuji (6th Dan Shihan) seminar

One of our club members is Ukrainian, so upon hearing that on 16th-17th of March her home town was hosting an international aikido seminar with Shirakawa Ryuji-sensei she decided to go and to represent London Aikido Dojo there. The seminar was organised by the Ukrainian National Aikido Federation with support from the Japanese Embassy in Ukraine. Despite being the first of such international aikido seminars held in Dnipro it was held to a high standard.

The seminar was held in English and Russian, as there were international delegates in attendance. After showing and explaining the technique, Shirakawa-sensei circled around the tatami and trained with students. This was very beneficial as it allows you to understand and feel the techniques which may at a first glance just look aesthetically beautiful and not practicable. However, once you feel the application, you understand that there is an inherent force and incredible breaking of balance which make the application effective. The precision and simplicity of movement is key with well-defined corners and direction of the hip movements.

Shirakawa-sensei underlined the importance of ukemi in every practice and that using the force to apply the techniques is not good aikido. Advice on not being rough on your partner were equally addressed to tori and uke. The good principles of aikido mean that practising new techniques must not be a competition and playing with resistance comes at a later stage once the basic movement is set. This resonated with us, and our sensei, Tony Evangelou, repeated the very same words frequently. However, there was no point at which uke's movement was not controlled by Shirakawa-sensei and there were plenty of aikidokas trying to test him. This was handled gracefully and effectively by burying them into the mat and applying a pin for submission.



Trip to Caserta for Shirakawa Ryuji (6th Dan Shihan) seminar

On a hot weekend of 8 and 9 of June, two of our club members travelled to the Italian provincial town of Caserta, near Naples to attend Shirakawa-sensei's seminar. The seminar was organised by Caserta Marici Dojo, whose founder attended the seminar in Ukraine and warmly invited us to attend.

The seminar was well attended with an atmosphere of a small home dojo, where everybody had an opportunity to be thrown by Shirakawa-sensei and to feel his techniques first hand. Not at any point did he force the uke to be thrown or to do a big breakfall, he judged each person by their level and applied his techniques at an appropriate level. Shirakawa-sensei was easily approachable and clearly very enthusiastic about aikido. He has encouraged us to attend future seminars for more opportunities to practice on the mat together, which we accepted with enthusiasm. We look forward to experience Shirakawa-sensei's personalised aikido again as he constantly experiments on various techniques with his uke by changing direction in a beautiful and effective way.

The general atmosphere of friendliness and openness allowed practitioners of all levels and aikido styles to have fun with Shirakawa-sensei's energetic and big techniques. Attendants included representatives from all over Europe, including Spain, Germany, Greece and Russia. It was also a great opportunity to bond with other clubs in Europe and, as a result, we were invited to seminars in Athens and St Petersburg. The club is now gathering a bigger group to attend the seminar in Athens in December this year.

What became apparent on our ventures this year at the international forums we attended, was the small number of UK clubs present. We thoroughly enjoyed these trips and encourage everyone to seize an opportunity for travelling and training aikido in a different setting. There is a whole world of wonderful aikidokas out there and we are very eager and open to learning from them.

If you are interested in any of our future adventures, please follow us on Instagram - @aikigirls! Our goal is to spread the word about aikido and to attract more female practitioners into this fascinating martial art.



Aikido Friendship Course Report (27th April - High Wycombe Judo Centre)

Andy Palmer 1st Kyu Shin En Aikido Kai

It's always an early start 5 am on a cold clear morning in Yorkshire rounding up the other Aikidoka for the long drive down but it's always a complete pleasure meeting up with all the wonderful Sensei's and my old mat mates and acquaintances some of whom I've made great friends with in my 7 years of study.

We ran into a bit of traffic on the way but just managed to make the start, quick warm up then straight on. First teacher on was Sensei Timms, what a great start! His teaching is always light hearted and knowledgeable and easy to follow the session was all about how Aikido can be practiced and studied in three ways from rigid to flexible to fluid whilst absorbing the attack.

The second teacher was Sensei Marill Poole, who continued the theme of absorbing and redirecting the energy back at uke to break posture and not allow any recovery before moving into technique with much more of a martial which is always a joy to see in action as Sensei Marill seems to do this effortlessly and with ease.

The third teacher was Sensei Bill Harris who kept the same theme throughout building up the principles of the technique and then he showed the many different applications available.

We then broke for lunch; it was nice to see everybody sat around and sharing their thoughts on the morning session.

The afternoon session was opened by Sensei Roy Shepherd, who's subtleties have in my past experiences on courses with Sensei Roy as a lower kyu grade I unfortunately did not fully grasp until just recently and enjoyed his explanations which allowed me to study on a much deeper level.

The last Sensei of the day was Sensei Piers Cooke who started the session with the principle of having a presence on the mat. This followed on with a scenario that uke had recovered and was grounded which then changed the mindset of forcing through the technique to moving uke in a different direction to take their balance again. This was then followed by when uke was attacking you showed a feint to distract uke and almost stop the strike to allow you to get in front the attack.

I have found on my Aikido journey that every session and course I understand a little more of what the Sensei's are teaching and I can openly admit that every time I have been on a course with a Sensei who I have studied under before I always see through different eyes and come away a better Aikidoka than when I arrived. It is very easy to study week in week out with our own Clubs but it is a big world out there with many Sensei's and Aikidoka who are more than willing to share their knowledge which is why I think it is so important to attend courses.

It was mentioned at the end of the day that they will run the Aikido Friendship Course again in 2020 which I will certainly be attending and I would recommend this to any Aikidoka who wants to train with an open mind to learn and progress.



Thoughts and observations: etiquette and styles

Sensei Paul Barker, 7th Dan: Chief Instructor – Aikido Circle

I recently instructed at the Weapons Course on 6 April at Brunel University and would like to take this opportunity to write about how, not only as an Aikodoka, but all practitioners of the Japanese martial arts, should conduct themselves on courses or when visiting other Dojos.

A high standard of etiquette must be observed at all times. This reflects not only on you the individual, but your club, Sensei and association and your art in general. For instance, how you enter and leave the dojo, how you sit, place your weapons, zori etc, and how you present yourself, these are important aspects of the training that should not be neglected.

For example, stopping for drinks of water during training is not acceptable, unless you have a health problem or there is a break in the lesson. In all the years I have practised and have been teaching, I have never seen anyone die of dehydration. When taking instruction from an unfamiliar Sensei, follow what the Sensei is teaching and not put your own interpretation on the technique, this is very disrespectful, and never walk off the mat if you do not agree with what is being taught. Learning new techniques only enhances your knowledge and experience.

I would also like to touch on the different styles. Some clubs teach a softer style which may be good for fitness and social interaction, I have nothing against this approach, but these styles have moved away from the realistic styles and are more of an exercise class. I come from the other end of the spectrum and believe the art should maintain a martial aspect with the emphasis on bokken, jo, tanto, iai and real combat situations. I feel there is room for the other styles and I also believe that the softer styles are more popular from what I teach in every aspect, but regardless of whatever style we practice, we must be grateful to O'Sensei, as he is head of the fountain of what we do.

Why I No Longer Wear A Hakama

Mark Peckett : Chief Instructor of Aikido Academy UK

About six months ago I forgot to pack my hakama for the evening classes I was teaching. Faced with the choice of dashing back for it and starting late or taking the class without it, I asked my students (the first class of the evening was my juniors) if they minded me teaching without it? Not only didn't they mind, they said it made it easier to see what I was doing with my feet. The follow-on class was adults, so I asked them the same question and got exactly the same reply.

Now I know that one of the theories relating to the hakama is that it is supposed to hide the foot movements and deceive an opponent; but of course, during fighting the samurai would actually tuck their hakama into their belt, so as not to be hampered by them. In his "Book of Five Rings," Miyamoto Musashi said:

Some schools maintain that the eyes should be fixed on the enemy's long sword. Some schools fix the eyes on the hands. Some fix the eyes on the face, and some fix the eyes on the feet, and so on. If you fix the eyes on these places your spirit can become confused and your strategy thwarted.

A brief reference to feet at the end of a long list; and Ueshiba himself wrote in one of his doka:

Do not stare into the eyes of your opponent: he may mesmerise you. Do not fix your gaze on his sword: he may intimidate you. Do not focus on your opponent at all: he may absorb your energy.

Which has no mention of feet there at all! In fact, historically, exactly the opposite took place. Samurai visiting the Shogun's castle had to wear an extra-long hakama which held back the ability to walk or do fast shikko to prevent a surprise attack or assassination attempt. And add to that the number of times a new shodan trips over once finally awarded the hakama – the infamous “hakama nage!”

So, although the theory about hiding feet when fighting doesn't itself hold water, the hakama does indeed prevent students seeing clearly what the instructor is doing with his or her feet.



In my book “What I Think About When I Think About Aikido”, I wrote how the desire to wear a hakama was one of the motivating factors behind my pursuit of the dan grade. It is certainly part of the aikido tradition. Before the Second World War, wearing a hakama was compulsory for all Aikido students regardless of rank. Many of us will be familiar with the old story that O-Sensei insisted all of his students wear hakama when practising. In his book “The Principles of Aikido,” Mitsugi Saotome wrote that when he was one of O-Sensei's uchi-deshi, he attended a class wearing only his gi. O-Sensei looked at him and said, “What makes you think you can receive your teacher's instruction wearing nothing but your underwear? Have you no sense of propriety? You are obviously lacking the attitude and the etiquette necessary in one who pursues Budo training. Go sit on the side and watch class.” Certainly, when I first started practising all women wore hakama out of a sense of decorum and only men who were dan grade wore it, although an article in the Hombu Dojo's “Aikido Tankyu” magazine suggests that this practice developed “Because of material shortages during and after World War II, students had a difficulty getting hakama. They decided that hakama was not required until a student became Shodan, then it became customary...” In the article which was also his examination paper for promotion to shodan in Daito-ryu Aiki-jujutsu, Guillaume Erard suggested that “As time passed, this favour turned into a usage, and then became a rule, up to the point where the wearing of hakama went from being not compulsory before shodan to only to be worn from shodan and above. So the wearing of the hakama is a moveable feast depending on circumstance.

Then there is the idea that the pleats on the front of the hakama are said to represent the five samurai virtues:

1. Jin or benevolence;
2. Gi or truth and justice;
3. Rei or courtesy;
4. Chi or wisdom;
5. Shin or faith;

with the two on the back representing Chu or loyalty and Koh or piety. These are, essentially, Confucian values and Musashi references them in “The Book of Five Rings”, although not in connection with the hakama. The exact point, however, at which these pleats became associated with these virtues imprecise is, with some scholars argue that it is actually as recent as the Meiji era of 1868-1912 CE, and in fact, there are alternatives associated with different numbers of pleats and different martial arts. So we see that even the significance of the pleats is not set in stone.



This doesn't mean that I have given up wearing the hakama completely; it's like the suit that hangs in my wardrobe – it's for weddings and funerals, not gardening and decorating, in much the same way that most Japanese men only wear hakama on formal and traditional occasions like New Year's Day celebrations, tea ceremonies, weddings and funerals. So I will wear it when it's appropriate, for example, at seminars and demos or on other teachers' mats. Neither does this mean that the hakama isn't welcome on my mat – one dan grade received his in Japan, and another says that for him the hakama represents his forty-plus years of training in aikido, so for both of them the hakama represents something more than just a piece of elaborately folded material. That's entirely their choice, and in the spirit of pleat three, I do them the courtesy of respecting that. And I'm not

denying the power of the hakama as a motivating factor on kyu grades, having experienced it myself, but if it gets in the way of my teaching and my students' learning, I am quite prepared to leave it hanging in my wardrobe along with my suit.

Mark Peckett is the author of “What I Think About When I Think About Aikido”

He can be contacted on: mark@aikidoacademy.co.uk

SUBMISSION GUIDELINES

1. Maximum article length will usually be in the region of 1000 words. It may be necessary to split some articles over more than one issue of the Newsletter.
2. No payment shall be made for items used.
3. The focus of articles must be on aikido, its impact on people and the community, or contain content which would be of interest and relevance to aikidoka
4. Contributors must be either members of the BAB or be invited to contribute. Other people may submit items for publication and approval from the Board's Executive may be required.
5. There should be no explicit criticism of individuals or other associations/organisations.
6. All material submitted must be original (i.e. not breach copyright laws). Appropriate credits and permissions should be included within the submission if relevant.
7. Articles may be edited/corrected at the Editor's discretion
8. The Editor's decision shall be final in determining the content of The Aikido Times.

“Thank you”: Richard Small Aiki Jo. TIAE

I'd like to express my gratitude to the BAB and to those students of all grades that joined us at the BAB national weapons course on 6th April and even more thanks to those who sought to find something new in their aikido, to shift out of their comfort zone and open their minds to other possibilities.

The first session was all about it being the student's day, a day to explore for themselves and to develop free thinking. The key elements of this session –were, Extend Ki, Point of contact, Use of hips.

Here is a lesson plan link if you are interested, though it might be a little beyond those who did not manage to attend on the day. <https://aikijo.weebly.com/bab-6th-april-lesson-plan.html>

Time ran out for one important element of the session, which incorporated the three principles of, point of contact, extending ki and use of hips. The two photos show a strong, hard grip on the jo and a soft, hardly even touching, grip of the jo. If you engage the principles, the soft grip is effectively more powerful than the strong grip. In defence of a tsuki to the head, the light grip is capable of neutralising the attack and shocking the attacker's whole body. Anyone can do it, once you know how. I don't suggest you practise all jo work with such a light grip but the principle of it remains a fundamental truth. I'm sorry that we didn't have time to prove the point.



As you are a recipient of this newsletter, please share it with your own students and with other clubs that may not even know it exists, let alone read it.



Our beloved art is being lost as student interest dwindles in martial arts and we need to influence as many like minded people as possible to join us. Yes, things change but losing Aikido, I hope isn't one of them.

However, looking at various styles, we see obviously outward changes in O-Sensei's version of Aikido and perhaps even more so within the styles themselves. Look at early footage of great masters and then at today's students and it is hard to see where they found their modern version as it is so far removed from the principles so clearly exhibited by their founders. So it would indicate that within certain

constraints, students find their own individual way, a way that can never belong to others.

It's the human condition that promotes this divergence.

Over the years we study the art and at times discover something special. In our excitement to share this discovery we forget that it took us forty years to find it. Why are we surprised when the students don't share our excitement? It's because they didn't walk the same path.

Philosophically, if you really consider it deeply, Aikido probably died with O-Sensei and what we are trying to do will go the same way. It's what we do. If we love our aikido, then we need to be more proactive in preserving it.

Perhaps we should all ask ourselves, 'what have I done today that will make a difference?'

The need for a testing ground for aikido technique

Scott Allbright 6th dan Shodokan Aikido

This article is about Professor Kenji Tomiki but is also, more importantly, about why Tomiki sensei chose a direction for aikido development based on the principles of Kano Jigoro, the founder of Kodokan Judo.

After WWII, Morihei Ueshiba's organisation could be classified into two parts. One was the headquarters run by Kisshomaru Ueshiba as the head of the dojo and Koichi Tohei as its chief instructor. The other was independent and made up of pre war pupils such as Kenji Tomiki, Minoru Mochizuki, and Gozo Shioda, who developed their own characteristic styles of aikido.

With the death of Morihei Ueshiba, Koichi Tohei and other instructors belonging to the head dojo also became independent. All instructors looked to Ueshiba as their master but each school showed its individuality. It was the activities of these independent schools that helped to spread aikido around the world.

Kisshomaru wrote in his work "Aikido" that there is no competition in aikido. He did not accept the value of fighting in matches, thinking that we should train for spiritual strength through aikido. Almost no schools have competition. However, Kenji Tomiki insisted that the old aikido needed to be changed to a new aikido as a form of modern physical education.



So who was Tomiki Kenji? He was born in Kakunodate in Akita Prefecture in 1900. He started Judo aged 10 and kept training as a Judo club member from junior high school to his professorship at Waseda University. It was at the Waseda Judo club that he met and trained under Kano Jigoro. Tomiki Kenji heard of Morihei Ueshiba through a friend and called on him in Tokyo in 1925. Tomiki was very impressed with his technique and began training with him in 1926. Tomiki was given the role of uke for Ueshiba in Tokyo. Tomiki then went to Manchukuo (Japanese annexe of Manchuria) where he taught Ueshiba's aikido technique. In 1936, Tomiki called on his Judo master, Kano, who told him "we have to leave techniques like those of Mr. Ueshiba to future generations. The old traditional ju jutsu was the same as his style, but it is difficult to find how to practice them systematically." * In 1940, Ueshiba adopted the dan ranking system and made Tomiki his first 8th dan. Tomiki was also

promoted to 8th dan by Kano Jigoro.

After the war and his 3 year internment in Siberia, Tomiki returned to Japan and helped establish the All Japan Judo Federation and the All Japan Student Judo Federation. In 1949 he began a teaching post at Waseda University and in 1951 became the chief instructor of the Waseda University Judo Club. He was determined to start an aikido club at the university too and one of the conditions the university authorities gave him was students should be able to compete with one another.

In 1963, Tomiki announced that he had established a new method of aikido practice called aikido randori, that was different from the usual kata practice. He believed the new method allowed one to improve both aikido skills and spiritual strength through competition based on the viewpoint of physical education. For kano and Tomiki, randori was the shortcut to real skills and it wasn't necessary to stick to formality but enabled the study of techniques of ones own accord. Both men believed that the target of physical education was to build up ones personality and enhance ones humanity through competition, so it followed that randori must be the best way to attain this educational objective.

In 1970 the first All Japan Student Aikido Competition was held in Tokyo with about 20 universities taking part. Since then aikido competition has spread around the globe. Some people praised Tomiki as the founder of competitive aikido, but he

was also criticised for it. However, Tomiki himself explained towards the end of his life that he did not consider himself the founder of competitive aikido, but that it was a natural progression of many instructors work, including Kano sensei.

The Waseda aikido club was formed in 1958 and was the testing ground for competitive aikido and tasked with introducing it nationally and internationally. We have had competition in aikido ever since in many different countries.

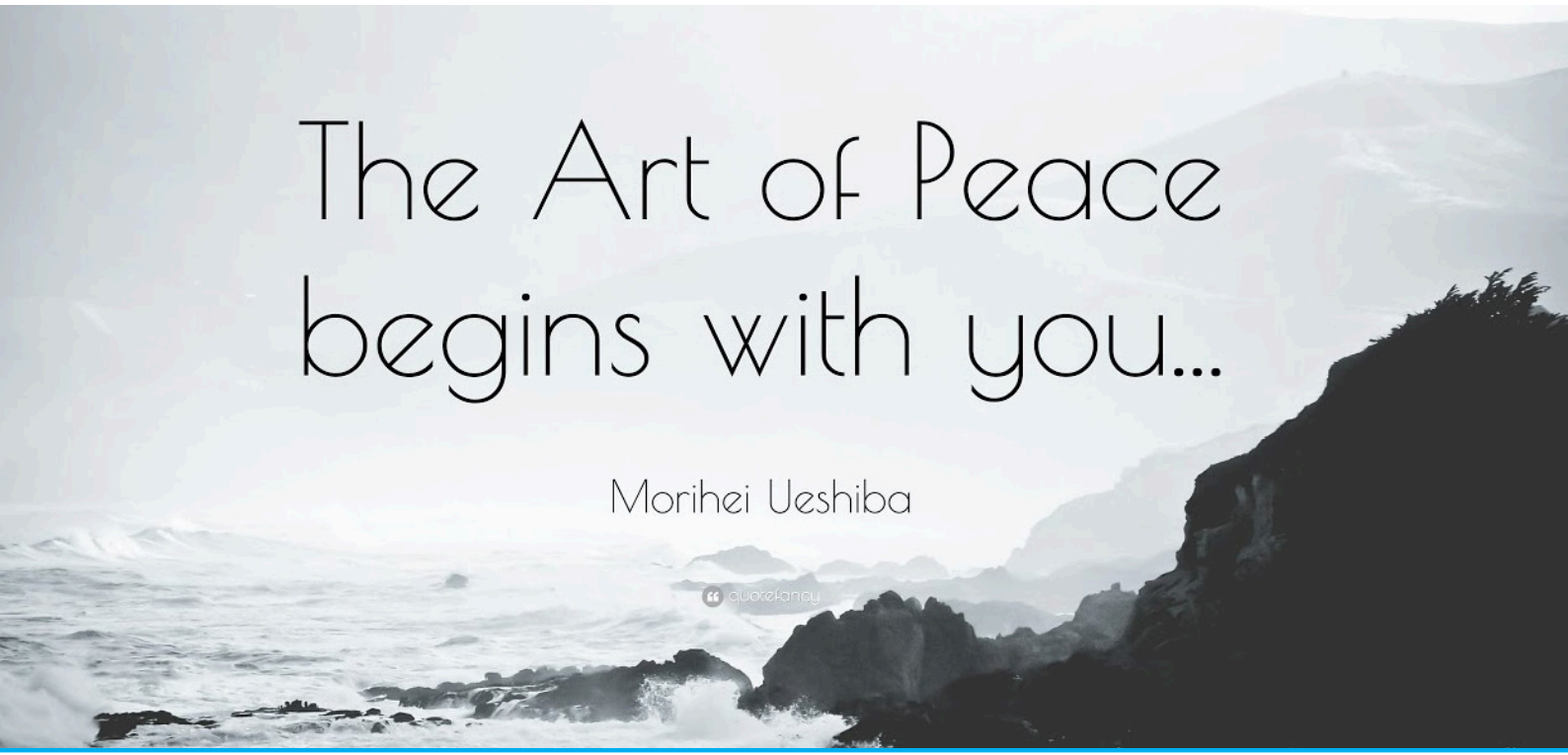
As with all sport, aikido technique should be tested objectively in the sports arena. Without such a test, we are guessing at the efficacy of techniques. The only other way to test them is to fight, which flies in the face of contemporary physical educational principles. As George Orwell said: "sport is war without the bullets".

All young people who take up the sport of aikido should be given the opportunity to test their technique against like minded aikidoka. They will benefit tremendously from the common spirit sport provides and the drive for excellence it promotes. Young people should strive to make their techniques work without the distracting notions of spirituality, harmony or using an opponents force against them. Whilst these may be lofty goals in the long run, young people have the rest of their lives to concern themselves with such things.

I am very keen to establish a competitive format of training for young people of all styles of aikido in the UK. I would like to hear from other styles who would be interested in developing this with me. However, the sport format is already 50 years in the making so we don't have to reinvent the wheel! I just need to introduce it and train referees.

The BAB is looking at ways to introduce aikido to many more young people. I believe sport and competition is an attractive proposition for young people. With the growth in popularity of fighting systems such as MMA and BJJ, and the Olympic ideal promoting Tae Kwondo, Judo and now Karate, it is even more essential that aikido can stand alongside these martial arts as an effective system of training with a competitive format. Otherwise aikido is in real danger of shrinking into insignificance as a modern, practical martial art!

**Aikido Tradition and the competitive edge, Fumiaki Shishida and Tetsuro Nariyama, Shodokan Publishing USA 2001.*



The Art of Peace
begins with you...

Morihei Ueshiba

“ quote fancy ”

Upcoming Events

BRITISH AIKIDO BOARD NATIONAL COURSE 2019

28th September 2019 - 9:30am to 4:15pm



Brunel University Sport Centre, Kingston Road, Uxbridge UB8 3PH

Telephone: 01895 265305

Instructors

Piers Cooke 7th Dan	Aikido for Daily Life
Keith Hayward 6th Dan	Te Shin Kai
Jon Gray Stokoe 6th Dan	Shin Gi Tai
James Hill 4th Dan	British Aikido Yoshinkan
Steve Trout 4th Dan	Aikido Development Society

The course is open to BAB juniors over the age of 14 years on 28/9/2019

Course Fees

BAB members

Adults £25 (£20 Advance Booking)

Juniors £15 (£10 Advanced Booking)

CL2 £10 and CL3 Free

Non-BAB members

Adults £30 (£25 Advance Booking)

Booking forms, directions to Brunel and parking details obtainable from BAB website <https://www.bab.org.uk>

Refreshments and ample FREE parking are available.



合氣道

Summer School 2019



10th August to 17th August

at

Oatridge College , Ecclesmachan, Broxburn,

near Edinburgh EH52 6NH

under the direction of

Sensei Lawson Moore, 6th Dan IoA and

Sensei William Timms 6th Dan IoA

Booking forms and further information available from your Club Leader or

the IoA website at www.instituteofaikido.uk

or email Linn Robertson - linnrobertson@aol.com



合気道小林道場英国

Hiroaki Kobayashi Shihan 7th Dan Aikikai

9th – 11th August, 2019.



Everyone is welcome to join us, for an exciting weekend of Aikido practice.

Updated details will be available over the coming months on:

www.facebook.com/AikidoKobayashiDojosUK/

www.aberaikido.org.uk/Cardiff2019.html

CARDIFF NATIONAL
SPORT CENTRE.

Hiroaki Sensei is the son of Yasuo Kobayashi Shihan 8th Dan. He trained with OSensei in Hombu Dojo & Iwama. Kobayashi Dojos follows the Aikikai system, plus Aikiken & Aikijo weapons practice.



Aikido Seishin Kai

Seminar Weekend With

Sensei Donovan Waite

7th Dan Shihan

Ormiston Horizon Academy

Turnhurst Road—Tunstall

Stoke-on-Trent

ST6 6JZ

合気道



SATURDAY 14/09/2019

11am till 4pm

SUNDAY 15/09/2019

10am till 3pm

£80 for the WEEKEND

£45 for 1 Day

FOR MORE INFORMATION
PLEASE CONTACT MARK
MOBILE : 07850160309
EMAIL: hungry69@sky.com



Lewis Bernaldo de Quiros, 6th dan Aikikai

Saturday October 26th 2019 11am - 5pm

(registration from 10.15)

AND

Sunday October 27th 2019 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.

WHITE ROSE AIKIKAI 40TH ANNIVERSARY



11th, 12th & 13th OCTOBER 2019 WHITE ROSE AIKIKAI SEMINAR



Philip Smith Shihan
7th Dan - Aikikai Foundation



Shane Riley Shihan
7th Dan - White Rose Aikikai



Philip Lee Shihan
7th Dan - Aikikai Foundation



Sensei Paul Derrick
7th Dan - White Rose Aikikai



Sensei Frank Burlingham
7th Dan - Aiki Zen Ten
5th Dan - Aikikai Foundation

SEMINAR VENUES:

Friday 11th October Evening

White Rose Hombu | Top floor | 1A North Road | Dewsbury | WF13 3AB

Start Time: 7:30pm to 9:30pm

Saturday 12th October & Sunday 13th October

Batley Sports & Tennis Centre | Windmill Lane | Batley | WF17 0QD

Start Time: Saturday & Sunday: 10:30am to 4:00pm

Advanced bookings cost: • Single Day: £35.00 • Weekend: £55.00

On the day cost: • Single Day: £40.00 • Weekend: £60.00



Find us on www.whiteroseaikido.com | E: mark@whiteroseaikido.com



July Seminar

Aikido Research Federation: Cotswold Aikido and Tai Chi

July 14th 2019. Sunday. 10.00am - 15.00pm

Village Hall

Stretton-on-Fosse, Moreton-in-Marsh GL56 9SR

<https://maps.app.goo.gl/F48LKbQG57z1bwpF6>

Cotswold Aikido and Tai Chi welcome Stefan and Max Laney from the The Hampstead Dôjô in North London

**Steffan Lacey was a student during the late 1940s at the Budo Kwai London
known as the oldest Dôjô in Europe**

**Steffan's Sensei's principle inspiration and teaching comes from Morihiro Saito
Sensei and Iwama Aikido**

Stefan is Dôjô Cho at The Hampstead Dôjô in North London

The seminar is open to all styles of Aikido.

Please bring Bokken, Jo and valid insurance