

Message from the Media Officer

I have held the position of media officer for 3 years now and feel that it is time to stand down and make way for some new ideas to move the media aspects for the BAB forward; so, if you want to get involved please make your interest know to the committee.

During my time I have resurrected the newsletter which has been a slow process, building up to a well represented publication in the beginning of 2013 with some excellent contributions from a broad spectrum of BAB members, sadly little input has been forthcoming since with the exception of some nice articles to found in this my final edition

I would like to thank all those who have taken the time to provide articles for the newsletter and would encourage all of you to consider contributing in the future, I am sure my successor will appreciate it. After all, this is your BAB newsletter so please support it with interesting articles.

As well as the newsletter I have introduced the BAB Facebook page which is starting to become more popular and is seeing increased use. Again I encourage you all to embrace this excellent social media capability which can provide a powerful tool for all BAB members to keep in the loop regarding what is happening in the broader community.

Finally, I also set up a twitter feed which I feel has yet to meet its potential with regard to BAB media usage. I encourage you, again, to follow this twitter account (@BritishAikidoBd) and I hope my successor will be able to move this aspect forward as it is now a global method for anyone (including the BAB) to get their message out there.

I wish the BAB well in all future endeavours and hope everyone has hard and enlightening training.

If you have a news story, an event, or a view you would like to contribute to the newsletter, please feel free to email it to us at: mediaofficer@bab.org.uk.

Please see the last page for further details on how you can contribute.

Aikido badges

One of our Senior Instructors, Mary Iddiols, spends about 3 months each year visiting her family in America and whilst there trains/teaches at the Tebshinkai Dojo in Orlando Florida.

The Chief Instructor at the Dojo is Sensei George Clark who is currently collecting Aikido badges from around the world as part of a book he is writing on Aikido. So far he has over 250 badges and has asked if it would be possible to obtain badges of some aikido groups in the UK.

I understand his book will be in 3 sections (i) Togatana (sword hand of Aikido) (ii) Advanced vocabulary and terminology of Aikido (iii) Aikido around the world as seen through its badges and logos (and he hopes to include badges received)

This is an opportunity for us to show our affinity and support for Aikido in the wider world and if you would be willing to provide a badge please send it to The BAB Secretary, 6 Halkingcroft, Langley, Slough, Berks, SL3 7AT. I will then arrange for them to be sent to Sensei Clark.

Keith Holland (Vice Chairman BAB)



Developments in safeguarding

The weekend of the 16th February saw the BAB reach another significant milestone in its safeguarding journey. I led the first “Time To Listen” (TTL) training course for Association Child Protection Officers (ACPOs); a course devised by the Child Protection in Sport Unit. Fourteen delegates attended from eight Associations – and the training was held at the IBM HQ in Winchester.

It was a day of shared information, challenges and some laughter, and the feedback was 100% positive. From comments made during the day it is apparent that ACPOs around the country, along with their Club Welfare Officers, are doing some fantastic work. There are many valuable initiatives underway to promote the welfare of children including: child and family representation on committees, random club audits, and robust recruitment procedures. Associations that are relatively new to the BAB were able to pick up ideas to implement in their own clubs – and new ACPOs could tap in to our established network of help and support.

The course will run again at a Midlands venue later in the year. ACPOs can register their interest by emailing cslo@bab.org.uk

The course also enabled me to update ACPOs with the changes to the CRB* system which should be fully implemented by the end of the year. There are several key changes coming in, most notably that:

1. CRB checks will now be portable, eliminating the need for multiple checks. This portability system will be an ‘opt-in’

system and will be free for volunteers. There is no launch date for this service as yet.

2. At some point during 2013 there will only be one CRB check issued and this will go direct to the applicant. This will present significant challenges to the BAB’s safeguarding system and I am working with our partner organisations on a way to manage this.

The final piece of significant news is that I have been invited to sit on a newly formed working group set up by the Child Protection in Sport Unit. The group (the Safeguarding Children in Martial Arts Working Group) has a projected life span of around 4 years and will examine all aspects of martial arts as they relate to child welfare. The huge bonus is that the group has government representation too and so will hopefully have the ‘clout’ to achieve something significant at the end of its work. The group will embrace all martial arts including those outside recognised National Governing Bodies. I have been asked to contribute to the next meeting in March, and will be giving a presentation on the subject of pain and pain compliance techniques.

So, the work of safeguarding for the BAB is as busy and varied as ever. To cope with the increased workload which we anticipate with the full launch of the new CRB procedures, I am looking for an assistant (or two!) so if anyone would like to discuss this please drop me an email.

* The CRB has recently changed its name to the DBS (Disclosure and Barring Service)

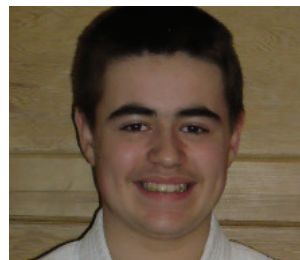


CPO training day in Winchester



My training - Ollie

I started my first aikido lesson at Torrington Sports Hall in September 2006 aged 7. I was very nervous and everyone looked like they had been doing it for ages as they were very good, but Sensei Geoff was very welcoming.



I went to classes week after week and soon I had learnt the first few techniques well enough to take my first grading. For the grading, Mum took me to the Barnstaple dojo. This was very daunting as it was a bigger venue and with lots more children I didn't know. I joined the other children and we played games and practiced then it was time to perform our red belt techniques. Shihan read out our names and we stood up. When he told us we had passed it was the best feeling ever. I knew I had achieved something for myself and my passion for aikido grew.

Training once a week became twice a week. I attended the aikido summer school which ran every day, Tuesday – Friday. I loved it! I loved being taught new techniques, trying them time and time again until I got them right. At the end of the lessons the Sensei's would show us some techniques and how they would use them for self defence. The effortless way they would execute a move and the uke would be on the floor, I knew that I wanted to learn the art of aikido to that level, and I knew that if I put effort into my training, one day I would achieve it.

Aikido has helped me everyday, whether its giving me more confidence, or just making me realise I can achieve things if I am willing to put in hard work and effort.

I am very lucky to have parents that have encouraged me to continue with training. Mum never minds taking me to Torrington and Barnstaple classes and enjoys watching me train.

My Granddad, who was a black belt in Judo, is very proud of me and can't wait to come and watch me take and pass my 1 st Shodan black belt. I know when I achieve this I will be very proud of myself and hope my family, Shihan, Sensei Geoff and all the other Sensei's that help me every week will be proud of me also.

This will just be the beginning of my journey through aikido. I am very passionate about it and enjoy showing other class members ways of performing techniques which encourages and helps them.

I believe aikido will be with me now for the rest of my life. I would love to be able to be an instructor and run classes of my own in the future. Everyone that is involved in aikido puts such a lot of effort into every child, to make that child be the best they can be. I would like to thank each and every one of them as it is they who make the classes so much fun and yet they are teaching us the art of self defence, which in the world today, is one of the best things you could teach anyone. Learning not to be aggressive but knowing how to get out of a situation if the need arises.

The British Ki Society

The British Ki Society organised the annual summer seminar with Doshu Yoshigasaki over the weekend of 15th – 16th June. The seminar was hosted by the Salisbury Ki Aikido Club at their Dojo in the quiet countryside of Wiltshire. Doshu Yoshigasaki demonstrated many aspects of Ki and Aikido, and the first day ended with 3rd and 4th Dan gradings – all of which were successful!

Salisbury has now hosted 4 seminars with Doshu, and this year 36 Aikidoka from as far away as Denmark, Croatia and Spain attended. There were all grades from white belt to 7th Dan and there was something for everyone to learn. The atmosphere on the mat is always one of harmony, expressed by the smiling faces – even after getting back up off the floor!

The weather was a little unkind, but stayed dry long enough for everyone to enjoy a barbeque dinner on the first evening. Doshu Yoshigasaki will be back next year. Further information is always available from The British Ki Society.

British Aikido Board Senior National Course 2013

Saturday 21st September 2013

Venue:

University of Warwick,
Coventry, CV4 7AL

Sensei(s) :

Terry Bayliss 8th Dan (Seijutsu Aikido Ryu)
Peirs Cooke 7th Dan (Aikido for Daily Life)
Roy Sheppard 6th Dan (Uk Shinwakai Aikido)
Scott Allbright 6th Dan (Shodokan Aikido Uk)
Richard Lewis 4th Dan (Ken shin Kai-Yoshinkan)

Course Fees:

Advance Payment 20:00 pounds
Payment on Day 25:00 pounds
Coach Level 2's 50% Discount
Coach Level 3's Free

Further details see:

http://www.bab.org.uk/nationalcourse/National_Course_2013.asp

“Life is growth. If we stop growing,
technically and spiritually, we are
as good as dead.”

Morihei Ueshiba

If you wish to contribute...

Any text for newsletter articles should to be sent in one of the following formats: Word, .doc, .rtf, or plain text.

Any images need to be sent as either a JPEG file at as high a resolution as possible or as a high resolution PDF. But please bear in mind that most email system have a limit of 10mb file size.

Please send your newsletter text and images to:
mediaofficer@bab.org.uk

Useful links:

BAB website: <http://www.bab.org.uk/>
Facebook: <http://www.facebook.com/BritishAikidoBoard>
Twitter: <http://twitter.com/BritishAikidoBd>

The worst teacher in the World

There is a general problem in attempting an elucidation of the way of fundamental truth, and this is exemplified in a story recounted by Herrigel in his *Zen in the Art of Archery*. In so many words Herrigel asked his Kyudo teacher what the study of Kyudo was all about, what he was supposed to be seeking and what he would find. His teacher replied to the effect that to tell him this would be the mark of the worst teacher in the world, the implication being, perhaps, that an experiential knowledge which should depend upon the heroic efforts of the seeker of truth was too easily trivialised by misguided attempts at facilitation, and that mere verbalisation was of little value. Thus the direct intuition of fundamental truth is not, perhaps, to be gained by the deviations and postponements of cognition.

But it may be thought equally true that to fail to point out where one should be going, what one might be expected to find and what this all means, risks falling back into an unacceptable aspect of traditional teaching. At its worst, traditional teaching keeps the student in a world of inarticulate blind obedience to the dictates of the ferociously egotistical, in which the ‘master’ benefits from, and often exploits, unthinking trust. It may be thought that the intuition upon which all knowledge relies is, although perhaps its own light, not failsafe, and it must be brought to the bar of dialogue and reason. For if discussion is discouraged: who knows if anything is known; who can know what it is; how can it be known that it is correct; how can errors be rectified; how does one know that the situation is not one in which the deluded delude the deluded, in the passing on of genuine and structurally grounded stupidity though the very tradition concerned with its transmission?

Mick Sheridan

