

Aikido Times

THE OFFICIAL NEWSLETTER OF THE BRITISH AIKIDO BOARD



June 2015



Welcome to the June issue of the Aikido Times.

We have another good spread and variety of articles for you again. Please let your club members know about the Aikido Times, and remember that we welcome contributions from all grades.

If you have any items you would like to submit or topics you would like to see covered then please contact me at: mediaofficer@bab.org.uk

We are very happy to accept picture contributions too. So if you have an artistic flair please submit your work for consideration (just ensure that you have the appropriate permissions in place)

Brian Stockwell, Editor

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"To injure an opponent is to injure yourself. To control aggression without inflicting injury is the Art of Peace.."

Morihei Ueshiba

Chairman's Report

Keith Holland



The Board's AGM & General Meetings were held on 16th May and it was great to see some 48 members representing 26 of our Associations, in attendance. This is a really good turn out and together with the active discussions, during the day points towards the good health of the BAB.

The Board were encouraged to hear that we are financially sound and welcomed encouraging signs in membership, including the development of a substantial presence within the armed services.

The Coaching Development Officer reported on a wide range of initiatives over the last year aimed at raising the standard of coaching offered by the BAB including:-

- Association Tutors: The development of a new syllabus; holding a course for 10 potential candidates; 1 Association Tutor already being recommended for accreditation.
- Coach Levels 2 & 3 Tutors: 4 new Tutors working towards being accredited to deliver modules for Coach Level 2 & 3
- Mentoring Module: the development of this module, has now been completed and is ready for piloting prior to its inclusion in The Coach Level 3 syllabus.



- Child Safeguarding: module being written to enable the BAB can deliver this unit, it is planned to be piloted at the next Coaching Tutors Day.
- Coach Level 2 – Delivery: To reduce the cost of delivery and make the CL2 units more accessible, all CL2 modules except ‘Safeguarding and Protecting Children’ to be taken over 1 weekend. The initial trial of this proved very successful.
- CL2 unit moved to CL3: The CL2 unit ‘Practice, Skill & Techniques’ has been moved to CL3 making 5 units for CL2 and 6 units for CL3. Those with this unit are credited at CL3 for the unit.
- Refresher Courses- These have been completed and are now available to all Coaches.

However, Associations need to remind their members wishing to undertake courses to register their interest on the website otherwise it becomes difficult to arrange courses where they are most needed, and often results in those run by Associations being under subscribed.

Whilst the majority of Coaches running Junior classes already supplement their coaching qualifications with scUK modules it has been agreed that from 2019 the Board will implement a mandatory requirement for additional training. In this connection it was noted that it is planned to include a child safeguarding module in the Coach Level 2 syllabus

It was interesting to note the number of requests still being received from former members of the BAB to undertake our Coaching courses, which are only open to BAB members.

The revised Child Safeguarding policy has been approved, which will streamline the way new guidelines can be made available to members, along with a Corporate Governance policy. Policies covering the internet, data protection and vulnerable adults will follow shortly.

Leslie Cuthbert, who already holds the Legal & Corporate Governance roles was appointed as Vice Chairman to the Board. Other new appointments included Tony Yates (Yoshinkan Aikido Federation) and David Worsley (Shi Gi Tai) as Heads of Association representatives on the Executive Committee for the ensuing year. In addition Adrian Young (Aikido Sakuru) agreed to undertake the role of Resources Officer.

So all we need now is an Equity & Equality Officer to complete a really strong team, of volunteers, working to ensure that the Board continues to meet its responsibilities as the recognised National Governing Body for Aikido.

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.

A tribute to Chiba Sensei

Sensei Joe Curran, 6th Dan

I would like to pay a tribute to the life and accomplishments of my/our teacher the late T.K Chiba 8th Dan Shiha who passed away recently at the age of 75. To say that Chiba Sensei had a major influence in the development of aikido in the U.K and in other countries is understating the role he played.

As most of you know Sensei was an Uchi Deshi for seven years and studied under the Founder of Aikido, Morihei Ueshiba (O'Sensei). Prior to taking up Aikido Chiba Sensei had studied Judo and Shotokan Karate and later Iaido.

During this period in Japan Chiba Sensei acted as an assistant to O'Sensei and accompanied him on many travels, acting as O'Sensei's uke and bag carrier. According to Chiba Sensei the role of assistant was very tiring and one had to be aware of the needs of O'Sensei at all times. Food was limited, work had to be done on the maintenance of the Dojo, and training was intense. At this time the main people training were many luminaries such as Tamura, Yamada, Kanai, Osawa and Saito Senseis and of course the Second Doshu, K. Ueshiba.

In 1966 at the behest of Kenshiro Abbe, 8th Dan Founder of Kyu Shin Do, who had made a request to O'Sensei to send a official delegate from Japan, Chiba Sensei was despatched to the U.K. Initially Chiba Sensei resided in the North East of England in Sunderland. This period of his life saw him living very frugally in the Y.M.C.A . Due to certain circumstances Sensei's arrival in the U.K was not met with universal joy or approval. At that time an Aikido group already existed led by Ken Williams Sensei .Other aikidoka in this group were Senseis Hadyn Foster, Henry Ellis, Derek Eastman and Hamish McFarland. In the North East the main players were Ron Myers, Brian Stockdale, Lee Crow, and a young Arthur Lockyear. In Scotland again there were groups affiliated to the Renown group. The two main teachers then were Tom Weir and Slim Coyle Senseis. The main H.Q. of the Renown was the famous dojo "The Hut".

The next stage of Chiba Sensei's career was him moving from the North East to London where he set up a dojo [the Tempukan Dojo] in Earls Court. He then set up the Aikikai of Great Britain -- the first group to be officially recognised by Japan. This group was the forerunner of the British Aikido Federation.

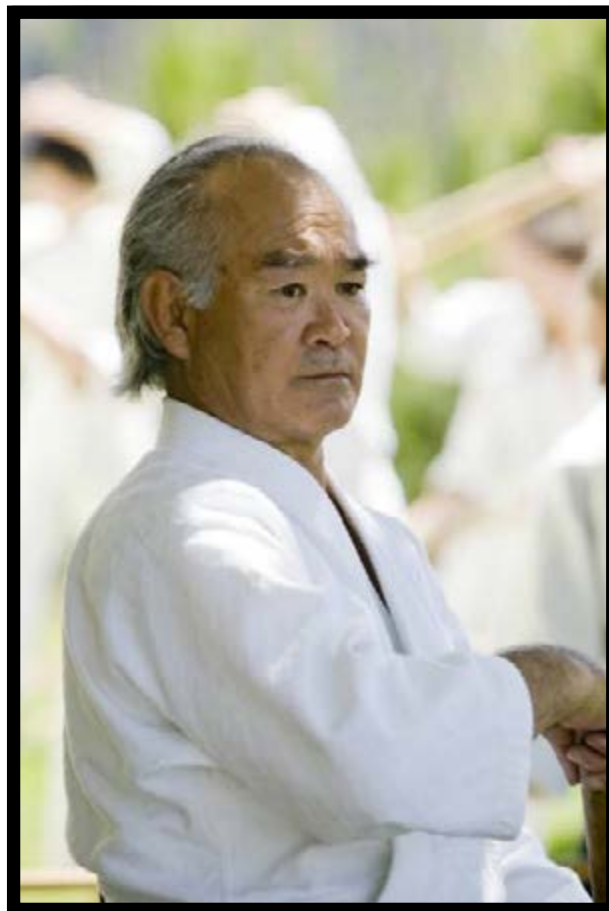
Under the leadership of Chiba Sensei the A.G.B had a very important role in defining the future of U.K Aikido. In this period in the A.G.B Chiba Sensei invited some of the best Aikidoka to teach at the A.G.B's Summer Schools. Guest instructors included Senseis Tamura, Saito, Yamaguchi, Shibata, Kanai, Sekiya, Kitauro and others. I believe that this period (due to the efforts of Chiba Sensei and his desire to introduce these great teachers to the UK) laid the foundation for aikido. During this period Chiba Sensei also did much to introduce Aikido in countries such a France and Spain and more recently in Israel, Greece, Poland, Germany and Eastern Europe. In 1976 Sensei returned to Japan.

After a period of time, Chiba Sensei who was now based in San Diego, returned to the U.K as Technical Director the U.K.A. In this period I believe there was a feeling that Chiba Sensei's aikido had been transformed. Whereas before he was very powerful, and was perceived by some as a bit frightening -- and very martial, it is my contention that Sensei (like a fine wine) improved with age. He was much more approachable, had a great sense of humour and his teaching method changed markedly. While he was still formidable, somehow his waza had softened. In San Diego he produced many fine young Aikido teachers and influenced many aikidoka in the U.S.A. San Diego Aikikai became a Mecca for aikidoka from all over the world. Again Sensei was involved in teaching at many seminars throughout the West Coast of America.

The last stage of his career saw him as the Technical Director of The British Aikikai/British Birankai. Again, thanks to his superb waza, his leadership, coupled with his charismatic personality, he inspired a new generation of aikidoka. People from all over the world came to the events. In a move that Chiba Sensei and Norberto Chiesa initiated he created an organisation that is now known as Birankai International. This was set up for the purpose of unifying the students of Chiba Sensei who were by now spread across many countries.

In conclusion I and many leading Aikidoka from many countries consider the career of Chiba Sensei to be a life spent transmitting the work of O'Sensei. Chiba Sensei saw himself as protector of Aikido. He considered Aikido as a sensitive flower which could be damaged, hence the need for care and protection. Sensei was one of (if not the most) influential teachers of Aikido in the U.K. All the major Aikikai related groups e.g... B.A.F, UKA, British Birankai, Scottish & Borders Birankai and many others can trace their lineage via Chiba Sensei. However we who were privileged to know him, his wife and family, will remember him not only for his aikido. He will be remembered for his humour, compassion, loyalty, his vitality and his formidable verbal outbursts. His bark was always most of the time worse than his bite. He was kind, generous and a great host to visitors ably supported by his great lady Mitsuko. May I also state that family life and simple things like gardening, fishing and playing with his grand-children played a big part in his life. This aspect was more than ever important to him during his illness. He was also a master of calligraphy, an ordained priest, very creative and had quite an intellect. Sensei also wrote a considerable amount of literature concerning subjects like Aikido training and philosophy. These writings can be found on a magazine called *Sansho*, which was produced in America.

On a final note, having known Sensei for many years, I am of the belief we will never see his like again. I have met many great martial artists in my budo career (which spans 60 years). Chiba Sensei was one of the best, maybe even the greatest Aikidoka and Martial Artist I have ever seen. Chiba Sensei will be remembered by all knew him with much love. He is now gone, but his spirit lives on. He left us a wealth of knowledge. Sensei was a consummate practitioner and teacher, a warrior sage, who was a master of Aikido, weapons, batto ho and ZaZen (the Four Pillars as Chiba Sensei called them). Let us ensure that his legacy and teachings continue to inspire the next generation of aikidoka. Many people from all walks of life, countries and backgrounds have been touched and influenced by meeting Sensei. We are all united in our grief due to the loss of our teacher and friend. We all express our condolences and sympathy to Mrs Chiba and the family on the loss of their husband, father and grandfather.



February 5, 1940 – June 5, 2015

Photo: copyright acknowledged

My journey in Aikido

Myriam Rees

For the last 7 years I have studied Aikido and Kashima Shinryu Kenjutsu at Tetsushinkan Dojo, under the direction of Paul Smith 6th Dan. I practice 5 or 6 hours a week - this includes teaching the weekly children's classes which I have done, initially as assistant, since September 2009. In June 2013 I was recommended for promotion to 1st Dan by my Sensei Paul Smith, which was endorsed by Araya Kancho, Head of the Shiseikan Dojo, Meiji Jingu, and certificated by the Aikikai Hombu Dojo, Tokyo.

My home dojo Tetsushinkan, London has a long-standing relationship with the Shiseikan Dojo, Tokyo, through Paul Smith - he has been a student of Inaba Sensei, previous head of the Shiseikan, for over 20 years, and was one of the founding members of the ISBA (International Shiseikan Budo Association) along with thirteen other Dojo leaders, including Anita Koehler Sensei (head of the Aikido Dojo, Darmstadt).

With the generous support of Araya Kancho, Anita Koehler Sensei and Josette Nickels-Grolier Sensei of Gama Aikido Chatillon, France, have arranged a seminar for 10 senior women practitioner-members of the ISBA, to be held at The Shiseikan Dojo in November of this year. I have the very great good fortune of being one of the people selected for this unique and valuable opportunity to deepen my practice.



I run my own business as a Shiatsu practitioner and trainer, and also work also in community-based Project Management, usually on a consultancy basis. It was my Shiatsu background that brought me to train with Paul Smith Sensei; he was recommended to me by my Movement Shiatsu teacher Bill Palmer. I had been interested in eastern healing and martial arts since my teens and early twenties, when I was living in Brighton. I went to the dojo there a couple of times, but I was not ready to make a steady commitment at that time. I travelled, studied Arabic and Sufism at SOAS, lived, studied and worked in the Middle East. I came back with a better understanding of myself, the world and my place in it, particularly of cultures which emphasise the interconnectedness of people and the environment, and responsibility to one's community over individual freedom of expression.

I initially started training because I wanted to be more grounded, to improve my Shiatsu. Now it has become absolutely central to how I keep well physically, psychologically, emotionally and spiritually

DISCLAIMER

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- I cannot imagine not practising. It is the most efficient system of self-improvement that I know of, creating a benign cycle that touches on every aspect of my life. I can go a long time without giving a Shiatsu and not suffer or lose my ability but by the end of the Christmas or Easter holidays I am always so relieved to be back on the mat.

I started teaching the children's classes at the dojo as an assistant in 2009, and have been leading them since 2013. It is important for me to pass on what I have understood of what I have been given and teaching what you have learned is a really good way of consolidating the knowledge. I also feel I have a responsibility to myself to be the best I can be. Teaching the children keeps me proactive with my Budo development; I cannot in good conscience ask them to do what I do not or cannot do, and they are so clever and bright – with all those sharp little eyes on you, you really do have to do your best. I admire them for their quickness and playful enquiry – in truth, I try to be like them.

In 2011 I met Inaba Sensei for the first time, attending the seminar he led at Tetsushinkan. I trained with him again that same year in Heidelberg, where I also met Fukutoku Sensei. The following year I attended the ISBA summer course in Strausberg led by Inaba Sensei and Araya Kancho, and by Araya Kancho in Poland last year. I have attended all the courses at Tetsushinkan led by visiting Japanese teachers (Aoki Sensei and Hashimoto San) and other senior teachers since commencing practice. I have accompanied Paul Sensei as an assistant on his teaching visits to the dojos of Tomek Sowinski Sensei, Warsaw (where these photos were taken), and Philippe Oban Sensei, in Leipzig.

When this opportunity came up I was really excited, and delighted to be accepted. I have always had it in mind that I would visit the Shiseikan and Japan one day, and I have been steadily preparing myself for that goal all these years. I am aware that a women-only course of this kind is unique and unprecedented. Personally, I have no problem training with men, and have never felt the need to train in a women-only environment, as the culture of our dojo is very supportive. We learn to gauge our attacks according to the strength, size and level of skill of our opponent and not to make an assumption about whether they will have stayed the same, improved or got (temporarily!) worse since the last time we worked with them. Attacks must be sincere and it is particularly the responsibility of seniors to be alive to the moment and calibrate them properly. The culture that Paul Sensei has cultivated in the dojo would not allow for anyone to practice in an oppressive or patronising way.

That said, there are some observable differences in the way men and women tend to approach Budo, both physiological and as overspill from societal norms and expectations, often unconsciously internalised. I welcome the opportunity to study these a little more closely, learning from the experience of the other 9 senior women practitioners and, of course, from the Japanese women teachers. One key difference I have noticed is that women beginners tend to have a naturally more well-developed tanden. Men often have to work harder for that, at yawara, draining their greater upper body strength and the habit of over-using/ relying on it. The emphasis on soft strength, spiral and centre is connected of course to the Kashima no Tachi tradition that we receive from the Shiseikan. Bulky square muscles will slow a sword down unnaturally. I think it will be interesting to study in a group where everyone has a more similar physicality and strength distribution, and I hope we will be able to get right to the point of what makes a really powerful female expression of Budo. An example of this is an exchange I had with one of the senior women instructors at the Shiseikan when I was at the ISBA seminar in Strausberg 2012, Takahashi Sensei. We were doing Kihon dachi together and I was holding my bokken



very tensely; I had blisters on my hands from the hundreds of suburi we had taken out in the field. She told me to hold the hilt as if it were an egg. This permanently changed my mindset and my practice – it was a real gift. She is much more delicately-built than me but she taught me that ‘difficult’ things don’t have to be hard, they can be done with grace and ease.

I was relatively new to the practice when I met Fukutoku Sensei, who has been training since she was 9 years old. I remember her very warmly: on my first training abroad in Heidelberg she complemented me on my hand-sewn sword bag (she was being generous!) The intervening 7 years have changed me. I hope my preparations have put me in a position to be able to really learn something from this meeting, to change my state and level. I expect to come back fitter, more proficient, flexible and spirited. My personal development goals in going on this training are to improve my technical skills, naturally, and also to lose my habit of too frequently demurring, ceding to others. Whether this is a gendered cultural habit, or a personal flaw is irrelevant; it is unnecessary, not appropriate to my current level, and in the way of progress. I wish to be much bolder and to provide a better example to my fellow practitioners, especially to the children I teach. I think training intensely in a women-only environment will help me to explore my capacity to do this.



I hope also to travel a little at the end of the course, to deepen my understanding of the culture and context, both traditional and contemporary that gave birth to and nurtured Budo. At Tetsushinkan our tradition places an importance on direct transmission; the offer of a place on this course is a privilege, responsibility, and a truly unique opportunity to practice and study with female Japanese instructors of the highest calibre.

I will be keeping a blog about my preparations, including reflections and experiences while I am there. I have always wanted to write, and find myself now with sufficient motivation and discipline! I will be using the blog as a platform to crowdfund the costs of this study trip. Please follow me, and support me if you can. Domo arigato gozaimashita!

The blog: <https://myriamsbudojourney.wordpress.com/>



Facebook page: <https://www.facebook.com/pages/Myriams-Budo-Journey/710575965735207>

Meiji Jingu Inner Courtyard Photo: Christopher Penniman

All other images from Soto Dojo, Warsaw, courtesy of T. Mirosz 2013

Links

Tetsushinkan, London http://www.movingeast.co.uk/tetsushinkan/martial_arts.html

Shiseikan Dojo, Tokyo: <http://meijijingu.or.jp/english/shiseikan/1.html>

ISBA (International Shiseikan Budo Association): <http://www.isbaweb.org/about/>

Aikido Dojo Darmstadt

Gama Aikido Chatillon

School for Experiential Education (Movement Shiatsu – Bill Palmer) <http://www.seed.org/>

Myriam’s Shiatsu website: <https://snowlionshiatsu.wordpress.com/>

About Me page: <https://about.me/myriamrees> and LinkedIn: <https://+++/in/myriamrees>



Aikido and Hydration

Mark Hardwick

When practicing aikido it is a good idea to think about hydration – the amount of water that we need to drink. During training, the body's demands for oxygen and water will increase. We don't have to think about taking in more oxygen as this happens automatically, and breathing becomes deeper and more rapid. However we do need to think about drinking.

Although maintaining the required fluid levels in training is important, it should first be noted that you aren't going to die of thirst or suffer a serious medical condition if you don't take in enough water, as the body has very good coping mechanisms. However aikido performance can suffer as muscles and the brain lose water. In some cases, such as with certain types of diabetes or circulatory disorders, the need for correct fluid is more critical and so it is advisable to have a chat with your doctor about it if you have such a medical condition.

Properties of water

Water serves important purposes in the body. It forms around 55% of the bloodstream, and so is essential for transporting oxygen, nutrients, hormones and waste products around the body. To do this efficiently, a good blood pressure must be maintained. Muscles and the brain contain large amounts of water, and any dehydration in these will impair their function.

Water also enables an essential cooling system. Whilst training, heat is generated in the body when the muscles convert chemical energy (carbohydrates) into kinetic energy (movement). This heat must be lost otherwise the body will overheat. The heat travels to the surface of the skin through the bloodstream, and droplets of sweat are released from glands onto the skin. The heat then evaporates these droplets, and so the heat energy is used up, thus maintaining a suitable internal temperature.

This of course means that the water which has been used to cool the body has been lost and should be replaced. The water used for sweat will have come from the blood plasma and cellular fluids, so a loss of fluid may result in a drop in blood pressure. Drinking a glass of water before aikido training, and then having a few sips every twenty minutes or so, is perfectly adequate. It isn't a good idea to wait until you feel thirsty, as the thirst mechanism is quite slow to react, which means that the requirement for water is already advanced.

The science bit

Because fluid levels are so important, if they drop too low the body is able to adjust and conserve water. Because sweat is taken from blood plasma, receptors in the arteries (baroreceptors) will detect a drop in blood pressure, and so increase the heart rate to keep the pressure higher. Receptors in the brain (osmoreceptors) will detect that the body's fluid is becoming too concentrated, and so needs to be diluted. A series of hormonal reactions then follow.

The kidneys are responsible for getting rid of excess fluid by forming urine. This process is slowed down so that water is conserved. Renin (a hormone produced by the kidneys) reacts with angiotensinogen



(produced by the liver) and the Angiotensin Converter Enzyme (lungs) to bring about a number of physiological changes which will maintain a good blood pressure. Aldosterone is another hormone produced by the kidneys. It causes a retention in water and sodium (which increases blood pressure), and it also removes potassium (which lowers blood pressure). In addition to all this, the pituitary gland in the brain releases Anti Diuretic Hormone, which instructs the kidneys to retain fluid.

What should you drink and how much?

Whilst training, it is a good idea to drink a glass of water prior to the activity (about half a pint) and then sip regular amounts every 20 minutes or so. All drinks contain water, and so anything will do really. The exception is wines and spirits because alcohol has a dehydrating effect, but turning up to aikido training with an alcoholic drink wouldn't be the best idea anyway, for obvious reasons. Water is fine, and it isn't necessary to add anything to it, although diluted squash is ok. For general good health it is recommended that men drink around 2 litres of water per day, and women 1.6 litres. It doesn't have to be just water though, all drinks count, and a lot of food contains water so this counts as well (e.g. fruit, vegetables, boiled rice, pasta, soup).

Many people these days prefer to choose 'sports drinks' or 'energy drinks'. These really aren't necessary and are a waste of money. They are marketed in a deceitful way to try to convince people that they possess properties out of the ordinary, but they don't. The 'energy' provided by these drinks is in fact sugar, and the 'electrolytes' are just salts. You could therefore

prepare your own 'energy drink' at home by putting a couple of spoonfuls of sugar, and a pinch of salt in a bottle of water. Add some food dye to make it go an exotic colour, and you have your own 'energy drink'. Don't be confused by any claims about 'caffeine content' either. Caffeine doesn't contain any energy, it is a psychoactive compound which raises alertness and therefore can give the perception of energy. If the label on the drink says it is 'isotonic', this only means that the concentration of sugar in the drink is similar to that in your body.



Conclusion

Your aikido practice will benefit from making sure that you are hydrated. The harder you work and the hotter you get, the more water you will need. Remember though that your own body will cope perfectly well if you forget to bring your drink, it just means that your performance level may be slightly lower, and you are slightly more prone to injury.

For general health, it is good to make sure that you are regularly hydrated during the day, and if you are feeling unwell this is even more important. Anything that contains water will hydrate you (except for wines and spirits). Caffeine is a mild diuretic, but in moderate doses the effect of this is negligible. Therefore coffee and tea, which do contain caffeine, have an overall hydrating effect. Remember that sugary drinks and fruit juices are acidic and therefore can damage tooth enamel. Milk, as well as containing water, also contains a number of vital nutrients.

To read more about hydration or nutrition, please visit the website of the British Nutrition Foundation:

<http://www.nutrition.org.uk/healthyliving/hydration/healthy-hydration-guide.html>

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

Practice makes perfect!

Christine Shepherd of Marple Aikido (4th Dan – Joint Club Leader)

Marple Aikido is delighted to welcome Mimuro Sensei, 7th Dan, for a seminar on 12th July 2015. Mimuro Sensei is a direct student of Seigo Yamaguchi, 9th Dan, who is himself a direct student of the founder.

Here he gives us some of his background - how he discovered aikido, and his time with Yamaguchi Sensei. Mimuro Sensei has often joked with us that instead of studying architecture at university, really he studied aikido – but perhaps, looking at what he tells us here, it was not a joke!

Finding aikido

“Before I went to University I did judo for four years and when I entered Meiji university I tried to find a judo club but before I did so I found the aikido club. When I watched the aikido club’s practice, immediately I felt this was what I wanted to do. So straight away I joined the Meiji university aikido club.

For the four years at university I practised aikido almost every day, sometimes 14 times a week and I went to aikido camp in spring and summer for one week each. I also attended Yamaguchi shihan’s class at hombu dojo and other dojos as well. In addition, I practised kashima shinryu kenjutsu a little.

Finding a teacher

After I graduated from university I practised aikido two times a week at Yamaguchi shihan’s dojo in Shibuya in Tokyo, the Zoshukan dojo. Sometimes I would go to Hombu and Meiji University’s dojo.

All of my practice has been under Yamaguchi shihan. Yamaguchi shihan was so great, so interesting to learn from that I had no need to learn from another teacher. I just followed him. Taking uke from Yamaguchi sensei was so comfortable that I enjoyed it very much. My body still remembers what Yamaguchi sensei did to me.



At Hombu sensei could be fearsome! if someone was chatting or explaining his technique, sometimes he told them in a loud voice to leave, but he was never angry towards me and I always felt close to him.

Many times, we would visit his room at Meiji camp to listen to him talking. We would sit in seiza, and he often would talk late into the night so some students fell asleep in seiza. Always at around 2am I would suggest to sensei that we should stop. He never stopped if I did not remind him. What sensei talked to us about was so difficult to understand - it was so deep and intelligent. Yamaguchi Sensei loved talking, smoking and coffee. Many times he would light a cigarette, it would burn down without him smoking much of it because he was so busy talking and he would light another. Sometimes he would flick his lighter on and he would be concentrating so hard on what he was saying that he would forget it was still lit.

Until he died, for around 23 years, I learnt aikido from Yamaguchi sensei and before he died he recommended me for Sixth Dan”

Spreading aikido

“When I went to work in Osaka for two and a half years at the age of twenty five I taught aikido there. I was second Dan at that time.

I have also taught aikido in Tahiti when I lived there for two and a half years as I was a construction manager for a resort hotel there. I was fifth Dan at that time.

In 1997 I founded Yokohama International Aikido Club. At first there were only a few students, sometimes no one came, so I practised ken alone. But now there are more than 50 students.

I live in Maastricht at the moment, if possible I would like to contribute to the aikikai and spread aikido around the world."

Mimuro Sensei has also taught in the islands of Raiatea, Moorea and Tahiti Island, Geneva, Guam Jakarta and Ireland. In the UK he has taught in the London and Manchester areas, and in the Netherlands at Maastricht, Utrecht, Amsterdam and Haarlem.

He has a close association with Marple Aikido (Cheshire), Wimbledon Aikido (London) and has also been a guest instructor with Bedford Aikido (UKA).



Mimuro Sensei taking uke for Yamaguchi Sensei

<https://www.youtube.com/watch?v=OkZXE-J2E-w> <<https://www.youtube.com/watch?v=OkZXE-J2E-w>>

Yokohama International Aikido club

<http://www.aikido-yokohama.com/syoukaie.htm> <<http://www.aikido-yokohama.com/syoukaie.htm>>

Mimuro Sensei's Course Poster

<http://www.marpleaikido.org.uk/resources/Mimuro-2015.pdf>

Application Form

<http://www.marpleaikido.org.uk/resources/Advance-booking2015.pdf>

All of Aikido

Mike Hayes: British Ki Society

A major new book about Aikido has been published by Kenjiro Yoshigasaki, the Doshu of the Ki No Kenkyukai Internationale. All of Aikido, published simultaneously in English, French and German editions, is the result of a lifetime's practice of Aikido and presents a comprehensive survey of the fundamental techniques.

Doshu Yoshigasaki has thought deeply about the meaning of Aikido as he has taught it for over 40 years, and the book contains explanations of the philosophy behind the techniques as well as detailed instructions of how to perform them.

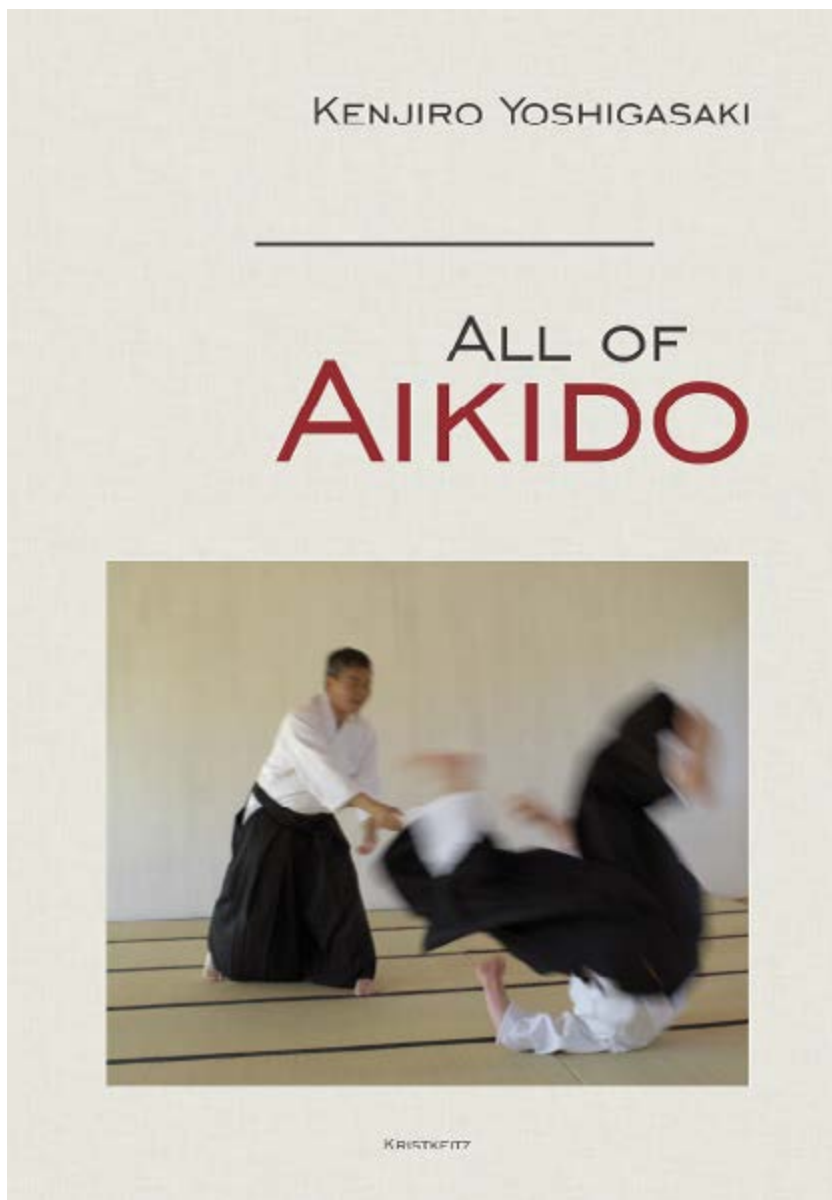
The book contains almost 1500 colour photographs and diagrams which, together with the text, provide a clear demonstration of each technique. Part 1 covers Hitoriwaza, movements and exercises practised without a partner. This begins with an explanation of how to develop the correct posture for aikido (and daily life!) and then covers meditation positions (Kimusubi No Gyo), stretching exercises, Shikko and Aiki Taiso (Aikido exercises).

Part 2 is an account of Tsuzukiwaza (continuous techniques) and covers the whole range of Aikido techniques including Tanto, Bokken and Jo. The special feature of this section is the explanation of how one technique can lead into another, which prevents it from being simply a long catalogue of descriptions. The techniques are grouped according to the type of attack, so for example there are chapters on Ryotedori, Shomenuchi and Katadori as well as Tantodori, Bokkendori and Jodori.

Part 3 (Kumiwaza) is more philosophical and discusses how to create a relationship with other people, rather than simply responding to an attack. This section discusses concepts such as the Unification of Mind and Body, Ki Testing, Omote and Ura, and Irimi and Tenshin.

Part 4 is concerned with Taninzugake (multiple attackers). A common situation is where one or more attackers hold your arms so you are vulnerable to a third attacker, and techniques are described to deal with this. It is also possible that you may be able to defend yourself using an object as a weapon. This situation can be studied using the Jo, which was not actually developed as a weapon but as a tool used in daily life.

Techniques against an attacker armed with a weapon (Bukiwaza) are described in Part 5. In these techniques Nage also has a weapon, such as a Bo, Jo or Bokken. The use of Kata as a way in which these situations can be practised is explained. A Kata allows a series of different techniques to be practised in a continuous manner so the student can see how Uke can change his attack and how Nage can respond to this.



Misogi is a more spiritual practice related to purification of the mind and body. Many methods for achieving this have been used all over the world for many years. In Part 6 Doshu Yoshigasaki describes the method of chanting in coordination with physical movements using the Bokken and the Bell.

All true martial artists develop a deep interest in the health of the body, and in the final part of the book three practices of Sotaiho are described. Sotaiho is a method of manipulating your partner's body so that health and flexibility are maintained and developed.

This book will be of value to all Aikido practitioners, regardless of their 'style', and other martial arts students would find much of interest.

All of Aikido can be obtained from the British Ki Society for £25 (including postage and packing). Orders can be made through the British Ki Society website at www.knk.org.uk.

A reluctant student

On the 10 May this year I went to observe a CL1 course being delivered by Steve and Anne Billet. My reason for going to the course was because my wife has just completed her Association Coach Tutor Course for the BAB and I went along to support her.

I felt it was going to be a long hard and arduous day where I would have to sit and listen to what I felt would be boring and uninteresting, after all I have been teaching forever and didn't get into my 80's without knowing something.

To my surprise and delight it was totally different from what I expected. The day was very pleasant and the course was put across in a very professional and pleasant manner.

It was nice to be brought up to date with current thinking and reminded of things half forgotten. I would be quite prepared to go to one of these courses again. In fact it would be a good idea if all coaches old and new attended these courses periodically.

Jack Poole 7th Dan UK Shinwakai

RIGHT TO REPLY

HAVE YOUR SAY HAVE YOUR SAY HAVE YOUR SAY HAVE YOUR SAY HAVE YOUR SAY

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

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

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

Martial arts compared with “dangerous” occupations – same principles?

Richard Small 4th Dan TIA Europe

Maintain a safe and guarded posture, regardless of it being visible to others.

Your intuition improves and a sixth sense develops about potential dangers.

Develop all around awareness and sensitivity to any advancing danger.

Remain calm and focussed throughout.

Be adaptable and react intelligently to change.

Train well and often.

Promote the will to serve others.

Develop trust and respect, for they are reciprocal.

Convey only meaningful information.

Practice realistically and for any situation.

Train your spirit as well as your body.

Develop self discipline.

The quality of your actions and deeds become more important than the façade of ego.

At the core you find an empathy with others, a shared sense of brother/sisterhood regardless of creed, colour or nationality.

Aspire to being better, in your actions as well as within self. A good reputation must be earned.

Cultivate a deeper and ultimately beneficial appreciation of responsibility for your own actions.

Consequences become a reality in your life.

With luck, you live through it all and the very act of living through it becomes reward in itself.

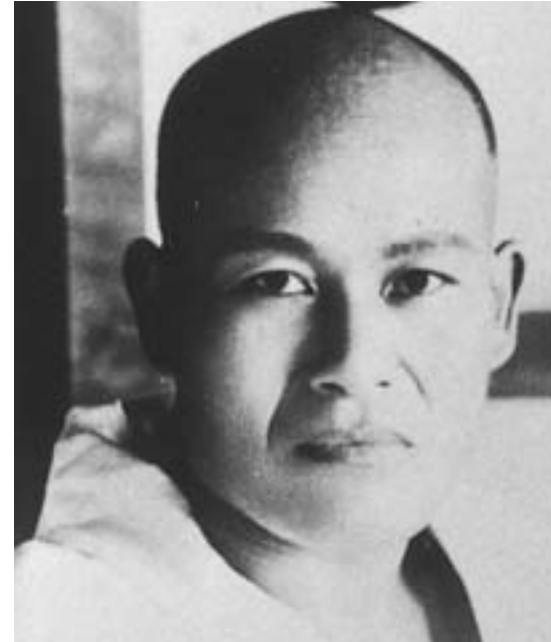
Techniques and consequences may vary but the principles, the real essence of each activity are likely the same. Facing risks to your health in any form raises your awareness to the value of life itself.

What do you think?

Richard Small of Bideford Aikido club

Aikido workshops 27th June 2015 and 26th September 2015

Details on www.aikido.weebly.com



Morihei Ueshiba in 1921



The benefits of Systema for an Aikidoka.

David Carty 3rd Dan

As a 2nd dan in Iwama Aikido and having trained and taught the art for around 16 years I was well aware of Matt's reputation* as an Aikidoka before I contacted him. It was however the many Systema based articles Matt had sent me that resonated with me and ultimately compelled me to arrange some personal tuition from him.

I can now say that this decision was without doubt one of the most influential ones I've made in terms of my development in Aikido, and not least because I would consider my training with Matt to have greatly contributed to achieving my 3rd dan not long after.

By the end of the week Matt had shown me how to breathe properly, walk properly, stand properly, identify the points of tension of in my body and more importantly, how to eliminate this tension. These last two points are the ones which I believe are of the most importance to an Aikidoka.

Aikido (especially Iwama Aikido) is known for it's emphasis on martial spirit and hard training. Whilst this is one of Aikido's many strengths, it is also the one element which bogs down progression. I don't think there will be many, if any, Aikidoka who haven't found themselves attempting a technique and 'hitting a wall' due to a combination of 'trying to look martial' and 'wanting it too much'.

Both of these "wants" imbue tension in the body which in turn leads to the use of strength and thus the essence of the technique is missed. Whilst it is true that the removal of these tensions is one of the primary journeys an Aikidoka makes; waiting for the body to learn can be frustrating.

This is where Matt is almost uniquely placed to offer assistance. His vast knowledge and well renowned ability in Aikido coupled with his proficiency in Systema allow him to convey the principles of Systema which ease the tensions of the body and the mind in way that maximise their benefit to an Aikidoka.

Whilst a lot of Aikidoka may not have an actual interest in learning Systema as a separate art I'm sure we can all agree that anything which assists us in softening our bodies takes us one step closer to O Sensei's Aikido.

Although I would be one of the first people to agree that there are no shortcuts in any of the paths we walk in Aikido; Matt can provide you the opportunity to break into a run and get you down the path just that little bit quicker.

Matt is a 5th Dan in Aikido and spent for over two years living in the Iwama dojo in Japan from 1991-1994. He is a retired Captain in the Parachute Regiment and is now a full Systema Instructor under Vladimir Vasiliev of Systema HQ in Toronto.

Private sessions can be arranged through this link. Short stay residential and small group sessions are also available.

Upcoming courses in Systema for Aikidoka

- Marple, Lancashire with Chris Wallace and Graham Harrison
- Odense, Denmark with Kaspar Jensen

For a real immersion into Systema try the Devon or Sweden Camps this year.

*Matt Hill Sensei, 5th Dan, Iwama Shin Shin Aiki Juku UK

Kobayashi Aikido Dojos UK

Summer Seminar



We welcome Hiroaki Kobayashi Sensei back to Cardiff for our annual summer seminar. Hiroaki Sensei has only recently been promoted to 7th Dan in the Aikikai's annual Kagamibiraki ceremony at Hombu Dojo, Japan.

Our seminar will run from Friday 14th August – Sunday 16th August, 2015.

Join in with our International seminar with Hiroaki Sensei. All styles of Aikido and Association members are welcome.

Keep up to date throughout the next few months on

www.aikidokuk.co.uk and via Facebook

www.facebook.com/AikidoKobayashiDojosUK

Mimuro Sensei



Photos courtesy of Sarah Busby and www.aikikai-aikido.co.uk

Sunday 12th July 2015
12.30pm to 4.30pm

Marple Hall School Hill Top Drive, Stockport, Marple SK6 6LB

Cost on the day: £30

Advance payment £25



Further details and booking form

www.marpleaikido.org.uk

info@marpleaikido.org.uk

0161 449 7474 0161 427 8842

All associations welcome

Mimuro Sensei (7th Dan, Hombu)
is the Director of The Yokohama International Aikido Club
and Coach of Meiji University Aikido Club, Tokyo.

He studied for more than 20 years with
the late Seigo Yamaguchi Shihan.



Sensei Tony Sargeant - 6th Dan Aikikai Sunday 9th August

Ringwood Health and Leisure,
Parsonage Barn Lane, Ringwood, BH24 1PX
11.00 - 16.30 (10.40 - 11.00 registration)

Seminar Fee: £25 (paid by 31st July - see payment method below) or £30 on the day

- All Aikido organisations are welcome
- Please bring Bokken and Jo
- Valid insurance required
- No video recordings will be allowed without the consent of the leisure centre and new forest aikido club

For more details visit www.newforestaikido.co.uk
Alternatively contact Terry Young on 07972471392
or email youngs@strathmore777.freemove.co.uk

Payment: Cheques to be made payable to T. Young and sent to 41 Strathmore Drive, Verwood, Dorset, BH317BJ. Please quote your name, club, phone number and email

A chance to study Aikido and Weapons

Methodist Church Hall, High Street, Bideford, Devon.

Saturday 27th June 2015

Training begins at 2.00 pm until 5.00 pm.

Refreshments provided.

Entry by donations towards Macmillan Cancer Care Charity.

Students need Jo and Ken (some available from club)

Insurance proof required.

Event is open to all styles and levels, also viewing is open to the public, so why not join us and make your own discovery?

Discover the strengths of the Iwama Style Aikido weapons system.

Explore martial technique against the sword. Face your fears against a sword strike. Teacher

Richard Small of TIA Europe

www.aikijo.weebly.com



Experience the amazing power of mind overcoming physical strength.

Discover a way to unlock the mysticism of Ki Aikido and weapons.

Teacher, **Huw Collingbourne**

founder and principal of **Hartland**

Aikido Club

www.hartlandaikido.co.uk



Seeking differences only creates conflict, look for the way to find common ground and peace within self.

There are regular weekly classes in Bucks Mills and Bideford.

Upcoming Events

Wellsprings Aikido are pleased to announce an

Aikido Seminar with Lewis Bernaldo de Quiros 6th dan Aikikai



Saturday October 24th 11am - 5pm & Sunday October 25th 10am - 4pm
(registration from 10.15) (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

Remember to bring your bokken, jo and proof of insurance!

Upcoming Events

Sensei Pat Hendricks

7th Dan
International Teacher



**Special Weapons
Only Day on Friday**

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

合気道

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



Stay in touch
and get
involved by
visiting the
BAB official
Facebook page

Aikido in Hertfordshire

are proud to announce a seminar with



DANIEL
TOUTAIN SENSEI
6th Dan Aikikai

Direct student of:

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

Nobuyoshi **TAMURA** Sensei 7th Dan (1978 - 1982)

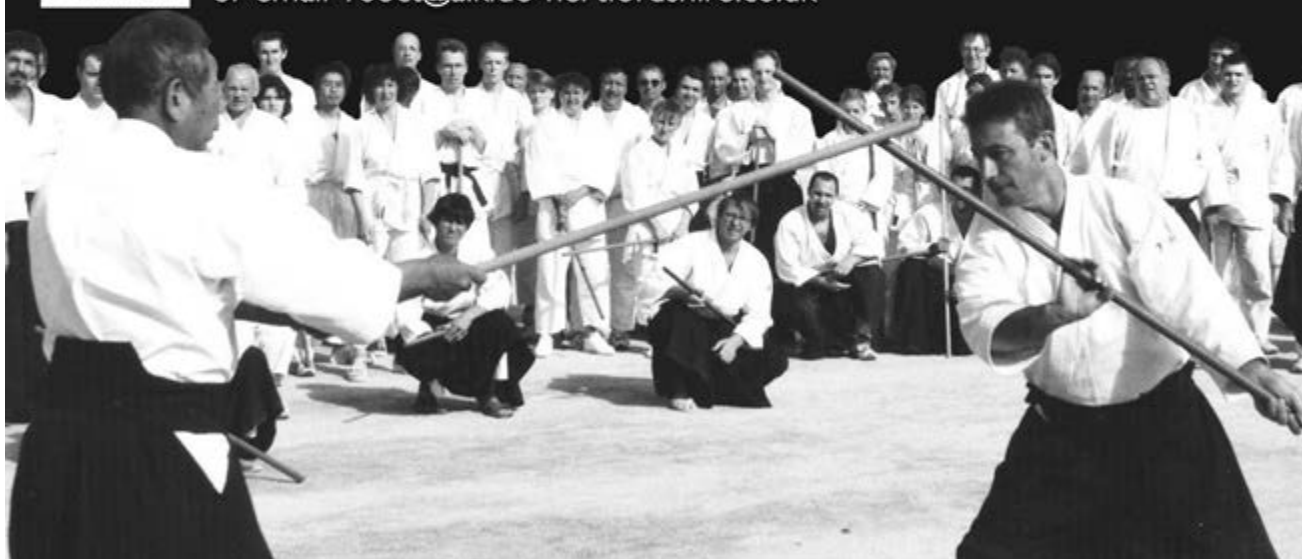
Masamichi **NORO** Sensei 7th Dan (1968 - 1978)

Friday 16th October 18.00 - 21.00 (registration at 17.30)

Saturday 17th October 10.00 - 16.00 (registration at 09.30)
in Stevenage, UK



to book, or for more information and videos of Sensei Toutain
please visit www.aikido-hertfordshire.co.uk/16oct.html
or email 16oct@aikido-hertfordshire.co.uk





IoA 24th Annual Summer School



Saturday 1st to Saturday 8th August 2015
Bedstone College, Bucknell, Shropshire SY7 0BG

Instructors
Sensei Frank Burlingham - 6th Dan IoA, 5th dan UKA
Sensei Lawson Moore - 6th Dan IoA
Sensei William Timms - 6th Dan IoA
and other IoA instructors

Price includes training from the morning of Sun 2 Aug until 12:30 Sat 8, accommodation and three meals per day, with a formal dinner on the Friday evening for full-board residents.
The IoA AGM and Dan Grading will take place on the Friday afternoon.

Option 1: £275.00
full week, bed & board, tuition, formal dinner
Option 2: £40.00 per day
Residential day rate, includes lunch
Option 3: £20.00
Non-residential day rate, includes lunch
Option 4: £25.00 Formal Dinner
To be added to options 2 or 3 if attending Friday

For Booking Form and further info please contact:
ian@gihope.com
Proof of insurance will be required.

Bookings for this course are still being accepted