

Aikido Times

May/June 2014

THE OFFICIAL NEWSLETTER OF THE BRITISH AIKIDO BOARD www.bab.org.uk

Message from the Chairman



As I approached this year's Annual & General Meetings I wondered whether the recent and sometime acrimonious departure of a number of Associations, would have any impact on the day, as, at the best of times, such events can be notoriously badly attended.

Well yes it did, but in quite an encouraging way. This year, despite the departures, the number of individuals attending was the highest for years as was the 26 Associations represented. Even the number of Associations who took the trouble to submit a formal apology for their absence had improved.

When the Webmaster had completed his presentation on the new Certificate Registration System and asked for 3 Associations to help move forward a pilot project, he was immediately inundated with offers and more followed by e mail (totalling 17 to date).

Members were pleased to hear of other initiatives to strengthen the work of the Board, including a communications programme to compliment the work currently being done through the re-vitalised Aikido Times and the updating of the website; the review and updating of our Child Safeguarding and Data Protection policies; the development of a new Vulnerable Adults Policy; rationalisation of all areas of finance and an offer from a member of Aikido Seishin Kai to maintain our Facebook site. We also await with interest new developments within the Coaching programme and were encouraged to note that a number of suitable candidates have volunteered to be trained as Coach Tutors, which will more than compensate for any who had left.

There were ample opportunities for chatting and networking during the day and many discussions were still going on an hour after the meeting had ended. A number of comments were received about the open and friendly atmosphere at the meetings and we are encouraged at the strength of commitment to the future of the BAB and its role as the National Governing Body for Aikido in the UK.

(contd over .../)

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Despite a number of websites “popping up” attempting to promote the demise of the BAB, nothing could be further from the truth. We have a strong financial base, a determined Executive Committee and Officers, a strong level of membership which has already shown significant re-growth since the initial departures and a range of initiatives to ensure that we continue to respond to the needs of our members.

The British Aikido Board’s main focus remains the promotion and development of aikido within the UK and recognises and respects the diversity of aikido styles practiced by its members which brings with it a richness of knowledge and experience and the opportunity for aikido students to find a path most suited to them. I do hope to see as many of you as possible at the National Course, in October, which gives the opportunity to experience some of this diversity at first hand.

Keith Holland (Chairman)

From the Editor



Welcome to the June issue of the Aikido Times. It’s another busy edition with more clubs taking advantage of the new “Items for Sale” feature.

Yet again we have plenty of course information at the back of the magazine.

My thanks to all of you who have sent in articles for publication. If your article hasn’t been included this time it is being held over for another issue. Please ensure that anything you submit is your own work, or that you have the necessary permission to use copyright material written by other people.

When submitting something for publication please send in some pictures or illustrations to go with your article (make sure you have permission to use photographs). Course information for the web site should go direct to the BAB Webmaster (Steve Billett).

The next issue will be published on 16th August with a cut off date for submissions on the 11th August.

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

mediaofficer@bab.org.uk

Brian Stockwell, Editor

THE BAB’S NEW CHILD SAFEGUARDING WEB SITE

The BAB’s Lead Safeguarding Officer has created a new ‘mini’ website within the BAB’s main web site.

This new site contains all policy and guidance information for safeguarding children in aikido.

There are sections for Clubs, Associations, parents and carers and junior members.

The site also explains how to report and respond to concerns about a child (or the behaviour of an adult or child towards another child).

You can visit the site by clicking on this link:

http://www.bab.org.uk/backend/web_page_cms/homepage2.asp

DISCLAIMER

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Coach Level 2 Units

October 10th - 11th & 12th 2014

There will be all the CL2 courses available in Weston-super-Mare

- Friday 10th evening – one unit
- Saturday 11th day – two units
- Sunday 12th day – two units

Exact timings and prices are still to be arranged and confirmed details will be posted on the BAB Website

You can contact Philip Benge for further details and express any interest you have with any of the courses.

Contact Phil via email: sensei@risingsunaikido.org.uk

BAB NATIONAL COURSE – SATURDAY 4TH OCTOBER 2014

This year's National Course will be held at Welsh National Sports Centre, Cardiff, from 9.30-4.30 and is an opportunity for the wider aikido community to train together and experience different styles under the instruction of senior Aikidoka.

This is one of our favourite venues for the National Course offering a Dojo, with a training area of some 400 mats, plus space for spectators. Drinking water is available adjacent to the dojo, and there are on-site catering and vending machines. Extensive Car parking facilities are also available.

The town centre with its variety of restaurants and vibrant shopping area is just a short walk away and Cardiff Bay is well worth a visit.

The course instructors are:-

| | | |
|----------------------|----------------|-------------------------------------|
| Bill Harris | 7th Dan | Kai Shin Kai |
| Tony Sargeant | 6th Dan | Takemusu Iwama Aikido Europe |
| Marill Poole | 6th Dan | UK Shinwakai Aikido |
| Peter Thomas | 6th Dan | Shin Gi Tai Aikido Society |
| Chris Norburn | 5th Dan | Aikido Seishin Kai |

The Course is open to all aikidoka aged 18 years and over.

Full details, including directions, and a down loadable application form, are on the BAB web site, www.bab.org.uk but just a reminder that if you pre- book your place it is only £20, compared to £25 on the day. An insurance payment of £5 is chargeable for non BAB Members.

Keith Holland & Shirley Timms

(Joint Organisers)

Profile of Sensei Mick Corten – Founder of the Shrewsbury Aikido Club



Name – Mick Corten Age – 55

Current Aikido grade – 5th Dan

Member of the Shin-Gi-Tai Aikido Society (Sensei – Soke Gwynne Jones)

Occupation – Retired Prison Officer

Head Instructor of:

Shrewsbury Aikido Club, Shrewsbury Sports Village, Sundorne Road, Shrewsbury, Shropshire. SY1 4RQ.

Oswestry Aikido Club, Oswestry Leisure Centre, Shrewsbury Road, Oswestry. Shropshire. SY11 4QB.

Date of starting Aikido – March 1980

Reason for starting Aikido – I had finished my secondary education in 1975 and was serving my engineering apprenticeship as a mechanical fitter for a heavy engineering firm producing heavy electrical overhead cranes in Telford.

In 1978 I was involved in a serious road traffic accident whilst riding my motorcycle, being hit by a van pulling out of a side road into my left side. I suffered multiple fractures to my left leg. Several breaks to my left femur (thigh bone) which was treated by being put on traction, an open fracture to my tibia (shin bone) which was treated by being plated with a length of stainless steel and secured by nine stainless steel screws and a broken fibula (smaller lower leg bone next to tibia). I was hospitalized for three months, during which I sat my final exams for my engineering apprenticeship, of which I passed.

At this time, I had been married not quite twelve months with a very young son.

At the end of the period in hospital, I was going to be on crutches for some time, having to spend many weeks recuperating and regaining my fitness. Going from being non-weight bearing to partial weight bearing to full weight bearing, then onto two walking sticks and then one. During this time, many, many weeks of physiotherapy. I discovered swimming was of great benefit aiding my recovery.

I returned to work on one walking stick, being given the opportunity to change my job within the company to becoming a Calibration engineer (measuring the accuracy of different types of measuring equipment and ensuring that they were to within the British Standard tolerance required). During this time, I returned to college to gain another engineering qualification. This is where I met Colin Pritchard. Colin practiced Aikido, under the instruction of Sensei Keith Hayward at the Oakengates Leisure Centre, Telford.

Colin knew I had suffered a bad motorcycle accident, and asked me if I would like to come along and see if I would like to try it. At this time, on occasions, I was still using one walking stick.

I went along, explained my circumstances to the instructor (had multiple fractures to my left leg and with the new knowledge that my left leg is one inch shorter than my right leg), slipped my shoes off and took my first step onto the tatami. That was in March 1980.

In January 1985 I was made redundant from the company I had worked for due to its closure. In July 1987, I joined Her Majesties' Prison service as a Prison Officer at HMP Shrewsbury. By the August, with the support of Shihan Keith Hayward sensei, I had introduced Aikido into my place of work. Our dojo being the prison gymnasium. The classes being for civilians and prison staff (not prisoners).

With our club being somewhat unique, our classes progressed to four evenings a week (as long as my shifts allowed).

The Shrewsbury Aikido club has moved several times to different venues, going from strength to strength each time, yet always remaining in the town of Shrewsbury.

I have also introduced a new Aikido class to the Oswestry Leisure Centre, Oswestry. This was thirteen months ago, April 2013.

Although I am now under the association of the Shin-Gi-Tai Aikido Society, based in Llanelli, South Wales, under Soke Gwynne Jones sensei, I still have very good contact with Shihan Keith Hayward of Telford. We both visit and instruct each other's dojos on occasions. I have been running Friendship courses with JAC sensei's, keeping those bridges between associations built.

Although the association Keith is with (United Kingdom Aikikai) has left the British Aikido Board and become part of the Joint Aikido Council, I don't see why politics should come between me and my first Aikido sensei (and a very good friend). I am aware that the JAC only recognize Hombu Aikikai grades. My grade with Keith was 2nd Dan, that was fifteen years ago. Since then I have moved to the Shin-Gi-Tai Aikido Society and over that fifteen year period I have progressed to 5th Dan under Soke Gwynne Jones. I know my 3rd, 4th and 5th Dan grades aren't recognized by the JAC but my Aikido practice is as it was, same style, same spirit and I am still the same me. In my opinion, with the utmost respect, no matter whether I am Hombu recognized or not, whether I wear a black belt or not, whether I wear hakama or not, my Aikido is what it is – traditional and practical, emphasizing on taisabaki, atemi and ukemi. I have run very successful Aikido clubs for many years and have students with me who have been students of mine for over twenty years.

I have a Friendship course planned and hosted by the Shrewsbury Aikido Club at the Shrewsbury Sports Village on Sunday 14th September with Shihan Hayward, Shidoi Peter Brown and myself instructing.

Our club's main event for 2014 is a day course on Saturday 4th October at the Shrewsbury Sports Village with the Head of our association, Soke Gwynne Jones.

Both of the above courses, all welcome but please ensure you have current Aikido insurance. Prior to going onto the tatami, your association and insurance registration number will have to be recorded

A quick reminder for all coaches, helpers and assistants working in junior classes



Sue Ward
BAB Lead Safeguarding Officer

Please remember that if you are regularly teaching or helping out with aikidoka under 18 (i.e. you are in Regulated Activity) then you will require a BAB "approved" DBS or criminal records check. Your Club Welfare Officer or Association CPO will be able to discuss this with you and provide you with either a paper application form, or access to our on line application system.

Your check should be processed and/or approved before you take up a new role. If you are already in a coaching/helping role then your existing CRB check will be renewed through the BAB's DBS system when it becomes 'due'. Currently this 'due' date is based on our three-yearly renewal time-scale.

Those living in England, Scotland and Wales can apply through the BAB's normal procedures. Those living in Northern Ireland should contact their CWO for more information.

Remember that we have a dedicated 'mini' web site covering DBS checks. You can access it by clicking here.

[http://www.bab.org.uk/
backend/web_page_cms/
homepage.asp](http://www.bab.org.uk/backend/web_page_cms/homepage.asp)

Family Classes – the most fun I have all week.

Matt Hill 5th Dan and founder of Iwama Shin Shin Aiki Juku UK talks about classes at his dojo - notably his work with the martial art of Systema. Systema is a Russian Martial Art that is about 10 centuries old. Whereas many martial arts have been preserved in their traditional forms Systema has continued to evolve through modern warfare. As such Systema covers empty handed, work with all kinds of weapons, all terrains, standing, ground fighting, health, mobility and psychology and much, much more.



The family class has rapidly become my busiest and most enjoyable class of the week. I only started it to give my two daughters the chance to train in Systema. But it might just have been the best thing that I have done in sharing Systema and growing my club.

I thought it would be a good idea to have a class where mums and dads could enjoy the session alongside their children. I wasn't wrong. I now have a very busy class on the Saturday morning sessions. They cater for children from the age of four to their parents and even grandparents in their 60's. Everyone trains together and classes are great for people of all ages.

Before we start the children are already naturally warming up before the class playing tag, rolling, tumbling and spinning themselves around on the mat.

We then sit in a big circle, (no hierarchy of grades or rank in Systema) welcome everyone and I present today's topic.

We then roll out backwards and do the first breathing exercise to relax everyone. Everyone lies on their back and we go through some breathing and relaxation cycles. There is of course some fidgeting from the youngest, but very little. For me this is probably the most beneficial part of the class. This skill of knowing how to breathe in a way that relaxes them is a skill that will benefit them in stressful situations for the rest of their lives.



In Systema everything is everything. Every movement, drill or exercise that we do works on their physical, emotional and psychological development. It smooth's out their movement and strengthens their bodies. It makes their nervous system more resilient and able to handle change, pressure and uncertainty. It acclimatises them to physical contact. So many people today are unused to physical contact. Even within their own family. I see this time and time again when new people join the class. In all ages I notice an initial uncertainty around contact when they have to place their hand on someone.

This is then followed by walking, running, crawling, forwards, backwards, falling, rolling, sometimes with eyes closed, balancing skills, coordination and a myriad of other movement skills. It is all done in a fun way and in a very short space of time every muscle in the body is woken up, used and developed.



We then do the four pillars of exercise. These are movements that we are born with. They are in our DNA. I have a 10-month-old baby boy and he has been doing these for several months. No-one taught him. They are just there. They are the push up, the sit up, the squat and the leg raise. All four are done naturally with the focus on breathing and relaxing the whole time. The exercises take you through your body's full range of motion and check your ability to support your body's weight through that range. The children learn to move with smoothness and effortless ease removing tension through the exercises. Mums and Dads start to turn back the clock on the restrictive tensions in their bodies, limited ranges of motion and their body's inability to support its weight through that range of motion.

We then do some rolls showing children how to fall softly and safely. This is a fear that most carry their whole lives, which becomes more acute as you get older. Systema removes that fear through experience, physical and breath training and falling in a huge variety of ways. Rolling is also fantastic conditioning training and works nearly all the muscles of the body. A baby builds a body for life from the ground up, by rolling and doing the four pillars. Systema does the same thing. It removes your fears of the ground and teaches you to once again move freely and easily in that realm.

Increasing their resilience. We then go onto the combat side of Systema. This is first and foremost about improving their resilience and removing fears in a fun way. All children get and give hits and kicks. They get grabbed, pinned, thrown, stood on, by one person, two people, with their eyes closed, in a crowd - every scenario you could possibly imagine. Most of the training is done slowly and in an experimental way to avoid injury and in order to learn. This is great fun. It also increases their physical and emotional resilience to any situation and their creative abilities expand exponentially.

Systema also teaches children to get comfortable with stresses and emotions of all kinds. The physical stress of movements, the stress of being in a class with adults and children, the stress of taking away a sense, such as sight, the stress of close physical contact. Emotionally they have to deal with anger, anxiety, pride, ego, self-pity, pressure, fear and other emotions. They are taught how to manage any kind of stress through simple breathing exercises that will stay with them for life. The adults too learn the value of these breathing techniques and start applying them in their lives straight away.

Being comfortable with getting things wrong. In Systema there are no set responses, so really nothing to get wrong. Think lion cubs. It is just play and experimentation. Their creativity flourishes in this environment. In his incredible TED talk Sir Ken Robinson speaks about creativity and the arts. That all children are born creative, and that this creativity is systematically educated out of them as they get older. The fear of getting things wrong stops them creating 'new' responses, ideas and movements. In Systema this isn't just encouraged, it is the only way to do it. They have to engage their problem solving skills throughout the session. The response to situations is theirs. They continually seek to find

appropriate, effective responses based on their strengths. We just ask them to make sure that they are breathing, moving, relaxed and keeping a good posture as they move. In short they learn to do something against anything.

Social skills development. After 45 minutes, the cubs (4-8 year olds) go off to play together in a raised area off to the side. So the children socialize and interact across the age range throughout the session. The adults and tigers stay on. Another 45 minutes goes by in a flash; going over similar ground, but just a little further in the skills' development.

The session concludes with everyone coming back onto the mat and playing a game of bulldogs or tag but with a Systema twist, such as restrictions on movement.

Many of the adults start by bringing their children and end up joining the main evening classes, when they see the benefits it brings to them. Systema builds healthy, strong, calm, confident, stable, balanced, well-adjusted children. It is also some of the best fun I have all week.

With respect and best wishes

Matt.

Yoga, guilt, dreams and trauma: Richard Small

It's May 2014 and I'm writing this from Sensei Tony Sargeant's Korriana Dojo and retreat centre in Kefalonia. Though there are many others staying here, I sit alone and pen my thoughts to paper.



*Kefalonia first week in May 2014
Sensei Tony Sargeant 6th Dan Aikikai on centre right.*

Everyone else, local residents, students and teachers are in the morning yoga class.

I'm not in it; I've 'chickened out' with fears of cramp

and blatant inadequacy. That's how I feel, a loser and full of guilt for not supporting Jenny the yoga teacher (and 5th dan TIA Europe Aikido.)

Is yoga good for us? Yes, I believe so. Will it make us more flexible? Yes, that too. Do I admire skilled practitioners? Of course, who would not?

"So why aren't you in the class then?" you might ask, and quite rightly so.

It is an answer I seek right now.

Have I 'chickened out' or am I sensibly listening to my own body which already had twinges of cramp just getting out of bed! I know for sure the cramp will return in yoga as they were with me in yesterday's class. How often do you really listen to your body? Really listen, that is.

Yes, I admire the Yogis but do I want to endure the pain of the search myself?

So, back to the guilt, which visits most people in life at sometime, if not yet... you wait and see! We beat ourselves up occasionally over nothing of overt importance, the beating we give ourselves then stands in our way; it blocks our path to any happiness.

As I shared my thoughts with my Aikido teacher and friend at the steps to the dojo, he said, "It is what you must overcome in order to move on. You either must change how you think – very difficult after so many years – or learn to simply accept who you are. Accept that, as a person you will experience such feelings (often out of proportion to the cause). In accepting who you are, you free yourself from the conflict of failing change."

I sense the value in these words.

Not everyone remembers their dreams, sleeping or not, but I tend to and last night was no different. The dreams seem more real to me than sitting here writing this. It would be easy to think of them as memories of previous days but they were too weird for me to have lived them. It was a dream of irrationality and of total madness. I cannot do this epic dream justice and describe it. Suffice it to say there were only two 'normal' people in it, fortunately one of them was me . . . or perhaps unfortunately because everyone else was oblivious to the madness they inhabited, much of it tinged with control and danger. My struggle in the dream was to be free of this.

You've no doubt heard about emotions being trapped in the body. Traumas, whether of your own making or not, can become locked in your physical body. The more you later open your body and mind through progress in such arts as yoga, tai chi and

perhaps Aikido at a higher level, the more frequently these little traumas or memories are released from their 'prison'. The involuntary sensations of earlier trauma fill the body and mind; some might call them 'flashbacks'. They may often occur suddenly in quiet times some time after their release. Once they are free it is time to deal with them or to accept them as part of who you now are.

I nearly wrote some self deprecating remark there . . . this is one of the problems I face myself. It would be foolish to do so as I'd then merely be decorating the walls of a prison I made for myself, wouldn't I?

You might find this article interesting, perhaps of some use. You might ask, "What's in it for me?"

The founder of Aikido sought peace by the means of universal love. He sought power, peace and freedom and not just for himself. I'm sure that even he had his battles with the inner demons that wait for us in life but if we are to find anything like that which he sought we must either learn to change or accept ourselves.

No one said it would be easy but it might make life more enjoyable . . . you can at least stop beating yourself. If you are young, fit and strong and think it won't affect you, consider . . . we were all that way once !

It would be so easy for me to write another sentence, but I won't . . . I have made a start on my journey of change and acceptance . . . also useful in practical and technical terms, if that is all you seek.

Submitting an article, news item or event for the newsletter

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

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

If you have any queries concerning format then please e-mail mediaofficer@bab.org.uk

(please use this e-mail to send in your contributions).

We cannot guarantee to publish every submission, and we may have to edit for length or style.

Please ensure that you do not breach copyright when sending in articles or images!

Articles submitted may also be shared on the BAB's social media channels.

CLICK TO SUBMIT

Aikido stories from around the world

Quentin Cooke

A WAY TO RECONCILE THE WORLD



AIKIDO STORIES FROM EVERYDAY LIFE

EDITED BY QUENTIN COOKE

Over two years ago, Quentin Cooke, the editor of this book was on an amazing tour of various dojos in the San Francisco Bay area. He was lucky enough to meet Robert Frager Sensei, 7th dan, who had studied with O Sensei, the founder of aikido himself. Frager Sensei had a wonderful aura of calm and deep wisdom and as they talked about this and that, he said casually 'It's such a shame that there is no one out there who is capturing the wonderful stories that arise out of aikido.' Quentin knew immediately that he wanted to be that person.

Finally we have the fruits of his labour, a book of over 80 aikido stories from everyday life, collected from aikidoka based around the world. They range from students with very little experience on the mat to the most seasoned sensei. The stories have one thing in common, which is that they demonstrate the positive power of aikido.

The range of ways and circumstances in which people have used what they have learnt on the mat to deal with whatever life throws at them is simply amazing. Some stories are very

short, some much longer, some make a simple point, and others are far more profound, but they all serve to inspire and motivate any serious aikido student and maybe will serve to entice students on the mat when they understand the benefits of aikido practice.

On the most basic level, the book is simply a good read and enjoy. It is the ideal book for aikido teachers to promote to their students, because it simple focuses on what can happen if they keep on training.

Aikido seeks to promote harmony, but all too often in the aikido world, the different lineages seem to focus on what divides us. However, in putting together the book from so many diverse places, it became increasingly obvious that we are mostly climbing the same mountain, albeit the chosen route may be different.

Maybe this book can help reconcile the aikido world and also serve to make all aikido students realise why O Sensei said 'It is a way to reconcile the world and make all human beings one family.'

If you would like to buy the book then contact Quentin Cooke (q.cooke@ntlworld.com)

All proceeds from the book will go to Aiki Extensions (www.aiki-extensions.org) the international charity based in the USA, that seeks to encourage aikidoka everywhere to extend the principles they learn on the mat into the world at large and which supports when worthy projects using aikido as a tool to help the less fortunate.



Stress is a major cause of work related illness and absence. A recent Labour Force Survey estimated that of all work related illnesses, stress makes up 40% (428,000 cases in 2011/12). There will be many more which are unreported. Workers most prone to stress are health professionals (especially nurses), teachers, and those working in caring personal services such as welfare. The main causes of stress at work are work pressure, lack of managerial support, and bullying.

So having established that stress is a major problem, the question is what can martial arts, and aikido in particular, do about it? To answer this question it is first worth considering the physiology of stress.

It all begins when you perceive something which is potentially stressful. This could be crossing a busy road, being barked at by an aggressive dog, thinking about going to the dentist...anything really – it's personal. This perception is processed by the hypothalamus, a part of the brain which responds to the environment. As a result of

this a hormone is released from the pituitary gland in the brain called ACT hormone. This in turn causes the adrenal glands above the kidneys to release the hormones adrenaline, noradrenaline and cortisol. These hormones will enliven the physiology, giving increased alertness, blood pressure, blood flow, available glucose and oxygen.

This mechanism is in fact a necessary survival instinct which temporarily provides enhanced physical capability. If you don't experience stress when you are threatened this could be dangerous. Once the stressful situation is over, things are supposed to return to normal. The reason that stress is so harmful to health is that in today's society things cannot always return to normal, and so responses such as high blood pressure remain high. This might be because whatever it was that gave you stress in the first place is in fact constant or regular (such as worrying about work, or having no money).

The practice of aikido can play a significant part in relieving stress. One of the ways in which it can do this is by providing a distraction (albeit temporary) from regular worries. Aikido requires concentration on technique and movement, and whilst this is occupying the mind, other thoughts are temporarily superseded. Aikido is usually practiced in a non-competitive environment. Competition is a stressor (something which gives you stress). Many people enjoy competitive stress, but it is stress just the same. A non-competitive approach to an art, where all participants are aspiring to a higher technical quality in a friendly and co-operative atmosphere is antithesis to stress.

A 'catharsis' is something which would enable a return to normal physiological functioning following a stressful experience, and is usually a physical output of energy. In an isolated stressful situation this would be something like running away, hitting something, or shouting at someone (you may have experienced a catharsis when angry by throwing cups and saucers at the wall, or at some unfortunate person!).

The martial arts, and particularly those with harder approaches, do provide the opportunity for a catharsis. This is because they are often quite aggressive and forceful in their nature. It is possible that actions such as kicking bags, aggressive combat exercises which involve lots of muscular tension, sparring,...even doing press ups could act as stress relievers by providing a catharsis. In aikido it is more likely that the catharsis is achieved when landing from a fall, making impact with the floor, and then getting up again. It is interesting to think that such a routine technique as falling over and then getting up again may also be relieving stress and so enabling you to acquire good physical and mental health.

Control is a necessary and important aspect of the martial arts, and this too is involved in the relief of stress. You will be taught by your aikido instructor that control is necessary in ensuring that you do not apply too much force to a movement

which would hurt your training partner. In addition, the artistic qualities of aikido, and the martial arts in general, require high degrees of physical control. As you progress you are taught that control of internal aspects is necessary also, such as control of breathing, control of emotion, and, if you are able, control of ki (chi).

Control of these elements can contribute to a control of stress in everyday life, and the study of a martial art will often engender the ability to apply internal control. This can then be used in most situations. If stress at work is causing anxiety, which may mean that your breathing rate, heart rate and blood pressure are high, developing the ability to bring these under control will assuage the symptoms.

Some martial arts, especially those with softer elements, promote equanimity of mind. Stress by its nature results from a lack of equanimity of mind. Therefore cultivating this quality reduces the propensity for stress in the first place. Confidence is another attribute which is developed through martial arts practice. Developing all around confidence means that stress can be reduced as the 'threats' may no longer appear to be as 'threatening'. Some arts train in a way which prepares the individual for the unexpected. This training is likely to increase a person's ability to cope with unfamiliar situations which may once have appeared more stressful.

Of course, no amount of training in martial arts will make a person immune from stress, and indeed this wouldn't be very healthy anyway. It is hoped however that this article has convinced you that, while the things that give you prolonged stress may not go away, you are at least in a better position to cope with them through your martial arts training.

So the next time you are discussing martial arts and someone asks you whether you have 'ever had to use it...' you may politely reply, with equanimity, that you are 'using it' all the time. The results can be seen in your blood pressure!

Mark Hardwick, Lecturer in Health Sciences and Environmental Health

CLUB RESOURCES: physical activity and health



The British Heart Foundation's Active Club pack is a resource to help plan and deliver fun and inclusive activity sessions. You could use this pack to plan warm up games for your junior classes.

The Active Club pack has been updated to provide those delivering physical activities to children and young people with simple, straightforward advice and over 100 practical activity ideas for helping children and young people become more active.

The resource contains:

- practical activity cards offering ideas for day to day activities
- a handbook including information about planning and delivering activity sessions
- a CD ROM including electronic templates and certificates designed to assist with planning and delivery of activities
- a useful information booklet to be used as a reference guide including key contacts and information on relevant resources, organisations and funding opportunities
- a copy of BHF's Get Kids on the Go booklet for parents
- a copy of BHF's Let's Get Active Pocket Planner.

The Active Club pack is free to order, but as a charity the British Heart Foundation would appreciate a donation to cover their costs. To order your copy, phone the BHF orderline on 0870 600 6566 or email orderline@bhf.org.uk quoting Ref G132.

The BAB as a not for profit organisation has always sought to contain its costs to make it accessible to the widest possible membership and the current annual cost of £3 per individual member has only been maintained through our relying heavily on a strong team of volunteers.

Whilst much has been achieved over the last few years there is more to be done if the BAB is to grow, to raise standards and to promote Aikido throughout the UK.

Our current team is

| | | |
|-------------------|-----------------------|--|
| Keith Holland | UK Shinwakai | Chairman |
| Mrs Shirley Timms | Institute of Aikido | General Secretary |
| Piers Cooke | Aikido for Daily Life | Finance Officer |
| Terry Bayliss | Seijutsu Ryu | Membership & Clubmark Officer |
| Steve Billett | ADS | Webmaster |
| Marill Poole | UK Shinwakai | General Member |
| Nigel Vaughan | Kai Shin Kai | General Member |
| Scott Allbright | SAUK | Association Representative |
| Brian Stockwell | Tenchi Ryu | Association Representative & Media Officer |
| Chris Brown | | PR & Marketing Officer |
| Frank Burlingham | Institute of Aikido | Coaching Development Officer |
| Grev Cooke | Yama Arashi UK | Coaching Admin Officer |
| Sue Ward | Tenchi Ryu | Lead Safeguarding Officer |
| Tre Worsley | Shi Gi Tai | Vulnerable Adults officer |
| Leslie Cuthbert | UK Shinwakai | Legal Officer |
| Vincent Sumpter | Kai Shin Kai | Insurance Officer |

In addition there are a number of other volunteers who help with areas such as the website and data gathering.

At the present time we are specifically seeking volunteers for the following roles, and full details, including role and persons spec, can be downloaded from the BAB website.

Equality & Equity Officer- to maintain our E & E Policy and to support the education and development of member awareness in these areas.

Resource Officer - to provide advice and information on (i) sources of funding available and (ii) opportunities for attracting/supporting volunteers.

In addition we are also seeking help from any Graphic Artists who would be prepared to assist the Webmaster in raising the profile of the website.

If you are interested in undertaking any of these roles or offering general assistance please contact Keith Holland, BAB Chairman: babchairman@bab.org.uk

Aikido on the radio?

Steve Lindsey 5th Dan



I have been a student of Aikido since Sept 1974 and during this time I have met many interesting people. During the early to mid 1990s we had quite a large children's section at Newport Aikido Club, sometimes with 24 of the little cherubs on the mat. The father of two of my students was a freelance cameraman and was involved with the BBC in Cardiff.

After one session this parent approached me with an offer I couldn't refuse, the chance to give an interview about Aikido on BBC Radio Wales, with Welsh Rugby legend Ray Gravell.

Ray Gravell represented Wales 23 times from 1975 to 1982 and the British Lions 4 times on their 1980 tour of South Africa. After his retirement he became a Rugby commentator, radio presenter and actor.

I made my way to the BBC Radio studios in Cardiff one Friday in October 1994 for an informal chat prior to going into the recording studio for what was to be a very strange experience.

The interview started with Mr Gravell explaining to his radio audience who I was and what the next 20 minutes would entail. He asked me about the history of Aikido, when it came to the UK, how it was first taught by Kenshiro Abbe Sensei at the Hut dojo, his main students at that time (Ken Williams, Henry Ellis, Derek Eastman, Haydn Foster). How Ken Williams established himself at Pentre, in the Rhondda Valley and the development of Aikido in South Wales.

He then went on to elaborate how the invincibility of the Welsh Rugby team of the 1970's was due, in no small part, to the power of the legendary Pontypool front row of Graham Price, Bobby Windsor and Charlie Faulkner (Judo 1st Dan and Welsh Heavyweight Judo Champion). He also told of a good friend of his who was a Kendo 2nd Dan, it amazed him how his friend could become aggressive almost as if 'at the flick of a switch'.

After about 15 minutes Ray Gravell announced to his radio audience that I was now going to 'Give a short demonstration of the Japanese art of Aikido'

My immediate response was " On the Radio ?? "

He just smiled and commenced to stand up, once again " On the Radio ?? " was my response whilst just sitting and shaking my head. From my position at the table Ray Gravell seemed to be about 9'4" and built like the proverbial brick outhouse, I thought "Right mate, you're going down ".

When I stood he grabbed me by my upper sleeve and asked what I could do from here. I applied Katadori Nikkyo and he disappeared with a loud thump.

"Duw, what the ***** Sorry listeners," he mumbled as he got back up shaking his wrist.

He then explained " Well, listeners. I grabbed hold of Steve's arm and made as if to attack with a strike with my other hand. I then felt a subtle movement and a hand appeared right in front of my eyes causing me to protect myself, next thing I knew was that my hand that was holding Steve was turned so that my arm was bent like a swan's neck on its side and all of a sudden the pain was tremendous and I fell to the floor "

"How about this one ? " as he threw a right-hand roundhouse punch. I managed to apply Yokomenuchi Shihonage, working around and over the trailing electrical cables, once again there was a loud thump as he hit the floor.

“My god listeners, that time I went at Steve with a roundhouse punch and once again I couldn’t hit him. Steve stepped inside and went for my eyes again, slowing me down enough for him to lightly take my attacking hand in both of his. I then felt a little pressure in my wrist as Steve then turned around at my shoulder taking my arm backwards and upwards in a circle so that I was bent backwards and unable to recover my balance. Steve then just applied a little downward pressure and let go, gravity took over and I fell to the floor “

“How about a good old fashioned swift kick to the groin “ Ray said, just before he let out a cry of surprise. “Just then listeners, I tried to kick Steve between his legs but he just seemed to drift past my foot and simply by raising his closest hand gently caught my foot, thereby stopping me from regaining my balance. Steve then did a little side step and took my leg to the side before delivering a kick of his own stopping less than an inch from my own groin. I tell you listeners, I am glad he never landed that one“.

Ray Gravell then closed the interview, thanking me for my time and the opportunity for him to prove to himself that Aikido really does work, even in a cramped recording studio. The way that he described what had happened was so beautifully phrased that I knew his words had created a better picture to his listeners, so that if they were really listening they would have seen the techniques.

I was sitting in the canteen having a cup of coffee, smiling to myself at the absurdity of performing Aikido on the radio when Ray Gravell sat down and thanked me for going easy on him and apologised if his impromptu attacks had caused me any concern.

I thanked him for the opportunity to ‘talk’ about Aikido and explained that within Aikido you have to practice the techniques using both large and small movements, circular and straight line so that lack of space is not a problem.

The following week provided another surprise, in the way of a cheque for £ 42.00 for my time.

I have long since spent the money but the memory of that day will stay with me forever.

Steve Lindsey 5th Dan (Newport Aikido Kai Shin Kai)

Sport England Funding

Sport England decides how to invest government and National Lottery funding to help people across England create a sporting habit for life.

Sport England invests money in facilities, schemes and training programmes that make it easier for more people to play sport and develop their talent. Between 2012 and 2017, Sport England will receive £1 billion from the government and National Lottery funding to invest in projects that will:

- help more people have a sporting habit for life
- create more opportunities for young people to play sport
- nurture and develop talent
- provide the right facilities in the right places
- support local authorities and unlock local funding
- ensure real opportunities for communities

Visit the Sport England web site to find out more about the types of funding they have on offer. Several BAB members have been successful in their applications - so why not give it a go!

<https://www.sportengland.org/funding/>

柳

yanagi

willow

[energy]

松

matsu

pine

[bend]

柏

kashiwa

daimyo oak

[strength]

The relationship between mind, body & technique, is the foundation of bujutsu, according to the Japanese.

This concept is highlighted in the book, 'Researching Japanese Budo', and can be understood in the physical sense, by training the 'hara'. Exercises that involve strengthening core stability and improving proprioception, provide a practical insight into how to develop the 'hara'.

Harder to understand, is the metaphysical aspect of the 'hara'. Visualising a ball of energy seated within a cradle is one such idea.

Maintaining correct posture and balance throughout one's practice, prevents destabilisation of the 'hara'.

Breathing is also important in maintaining strength in the 'transverse abdominus'. This is a band of muscle that circumnavigates the lower part of the abdomen. These muscles are set deep in the body and weave themselves in an intricate network, surrounding the lumbar spine. By strengthening this muscle, the intervertebral discs are supported & nourished. This, in turn, maintains good posture.



By developing the 'tanden', rotation around one's centre, becomes fluid and yet stable. Sinking the 'tanden' helps lower one's centre of gravity, providing greater stability. Maintaining a soft upper body, above the 'tanden', provides greater speed & agility in movement, through increased flexibility. A relaxed upper body is adept at absorbing energy and redirecting it. Focus from the mind diverts energy from the 'tanden' to the extremities, allowing precise movement and greater agility. Body extension increases energy flow, to and from the 'tanden'. When all these principles are applied harmoniously, the body becomes supremely fluid, strong and stable, simultaneously. At this point, technique can be borne out of principle.

"Having the power of judgement among a man's virtues
Is like having a sword among the Three Sacred Treasures"

MAKI IZUMI NO KAMI

木

NEW FEATURE: ITEMS FOR SALE

The BAB is happy to list items for sale from members and their Clubs.

Please note that the BAB accepts no responsibility for any items listed here.

Please contact the seller direct for more information and to order.

Mats for sale

10 green 2x1 metre and 10 Red 2x1 metre for sale. Price for each mat is £50. The mats are in good condition

We would like to sell all in one go as the money raised will be going to our new full time Dojo project.

Buyer to collect.

Contact Joe on 07901900432 or e-mail joe@cinqueports.plus.com



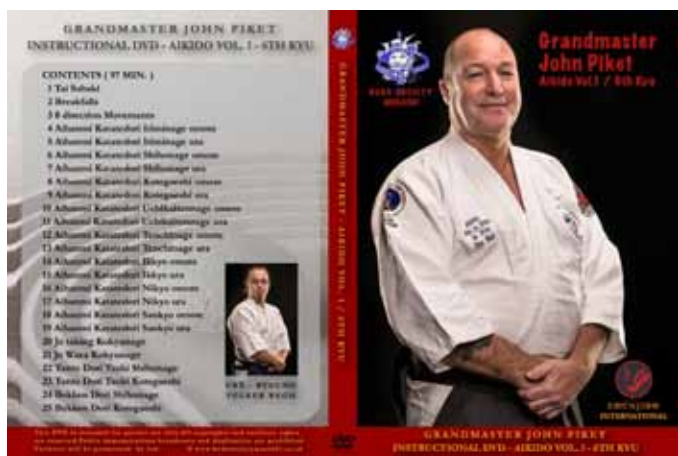
Budo Society Musashi syllabus DVD.

This DVD shows all the techniques required for the aikido 6th Kyu grade on the syllabus from Shihan Tamura and includes Jodori, Bokken Dori and Tanto dori techniques.

running time 96 minutes. Cost £19 + P&P. Order from John Picket, Chief Instructor (member of the Shin Gi Tai Association).

john@budomusashi.co.uk

www.budosocietymusashi.co.uk



Ikeda sensei UK Seminar HD Videos

Chishin Dojo are very proud to present Ikeda sensei's UK seminars in 720p.

As we all know, full seminar footage of Ikeda sensei is hard to come by - usually you need to meet sensei in the US on one of his seminar to obtain his DVDs. Sensei has allowed us to release his footage onto DVD and now for download in HD. This is a rare opportunity to see full seminars taught by one of the most skilled teachers alive today.

Why wait until next year before seeing what sensei can do? Get them now!

Visit: <https://gumroad.com/chishin> to order. Videos are priced at £15 each.



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Information on the regulation of coaching, managing the supply of coaches to meet demand and retaining coaches.

Support, Education & Development for Coaches

Ensure your coaches receive support that suits them and their needs. Information on workforce development, managing coaches and blended learning.

2014 EU Aiki Extensions Seminar

July 4-6, 2014 near Cambridge, United Kingdom

The European Aiki Extensions seminar opens on July 4 in the village of Burwell, close to Cambridge in the UK. The event is being organized by AE Board member Quentin Cooke. Given that this is the 100th year anniversary of the start of the First World War, the theme is "Pushing for Peace."

The venue has three halls and the event, which starts Friday night and ends Sunday, will use all of the rooms to offer concurrent aikido sessions and workshops. The focus will be on illustrating aikido principles and demonstrating how they can be used both on and off of the mat.

Workshops currently scheduled include such topics as:

- **Aikido in Business**
- **Aikido in Schools**
- **Peace Building in the Middle East**
- **Body Work - aikido as a tool for health**
- **Teaching Aikido**
- **Leadership Aikido**
- **Aiki Somatics**

The 20 instructors already committed to present include very senior teachers whose aikido heritage is varied and extensive, with literally hundreds of years experience between them. Approximately 65 people from a dozen countries have expressed interest in participating and we hope to see as many as 100 people over the three days.

We'd love to make this the biggest event Aiki Extensions has ever organized, and look forward to a great experience of "training across borders" as so many people from so many countries gather together on the mat. Not only does it bring together aikidoka from across the aikido spectrum, but includes students from England, Scotland, Belgium, Germany, Poland, Italy, Morocco, Sweden, Greece, and the United States.

For more information, contact Burwell Aikido Club dojo cho Quentin Cooke: q.cooke@ntlworld.com

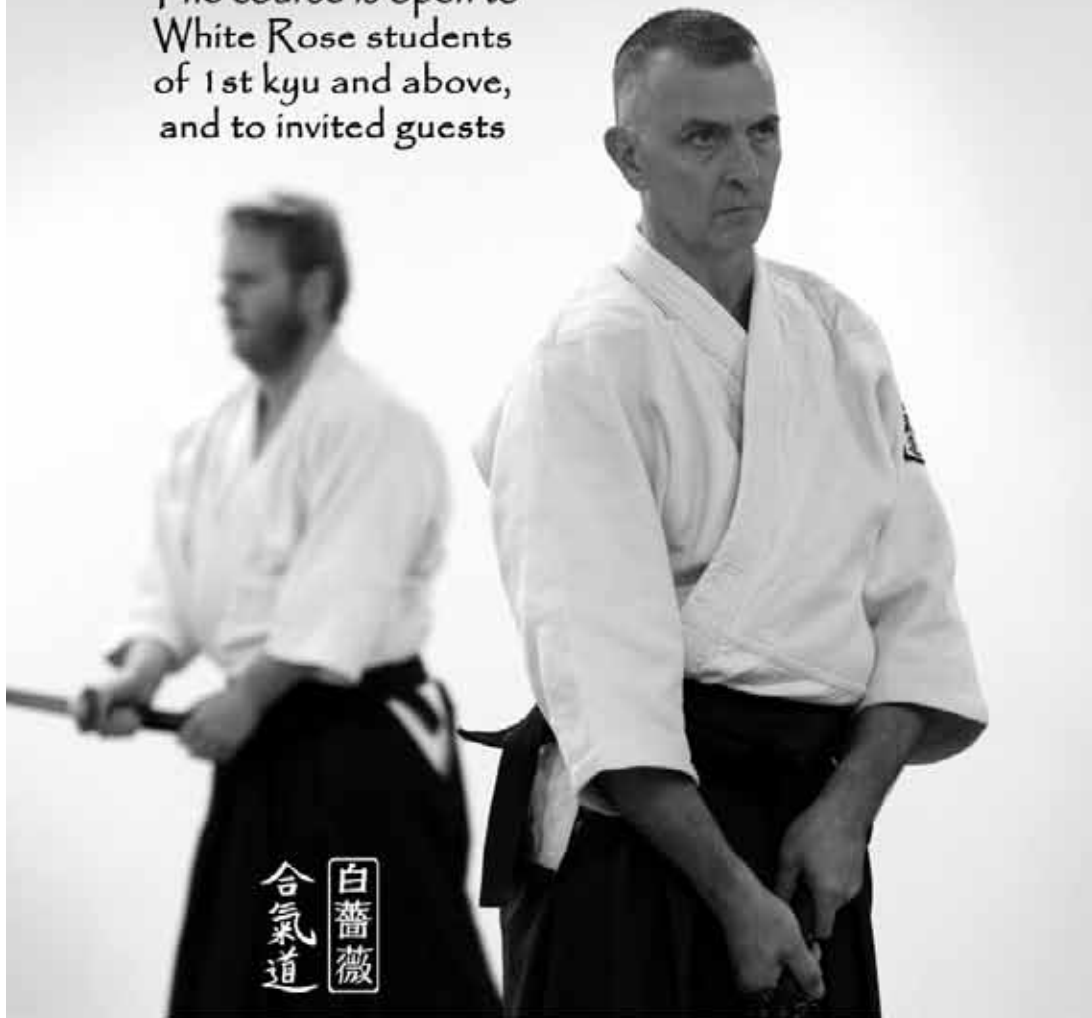


Coldharbour Aikido dojo cho Piers Cooke and Burwell Aikido member Nikolaos Papanikolaou at the 2013 EU AE Seminar



White Rose Aikikai presents a
Yudansha Seminar
with
Shane Riley Shihan

The course is open to
White Rose students
of 1st kyu and above,
and to invited guests



September 6th 2014 12.00 to 5.00pm

at Allegiance MMA (above Brooklands Bar)
Bradford Road, Batley WF17 6JA

Parking is available off Alexandra Road.
Please note that no shower facilities are available at this venue.

Kobayashi Hiroaki Sensei 6th Dan Aikikai Aikido Seminar

合気道



11th - 13th July 2014

The course is open to everyone, regardless of Aikido style or association. A valid insurance certificate must be presented upon registration.

The Venue: University of Bath. New Village Site. Claverton Down, BATH, BA2 7AY

Friday 11th July

18:30 - 19:00 Registration

19:00 - 20:30 Practice

The Venue: University of Bath, New Village Site, Claverton Down, Bath. BA2 7AY

Saturday 12th July

11:30 - 12:00 Registration

12:00 - 13:00 Session 1

13:00 - 14:00 Lunch

14:00 - 15:15 Session 2

15:15 - 15:30 Farewell

Sunday 13th July

10:00 - 10:30 Registration

10:30 - 12:00 Session 1

12:00 - 12:15 Break

12:15 - 13:15 Session 2

13:15 - 14:15 Lunch

14:15 - 15:15 Aikikai Examinations (subject to change)

15:15 - 15:30 Farewell

The Costs:

£20 for 1 day (Friday)

£35 for 1 day (Saturday)

£30 for 1 day (Sunday)

£55 for 2 days (Saturday & Sunday)

£65 for 3 days (Friday, Saturday & Sunday)

More Information:

E: Course@AikidoKUK.co.uk

W: www.AikidoKUK.co.uk



Aikido

Friendship Course



Shin-Gi-Tai Aikikai - United Kingdom Aikikai



Sunday 14th September 2014
11:00am - 4:00pm

Shrewsbury Sports Village, Sundorne Road, Shrewsbury, Shropshire, SY1 4RQ

Instruction by;

| | |
|--|-------------------|
| Shidojin Peter Brown (Black Belt 6h Dan UKA) | 11:00am - 12.30pm |
| Lunch - Please supply your own lunch | 12.30pm - 1.00pm |
| Sensei Mick Corten (Black Belt 5th Dan SGTA) | 1:00pm - 2.30pm |
| Shihan Keith Hayward (Black Belt 6h Dan UKA) | 2.30pm - 4.00pm |

Course Fees:

All Day - Adults £20 - Junior £15

Morning - Adults £7 - Junior £5

Afternoon - Adults £15 - Junior £10

For Further Information please contact
Mick Corten (course host) - 07743355786

All Who Wish To Participate MUST provide current and valid Insurance



Aikido



**West Midlands and Shropshire Shin-Gi-Tai Aikikai
Shrewsbury Aikido Club
Shrewsbury Sports Village, Sundorne, Shrewsbury,
Shropshire. SY1 4RQ**

British Aikido Board (B.A.B.) registered: www.bab.org.uk / www.shingitai aikidosociety.com
www.shrewsburyaikido.weebly.com

Saturday 4th October 2014

11.00 to 13.00 – Lunch 13.00 to 13.30 – 13.30 to 15.30

Cost - £10 half day - £20 full day

All practicing Aikidoka must show current B.A.B.
Insurance certificate

合気道



修留寿兵理

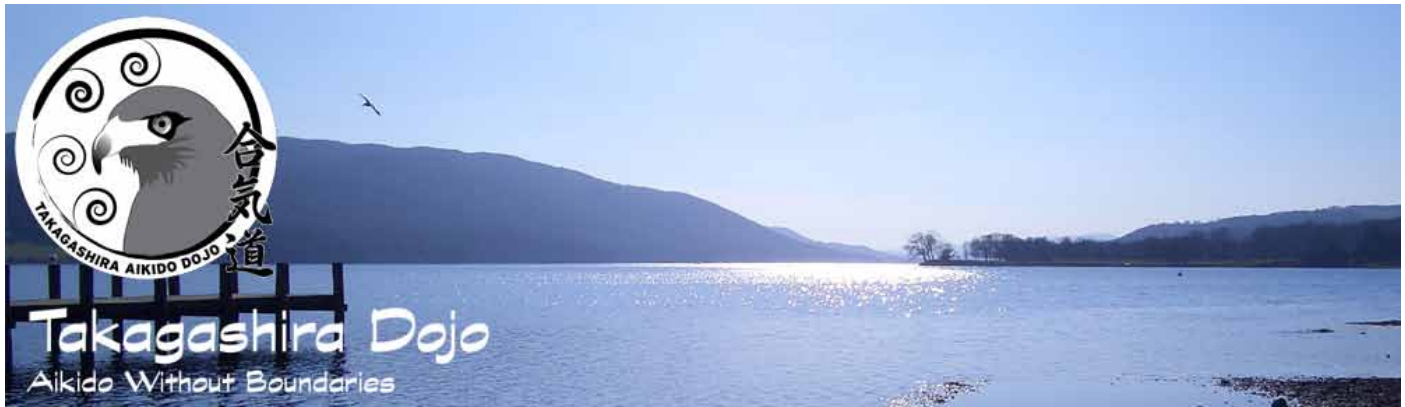
**Instruction by
Soke Gwynne Jones 9th Dan
Principle Instructor & 'Grandmaster'**

of the

Shin-Gi-Tai Aikido Society

(Club Coach/Instructor) Sensei Mick Corten – 5th Dan

For more details contact Mick Corten – 07743355786 / 01939235006
or e-mail Mick on hayabusa1300mcc@aol.com



Koretoshi Maruyama Sensei's 2014 UK Seminar

Takagashira Dojo, in the Lake District in Cumbria 1st – 3rd August 2014



Maruyama Sensei teaching in Andover in 2009

Maruyama Sensei was a direct student of the founder of aikido – Morihei Ueshiba – for 13 years, and was also one of his uchi deshi. He was also the Chief Instructor and President of the Ki Society under Koichi Tohei Sensei before establishing his own association: Aikido Yuishinkai.

This will be the only seminar Sensei will be teaching in Europe in 2014.

When:

1st – 3rd August 2014

Venue:

Kendal Judo Club, Parkside Business Park, Parkside Road, Kendal, Cumbria LA9 7EN, UK

Fees:

£40 per day early registration fee (ends 31st March), £50 per day thereafter. If you pay on the day the price is £55 per day.

Reserving your place: Secure your place by completing the relevant registration page, current limit set at 100 people per day.

Insurance:

You need to bring proof of your own insurance to the seminar, this is usually available via your home dojo. If you do not have any insurance we can insure you on the day for £5

Travel and Accommodation:

We've put together some pages to help you find a place to stay and the best way to get here.

[Click to book or for more information](#)

Pat Hendricks Shihan **UK Seminar**

At High Wycombe Judo Centre
11th to 13th July 2014



This year Pat Sensei will be celebrating her 40th year in Aikido. Within two years of starting Aikido training she had moved to Iwama, Japan to study Morihiro Saito Shihan and has returned to Iwama over 25 times of which 6 years were as Uchi Deshi.

Apart from his son and successor, Hitohira Saito Sensei, Pat Sensei spent more time over more decades training with Morihiro Saito Shihan than any other student and was awarded menkyo kaiden in both weapons and Tai jutsu. To this day she continues to support Hitohira Saito Sensei and her Iwama lineage.

The weekend will consist of a mix of Tai Jutsu and Bukki Waza Classes.

We are a very open group and all styles of Aikido and all levels of rank are very welcome.

For More Information and Registration See

<http://www.threeriversaikido.co.uk/seminars.html>

Aikido Course

Saturday July 19th & Sunday July 20th

Sensei Richard Smaridge
5th Dan Aikikai



Sensei Ray Brown
3rd Dan Shin Gi Tai Aikido



Sensei Vince Lawrence
4th Dan Aikido Yuishinkai



Venue: Heathfiels Community School.
School Rd, Monkton Heathfield, Taunton,
Somerset TA2 8P

Registration Sunday 10:00am Start at 11:00am end 3:00pm

Mat fees: Saturday only Adults £25 Juniors £15.

Sunday only Adults £20 Juniors £10

Both days Adults £40 Juniors £20

There will be an after course meal. To book for the course for the course
and the meal please email: aikidotaunton@googlemail.com

Please bring your weapons and proof of insurance

Mimuro Sensei

Sunday 20th July 2014 12.30pm-4.30pm



Mimuro Sensei 7th Dan

**Director of Yokohama International Aikido Club
Coach of Meiji University Aikido Club, Tokyo.**

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

Further details & booking form

www.marpleaikido.org.uk info@marpleaikido.org.uk

0161 449 7474 0161 427 8842

**Advance
payment £25**

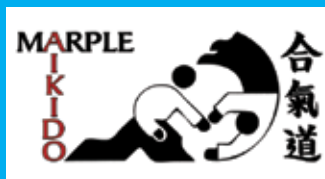
**On the day:
£30**

**(Concessions £15
in advance, £20 on
the day)**

**Marple Hall High
School**

**Hilltop Drive,
Marple**

**Stockport
SK6 6LB**





AIKIDO

White Rose Aikikai
invites you to a course with

Shane Riley Shihan, 7th Dan

at Dewsbury Sports Centre,
Longcauseway, Dewsbury.
December 6th 2014, 11.00am to 4.00pm

合気道



£20 for BAB members with proof of current insurance, and £25 for all others