

# Aikido Times

THE OFFICIAL NEWSLETTER OF THE BRITISH AIKIDO BOARD



March 2019



Welcome to the first issue of the AT for 2019.

In this issue we have a range of articles covering a fairly broad spectrum of aikido-related topics.

We also have our very first job advert! ... a real milestone for the BAB and its members. And this issue sees published details of the BAB's Weapons Course.

Please help spread the word about your "official" publication - we often wonder if all club members are aware that it is available as a benefit of their BAB membership.

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## Executive Committee Report by the Chairman

### National Weapons Course

Following requests from members a BAB Weapons Course has been arranged for Saturday 6th April which will be held at Brunel University.

Instructors for the day are

- Paul Barker Sensei 7th Dan (Aikido Circle)
- Paul McGlone Sensei 7th Dan (Takemusu Iwama Aikido Europe)
- Richard Small Sensei 4th Dan (Takemusu Iwama Aikido Europe)

Full details are on the flyer at the back of the Aikido Times

### National Course – Saturday 28th September 2019

Please be sure to make a note in your diary for this year's Annual Course, which, by popular demand, will again be held at Brunel University, Uxbridge Middx.



Full details will be circulated and included in the next Aikido Times but I am pleased to confirm the following list of Instructors which covers a good cross section of aikido styles practiced by our members.

- Shihan Keith Hayward 7th Dan Te Shin Kai
- Sensei Piers Cooke 7th Dan Aikido for Daily Life
- Sensei Jon Gray-Stokoe 6th Dan Shin Gi Tai
- Sensei James Hall 5th Dan British Yoshinkan Aikido (Taidokan)
- Sensei Steve Trout 4th Dan Aikido Development Society

### **Part Time Director of the BAB**

As agreed by the Board we are now seeking to appoint a Part Time Director to support the development and delivery of the services provided by the Board.

### **Aikido Development Plan**

Please find time to read the article from the Vice Chairman on the review of the Plan, which is an opportunity for you to make an input into the priorities for the Board in the coming years.

## **APPOINTMENT OF PART TIME DIRECTOR**

(Salary circa £20000)

We are seeking to appoint a part time Director with responsibility for developing and delivering the services offered by the British Aikido Board.

Whilst the Board benefits from the support of a wide range of professionals, giving their time on a voluntary basis, and much has been achieved, it recognises that if it is to grow and provide a more inclusive role for Aikido in the UK, it requires additional support.

Reporting directly to the Chairman and Board the Director will be responsible for raising the profile of the Board and Aikido in the UK and the development and operation of a range of support services

Applicants should have a sound knowledge of the Art of Aikido or other Martial Art.

Full details of the role and scope of the post are available and expressions of interest should be sent to:

Mrs Shirley Timms (e.mail: [shirleytimms@btinternet.com](mailto:shirleytimms@btinternet.com))

Secretary to the BAB

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## 40th Anniversary Celebrations

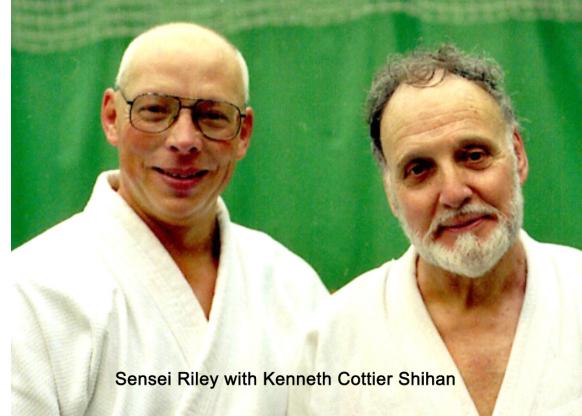


Sensei Riley taking ukemi in 1976

In 1979, Shane Riley started teaching an Aikido class in West Yorkshire at the request of a few friends. 40 years later, and the White Rose Aikikai Association is celebrating its anniversary, firstly by taking a group of thirty Instructors and students to train at a seminar in its dojo in Kyoto, Japan, and later in the year by hosting a seminar in the UK which will be taught by five senior instructors from different associations. Each of these Instructors has been involved in Aikido for over forty years, and they also have one other thing in common, all of them were friends and students of the late Kenneth Cottier.

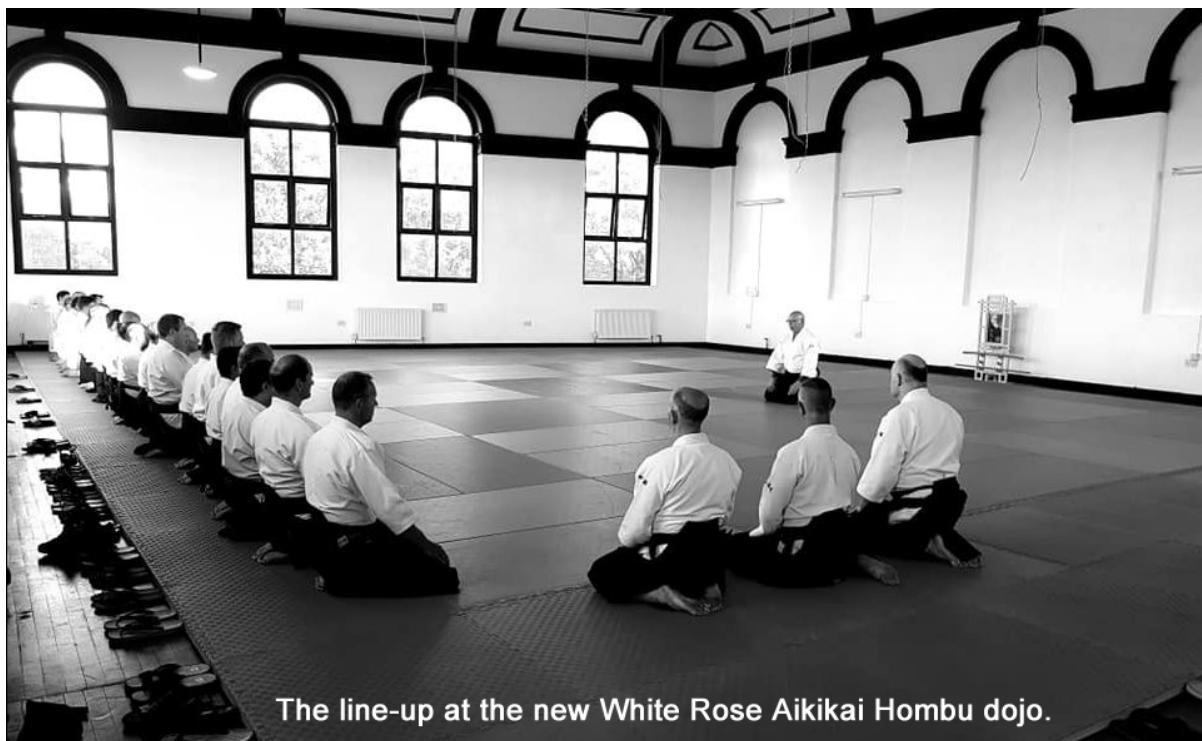
Sensei Cottier practiced in Japan under O-Sensei for several years and was the head of the Hong Kong Aikido Association. He was a mentor to Sensei Riley in the development of his Aikido and also in the way that the White Rose Association was developed. This Seminar is therefore a tribute to the contribution that he made

to the development of Aikido internationally as well as a celebration of the longevity of the White Rose Aikikai.



Sensei Riley with Kenneth Cottier Shihan

This event is timely, in that during July 2018 the White Rose was fortunate enough to be able to secure new premises to operate as the Association's headquarters, and for overseas visitors and others who are able to attend this Hombu venue will form part of the celebrations with a Friday evening class. The main two day course however is open to everyone and students from all associations are welcome to participate in this celebration of Aikido. A poster including all the details of the event is available elsewhere in this issue of The Aikido Times.



The line-up at the new White Rose Aikikai Hombu dojo.

# BRITISH AIKIDO BOARD WEAPONS COURSE 6th April 2019

## Brunel University



After a number of requests from members, it has been decided to arrange a Weapons only course, and this will take place on 6 April 2019 at Brunel University, a venue which the British Aikido Board has used many times. 3 instructors teaching and their details are as follows:

Paul Barker Sensei, 7 Dan, Aikido Circle's chief instructor, who has been practicing Aikido for more than 45 years and Iaido for 40 years, drawing inspiration from Tamura Shihan, Saito Shihan, Chiba Shihan and Nishio Shihan.

The style practised by Aikido Circle is traditional Aikido, with emphasis placed on practical techniques and martial effectiveness. Aikido Circle continues to evolve and adapt their style to meet the needs of the modern world whilst remaining true to the tradition of the art, such additions to practise have included being able to defend yourself whilst seated.

Within the Aikido Circle, weapons practice is treated just as importantly as the unarmed training so that the student can learn the relationship between the unarmed techniques and the Ken (sword) and Jo (staff). The importance of weapons in day to day training has led to the creation of an independent weapons syllabus which has provided students with the opportunity to further develop their knowledge. Other aspects that are focused on in practise, are the use of Atemi (striking), a fundamental part of the art as O-Sensei (the founder) himself stated that Aikido in its purest form is Irimi (enter) and Atemi (strike).

Paul McGlone Sensei, 7 Dan, Takemusu Iwama Aikido Europe, started practising Aikido in 1969 at the age of 18 whilst living in Glasgow. Tom Weir Sensei was his first teacher, though he also went to classes under William (Billy) Coyle Sensei. He also attended courses under Hayden Foster Sensei, Chiba Sensei, Kanetsuka Sensei and Kanai Sensei, as well as Pat Hendricks Sensei, Hoa Newens Sensei and a number of other Sensei from the USA.

When Morihiro Saito Sensei came to the UK in 1985 he taught a seminar at Brunel University. This was the first time Paul Sensei had seen Saito Sensei and it so impressed him that he changed his focus completely. Since then Paul Sensei has attended further seminars under Saito Sensei in the UK and USA, and spent a short time as Uchideshi under Saito Sensei in Iwama in Japan. He has also attended seminars under Hitohira Saito Sensei.

Paul Sensei started his own club in Glasgow in 1974 and after moving to the south coast in 1979 founded Poole Aikido Club. Together with Tony Sargeant Sensei, they formed an organisation called Takemusu Iwama Aikido Europe to specifically follow Saito Sensei and train in Iwama Aikido.

O-Sensei used Ken and Jo in his aikido and developed the techniques of Aiki-ken and Aiki-jo which are not the same as other arts. Saito Sensei continued these teachings and maintained the focus on the use of weapons. So in Iwama Aikido as much time is spent studying Bukiwaza (sword and stick techniques) as is spent on Taijutsu. Paul Sensei believes that to truly understand Aikido one must study not only the body techniques but also the relation of sword and stick to the body (riai) as intended by O-Sensei.

Paul Sensei will be celebrating this year 50 years of training in Aikido, and has gained the first three Bukiwaza Mokuroku (weapons teaching scrolls) for Aiki-Ken and Aiki-Jo. These scrolls were all hand-scribed by Saito Sensei and were awarded personally by him in Cambridge (England), San Diego (USA) and Iwama (Japan).

Richard Small Sensei, 4 Dan, Takemusu Iwama Aikido Europe , teaches Aiki weapons at Bideford, North Devon, Member Instructor of Ability Martial Arts Association.

Sensei Small started practicing aikido in the mid 1970s, at Aubrey Smith Sensei's Wellingborough club, he moved to Cambridgeshire and joined Tony Sargeant who inspires interest in Aikido to this day. Sargeant Sensei encouraged his students to visit other styles, arts and master teachers, and as a result Sensei Small travelled several times to China, Russia, Holland, Switzerland and France in pursuit of martial arts. Moving to Devon he began to teach weapons classes in street clothes and shoes, and the simplicity of Jo, if not its applications, made teaching it as an art opportune

Sensei Small's club pursues principle-based teaching and not mere choreography. To this end it has been fortunate to have a local Ki Style teacher join his class. The similarities of the application of principles from outwardly different styles become more evident with study. Principles should be constant even if politics, egos, opinions and learning are not. Students need to train slowly and purposefully in order that their bodies can inform their minds about what feels correct or not, and to change what is asked of them. What secrets Sensei Small has discovered on that journey, he wants to share with his fellow travellers, i.e. course practitioners.

**Booking forms for the course can be obtained from the BAB's website  
(BAB.org.uk/courses) and sent to Shirley Timms, (BAB Secretary)**

## **Join us at the weapons course April 6th 2019**

Aikido is a lifelong art with great benefits, if we don't make the effort to teach, share and inspire others, then all we have learned will die with us. Let us not allow it happen. Let us make the effort to let students know what is available. The BAB weapons course provides an opportunity to study that which may be only rarely taught.

Weapons represent a tool which can lead to some enlightenment in the art of aikido. They offer the opportunity of solo practice in the co-ordination of mind, body and spirit. They can change the body for the better, not only by physical exercise but by developing balance and posture.

Understand the essence of effortless power and explore the concept that doing less gives you more. Use the Jo to experiment with Ki. Understand that, through us, the Jo itself can seem to promote the harmony of Ki.

Beyond simple choreography, find out how to use the hips to advantage and the benefits of avoiding conflict at the point of contact – all through weapons practice.

The answers are often in the mind, in more ways than one, but we'll never know the value of such opportunities, if we don't turn up.

Richard Small: [www.aikijo.weebly.com](http://www.aikijo.weebly.com)

# The BAB website: request for help

## Steve Billett: BAB Webmaster

I am currently rebuilding the BAB Website and need some really great photographs to put on the site.

I am looking for the following

- **Action photos**
- **Children training**
- **Children and Adults training**
- **Women training with Women**
- **Women and Men training together**
- **Style-based photos, such as Tomiki, Traditional, Iwama, Ki, Yoshinkan, Aikikai, Shodokan (sorry if I missed a style)**
- **Interesting photos such as just the wrist or other relevant part of the body**
- **Ukemi, Breakfalls.**
- **Beginners classes**
- **Young Adults training**
- **Seniors training**

Photos should be of a high resolution which can be cut down to size for the website.

They must be your own work and you will need to put in writing that you own the photographs yourself and any people included in them have given permission for their use. Where there are images of anyone under the age of 18 then parents must have given consent for the photographs to be used.

You must also be happy to pass the copyright of the images to the BAB. You will of course be given credit for any image used on the BAB website.

Please contact me on 07860 963691 or webmaster@bab.org.uk for more details

## Starting Over

### Mark Peckett: Chief Instructor of Aikido Academy UK

My Aikido career has had three distinct phases, which have only become clear in retrospect. My early years were spent learning the free-flowing style of Shihan Ralph Reynolds under the direction of Shihan Peter Marsh. I moved on to study Iwama style under Sensei Roger Tabberer, with its emphasis on the strong use of weapons and kihon. More recently, I struck out on my own, exploring the link between aikido and everyday life which I wrote about in my book "What I Think About When I Think About Aikido."

One of the problems with running your own organisation is you don't get to practise so much yourself, hence the joke about the black belt's waist line that increases with every passing dan grade! You get stiff in body and mind. Of course, you can go to seminars, but because I found it increasingly difficult to maintain that beginner's mind of many possibilities I decided I had to start again with a white belt in a new art.

So I have taken up Hapkido. The quick-witted amongst you might say, "Hapkido? The Korean Aikido? Not much of a new beginning." And you're probably right. I picked something I thought would add some tools to my toolbox, but wouldn't bruise my ego too much by making me look foolish on the mat. Didn't take long for me to be disabused of that notion.

If I had to pick on clear difference between Aikido and Hapkido is that Aikido tends to throw uke away, whereas Hapkido keeps them close enough to be followed up with strikes and joint destruction. I was used to moving ahead of the pain, not being dragged back and given more. I've done a fair amount of yelling in my first year of Hapkido practice – as can be seen from the picture below.



Hapkido itself is an eclectic art. Whereas Aikido's lineage from Daitō-ryū aiki-jūjutsu is clearly documented, Hapkido's is controversial. It is claimed that the founder of the art, Choi Yong-Sool, was sent to Japan as a boy where he was adopted by Takeda Sōkaku although his name doesn't feature on any of Takeda's meticulous records. He claims to have trained with the master for 30 years. In an interview in April 1988 Kisshomaru Ueshiba stated:

"I've heard that this man who studied Daito-ryu ... returned to Korea and began teaching Daito-ryu on a modest scale. The art gradually became popular and many Koreans trained with him."

Regardless of the controversy, the art prospered and was refined and expanded by Choi's students. It includes hand strikes and kicking, locks and chokes, pressure points and throws as well as the joint manipulations recognisable from Aikido and weapons including baton, walking stick and rope. However, the three guiding principles of Hapkido will be familiar to all Aikido practitioners. "Hwa", meaning non-resistance or harmony; "Won", the circle principle or re-directing

an opponent's energy back to them in a circular motion and; "Yu", the water principle, not relying on physical force alone, but flowing like water.

Most Hapkido in Britain ultimately derives from Grandmaster Fred Adams and the two Korean masters, Mr N. G. Joo and Master Hong, he brought to the country. Fred met Joo at a martial arts demonstration and, as Fred knew some Korean, he came and lived at Fred's house and taught him a little Hapkido. My teacher ("sabumnim" in Korean, although he uses "sensei" in class as most English-speaking people struggle with the Korean term) is 3rd dan Dean Yates. He has trained in Hapkido under Grandmaster Adams, his son Nial Adams and Head Coach John Patterson 6th dan from 2004 to present day. Previously he studied and taught Shotokan Karate under Kyōshi John Richards from 1983, achieving his dan grade in 1993. Prior to that he learned Judo under Sensei Alan Llywelyn from the age of 14 so I felt fairly confident that I was receiving instruction from someone with a solid grounding in the martial arts. Here he is receiving his 2nd dan from Fred Adams.



So what have I learned in my first year? Quite a few striking and locking techniques, some throws and pressure point attacks, and some interesting variations on familiar joint manipulations, but also quite a lot about myself. Like most people my age I'd done some judo and karate before I discovered Aikido, but I'm not a particularly competitive or aggressive person and those aspects of the arts never appealed to me so it would be fair to say that part of the attraction to Aikido for me was the that it was "The Way of Peace", a martial art with no competition and a strong spiritual component, a balance of body and mind control for self-improvement, blending with negative energy to achieve harmony.

But while I was converting all that negative energy into positive, I wasn't really facing emotions such as anger and fear. Hapkido has allowed me to engage with these demons. For example, in my second grading I had to perform a forefinger strike to the sternal notch. It involved stepping inside a strangle attack and strike forcefully in and down into that dip at the top of the sternum. I found it really hard to do – it wasn't like any of the ordinary atemi with which we are all familiar: punch, spearhand, slap, back hand or hammer fist. It's a very focused attack to a soft and vulnerable part of another person. And I just couldn't do it. I practised over and over, but always I was slightly off target.

Dean told me I needed to access my "lizard brain," that primitive part of the limbic system that is in charge of fight, flight

and fear and is governed by the reasoning, controlling frontal lobe of our brain. He encouraged me to find the switch to turn that control on and off at will. He pushed me hard and on the day of the grading I hit the notch perfectly.

The other aspect of my overactive neocortex I've been able to work with through Hapkido is fear. I have a healthy (most would say sensible) fear of pain. I've been nervous in my Aikido career (particularly during gradings) and scared at times in every day life – close encounters with death while driving and stupid accidents with power tools, but I don't willingly place myself in situations where I am afraid. Practising Hapkido has allowed me to do that.



Some of the strikes are practised semi-contact and occasionally the semi-contact becomes full contact due to a lack of control, leading to bruises and swollen lips, but the pain doesn't last and it turns out that I can take more than I thought. This isn't to say I'm no longer afraid of pain, but I've learned that I can control my response to it. I don't however want to portray Hapkido as a brutal art because as with all martial arts, including aikido, control and focus come with time and training. It can be a bumpy journey to start with but in the end you arrive with style.

I've learned that I can be aggressive without being angry or out of control. I've taken negative energy and made it positive – the very thing that drew me to Aikido in the first place.

Does this mean I will be giving up Aikido? Not at all – Aikido is still my first love, but studying another art has made me better at it. At a simple level, I'm fitter because I'm doing and not telling. I hope I am a better teacher as a result because I have been reminded what a struggle it is being a student. And Hapkido has given me some very interesting variations on techniques which are particularly useful faced with the "What if?" question because they are so unexpected..

I had become secure and complacent and although it sounds odd to say it, I am enjoying living with insecurity again.

*Mark Peckett is the Chief Instructor of Aikido Academy UK and can be contacted on: mark@aikidoacademy.co.uk*

*Dean Yates of International Hapkido Tamworth can be contacted on: tam1hapkido@talktalk.net*

## It's not Budo anymore?

### Jon Grey Stokoe 6th Dan Shin Gi Tai



Aikido it's not Budo anymore? There is not enough Martial in it? But what happens with age?

When I was 40, I was still Aiki Motoring, taking big Ukemi and dishing it out.

When I was 50 I was still Aiki Strong and able to keep up with the Young Aikidoka, (Just).

From 60 to 70 I found that I was starting to rely on all the Waza I was taught in order to preserve my weakening frame. I am an Instructor and student, and as an Instructor I never wanted to be a teacher who just walked around the mat putting people right. On courses I still train as a student. I have found that there is still so much Aikido to learn because it is evolving all the time.

I am still teaching and training, but things are different. I never thought I would see the day when I would be nervous about taking a forward or backward Ukemi. This time has arrived and I don't like it. Some say that Aikido is a "budo" a "Martial way" with its roots in "jujutsu" or "Martial Technique". They say that Aikido has gone soft and is being taught soft in some schools. Obviously as we get older we slow down both mentally and physically and it is inevitable our Aikido is going to slow down and be changeably different than our Aikido was in our 30's and 40's.

Slowing down to me is a good thing because you see young people on the mat going at a thousand miles an hour and looking very dynamic Their Instructor saying slow down and get technique right before you go so fast, because speed costs technique. I found that my natural slowing down made me look all over again at everything I thought I had learned since beginning in 1968.

I also believe that my Aikido is far better now than it has ever been. Some of my students still yearn for the old "Beasting" days, but I don't. Speed looks good but it can disguise poor technique.

So, maybe try to slow down now in the early learning days (hard for young people), or you can wait till your old, and get instructed by your body to do so.

Whichever way you look at it I believe there is a place for soft practice in Aikido. If you had said that to me when I was 30, I would have totally disagreed with you and said, that's not Budo. ..... Discuss

# The BAB and its ADP need YOU!

## Leslie Cuthbert: Vice-Chairman

### What is the ADP?

The ADP is an acronym which stands for the Aikido Development Plan. This is a 5 year plan which was first agreed by the British Aikido Board (BAB) at its Annual General Meeting (AGM) in 2014 and so comes to an end in 2019.

The Board agreed the targets for the plan and the Executive Committee is responsible for developing targets and monitoring progress of action required under the ADP.

Targets strive to be SMART i.e. Specific, Measurable, Achievable, Realistic and Timed and seek to promote and implement the BAB's objectives as set out in its Constitution.

The targets are currently listed under the following headings:

- **Policies**
- **Management, Administration and Finance**
- **Safeguarding of Children**
- **Equality & Equity**
- **Membership Recruitment/Participation**
- **Coaching & Education**
- **Resources (including volunteers)**
- **Marketing & Communication.**

Over the last 5 years the BAB has achieved many of the targets originally set including, for example:

- Developing a training programme for Child Protection Officers;
- The creation and review of a number of policies including a Corporate Governance Policy and a policy relating to Vulnerable Adults;
- A review of the BAB's insurance leading to savings in the cost of the policy and better terms;
- A review of budgets to ensure the most efficient use of resources;
- The appointment of new tutors to coach CL2 and CL3 units;
- Appointment of officers with specific roles such as Marketing and PR and Equality and Equity;
- Providing Associations with templates to create their own development plans;
- Providing guidance to assist Associations in relation to the introduction of the General Data Protection Regulations (GDPR);
- Regular updating of the BAB's Constitution to ensure it remains fit for purpose;
- Development of the BAB's website
- Creating a pack to promote Aikido in Schools.

At the next AGM on 11 May 2019 a significant amount of time will be given to allow all Board members attending the opportunity to contribute to the next 5 year targets but this article is to ensure that YOUR voice is heard. Accordingly, between now and 11 May 2019, share with your Association Heads, through your individual coaches, what ideas you have for the BAB for the next 5 years. What do you want to see more of? What have you wanted from the BAB that you feel isn't currently provided?

You don't need to provide the detail, the Board and Executive Committee will work on that, instead we look to YOU, the individual members of the BAB to put forward ideas of where you would like to see aikido and the BAB in 5 years time (if you do have suggestions of how to achieve that though any such suggestions will be gratefully received!)

We look forward to your contribution and I thank you for taking the time to read this and to make a difference to the future of the BAB!

**“ Tell me and I forget.  
Teach me and  
I remember. Involve  
me and I LEARN. ,”**

## **A FUNDAMENTAL CONCEPT WHICH UNDERPINS ALL SUCCESSFUL AIKIDO TEACHING**

### **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.

# Aikido – What Is It About For You?

Quentin Cooke



Perhaps like me, you get frustrated by the many discussions that take place on social media, which end up becoming a shouting match about aikido and what it is. All too often it seems that the 'Art of Peace' is lost in these debates by even the most experienced practitioners. I observe with a sense of wonder and disappointment that the participants do not see the irony in this.

Yet perhaps one definition that most aikidoka might be able to get behind is that aikido is the art of managing conflict well. This is important, as conflict of some kind arises in all our lives, albeit that fortunately it is not always manifested in the form of an axe wielding nutter.

Even so, this definition leaves plenty of room for manoeuvre as we might debate what 'managing conflict well' mean. It suggests to me that aikido is about something more than the destruction of an attacker. It could be argued that this is victory of a sort, but when we look at the world and the many conflicts that take place, rarely does brutality do anything other than engender brutality.

It seems timely to point this out when we have just passed the 100 year anniversary of the end of First World War. The wonder of that particular horror is that there are few who understand why it took place in the first place and what was achieved when it ended, other than perhaps sowing the seeds for the Second World War, which perfectly illustrates just what I have just said.

So, back to aikido! What is clear from the fact that there is such debate is that people train for different reasons. For some it is purely for self-defence and for others it is more a way of life and a means to become a better person. No doubt, there are plenty of shades of grey in between. It's important to accept these differences, because the purpose of your training will determine the style of your training.

By way of example, if aikido is about self-defence then one might expect an emphasis on technique, fitness and the ability to deal with physical adversity. On the other hand, if aikido is about 'reconciling the world', then the emphasis is likely to change to developing a greater awareness of self and through that, awareness of what is going on around you. This might require a more reflective approach to training with a greater emphasis on sensitivity and gentleness. It is inevitable that such different goals result in different training methodologies.

Whatever you want your aikido to be about, simply make sure that you don't lose sight of your goal and that your training is geared towards getting you where you want to be.

In my own dojo, the emphasis is on developing self and helping students to fulfil their personal potential as human beings. With this in mind, I asked my students last week, what sort of person they wanted to be. I got answers like, I want to be:

- more empathetic
- more confident
- to be able to engage comfortably in conversations
- to be calmer

My response to this was to suggest that in every training session they should reflect these goals, so no matter what the teacher shows, they can make progress on what matters to them. Your own goals might be completely different; but be mindful of them and put yourself in a place where you have the best chance of fulfilling them.

I think aikido has an incredible capacity to transform a person into a better version of themselves. None of us will ever be the finished article; it's a lifelong journey without an end. The joy is in the journey, not the destination, but if we are to make meaningful progress then we need to have a destination in mind.

Whatever your beliefs and whatever your style, aikido encourages the following qualities:

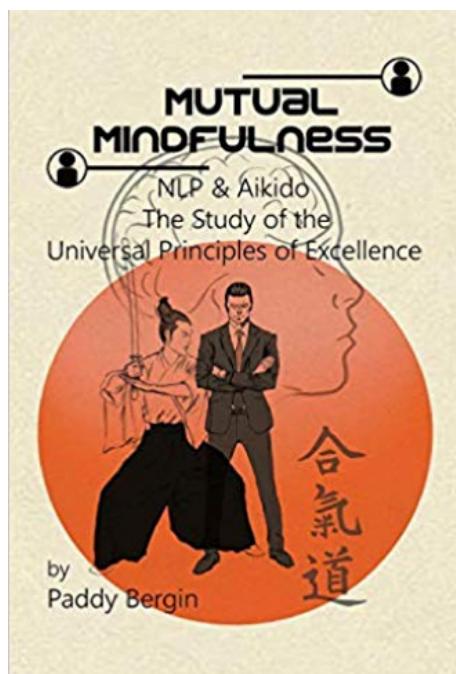
- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• Strength of mind</li><li>• Discipline</li><li>• Endurance</li><li>• Persistence</li></ul> | <ul style="list-style-type: none"><li>• Confidence</li><li>• Positivity</li><li>• Better health</li><li>• Respect</li></ul> |
|---|---|

As such, aikido cannot only make you a better person but almost inevitably should help you foster better relationships with others. In turn, this will have an impact within the communities that you operate within on both a micro and macro level. This is because aikido offers a set of powerful principles that if practised, help us become better people and that is going to impact the world even when you are not training on the mat. That potential grows exponentially when you make the leap between dealing with conflict on the mat and conflict in everyday life.

It's quite possible that the purpose of your training will change with time, but wherever you are at, enjoy the view and accept that others see things differently. If we can learn to do this within the aikido community as a whole, then we just might have a chance of spreading this message into the world at large. It's time to celebrate what we share rather than fight about what divides us, which is a good message to give to the politicians that are supposed to work on our behalf.

I find that the study of aikido can be synonymous with life and when we relate our studies in this way, the possibilities of where our study can take us are boundless.

May your vistas be beautiful and your journeys be fruitful.



When O Sensei experienced the event, which he later described as being bathed in golden light, and during which he had a realisation that the martial arts had a greater purpose other than the destruction of people and that they are about harmony as in nature, and are for the benefit of all people, he then set about refining his skills to this aim and started to create the art of Aikido, the way of harmony, and travelled and taught throughout Japan. His long-term students became instructors and some of them introduced Aikido to many areas of the world where it flourishes today.

O Sensei drew on his many skills learnt over a 20-year period from the great Takeda Sensei who taught the art of Daito Ryu Aiki Jujitsu. O Sensei was a master of Kenjutsu, the art of the sword and developed and taught a brilliant and sophisticated empty handed fighting system based on the laws of nature, harmony, balance as well as Budo (fighting spirit) and encouraged people to learn these principles by studying Aikido, a physical metaphor bringing the idea of non-conflict into their lives in many other ways.

In my experience Aikido practitioners do not get into fights. Experiencing doing and receiving Aikido helps us realise that there are other ways to deal with conflict. We learn to train in such a way that we don't give openings and we look for the openings that an opponent may give and when our balance is taken and a technique is applied correctly we let go and take the fall. Either that or we are in danger of getting injured. You can't really cut loose in Aikido.

The most conflict you will ever have is going to be within yourself. So accept the gift of feedback and train to deal with yourself.

The aim of Aikido is to blend with the strength, energy and momentum of the attacker, which is called "Awase", and then, either redirect the force of their attack rather than opposing it head on, enter to their rear, the principle of irimi, or go around their strength. This requires less reliance on physical strength and power comes from Awase, capturing the balance and delivering atemi, strikes to vital points.

Aikido is not a get fit system; when you train consistently you will get fitter but it is a far more sophisticated Budo and self-development system than just for fitness just as Hypnosis is much more than a set of tools for tricks.

An aikidoka (aikido student) blends with and leads the attackers' momentum as well as using entering and turning movements. All of the techniques also include strikes (atemi) to vital points that can stop someone and are completed with various locks, holds and throws. The aim is to put your partner in a position whereby, as a result of your own body movement, they can't avoid falling. The ability to do this is contained in awase and correct use of the basics that are the "set up" and facilitate the techniques, all of which require taking the other persons balance in some way.

The Aikido strategy of "getting off the line of attack" creates a safe space within conflict. This feeling of safety allows one to be more completely present in Aikido and by using the same principles of blending the same applies to therapy or coaching or any other human interaction. By blending with the attack and moving off line at the same time means there is nothing there to fight against and the opponent, training partner or client can be taken off-balance and led forward towards some sort of conclusion.

As O Sensei said:

## **“I AM ALWAYS VICTORIOUS AS I CONTEND WITH NOTHING.”**

Realising that “Getting off the line” and experiencing the attacker moving through without hurting the practitioner can be a transformative experience for Aikidoka and NLP Coaches alike and are ways to change yourself rather than the outer world.

Aikido is not a self-defence system. There is no defence and then attack. Your defence is your attack so that the first thing you do must give you the edge and even better is to anticipate the intention of attack and smother it by initiating your own attack or your own intention, and this can be demonstrated in how you present yourself so the other person, seeing and realising this, may think twice about doing anything. Sometimes the wisest thing to do is stand your ground, take stock, move in, withdraw or not be there. If you see a group of drunken football supporters coming towards you, it will be useful to cross the road.

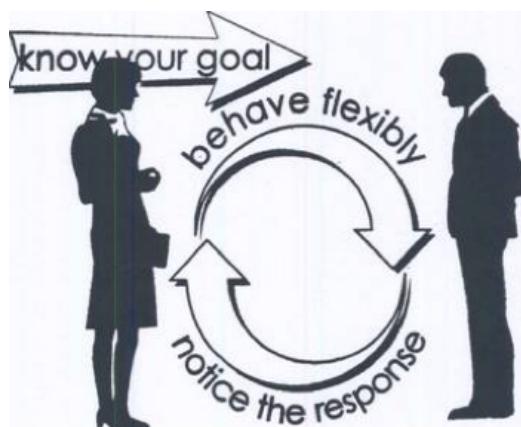
In any encounter, martial or otherwise, we are aiming to connect with the other person and be so engaged that you can respond to the smallest of movement.

Josh Waitzkin, a chess grand master and world Tai Chi Chuan Push Hands Champion talks about when an opponent pushes he withdraws, the opponent pushes again and he withdraws so a pattern is being set up and he has sort of trained his opponent to continue the pattern and the next time he pushes Josh responds differently and takes his balance. Of course this all happens in seconds or less whereby there isn't time for conscious thought and you depend on all that training, the 10,000 hours, so the physical skills are wired in and you can respond automatically.

“Knowledge is only rumour until it is in the muscle”

– New Guinea Proverb

This is the same as when we are working or talking with someone else, we are in a communication loop, an on-going feedback system where we are connected. We see, hear and feel what the other person is saying and doing by keeping our selves present and being mindful. As long as we can build and maintain a connection and be in rapport we will have an influence on the other person and of course we will also be open to being influenced as well because we are also in the same loop. When a person is having difficulty with someone in a relationship they often blame the other person and forget about their part in the system and their expectation is for the other side to change in some way. Maybe that might work but usually it causes an impasse.



When you watch film clips of O Sensei they clearly show, despite offering his wrist to be grabbed, how he always took the initiative and delivered almost imperceptible atemi (strikes) either before or during techniques that momentarily surprised and stopped the opponent from delivering a proper full-hearted attack.

**“THE HIGHEST LEVEL OF SWORDSMANSHIP IS SAID TO BE “SWORDLESS” TECHNIQUE, EVADING RATHER THAN STRIKING AND THIS IS LIKE THE ART THAT O SENSEI DEVELOPED WHEREBY IN A DUEL WHAT WAS ACCOMPLISHED WAS THE TRANSFORMATION OF AN ENEMY, VIA HIS WAY OF FIGHTING, INTO A GREAT AND LOYAL FRIEND. THIS IS PART OF THE ESSENTIAL MESSAGE OF AIKIDO AND WHAT O SENSEI WAS TRYING TO TEACH”— AIKIDO JOURNAL**



Paddy Bergin has been training in Aikido for 35 years and is a 5th Dan Yudansha and Instructor at The London Aikido Club. He works as a NLP Coach and he can be contacted at: patbergin@hotmail.com. The book is now available at online retailers.

[https://www.amazon.co.uk/Mutual-Mindfulness-Universal-Principles-Excellence/dp/152722337X/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1547478896&sr=1-1&keywords=mutual+mindfulness](https://www.amazon.co.uk/Mutual-Mindfulness-Universal-Principles-Excellence/dp/152722337X/ref=sr_1_1?s=books&ie=UTF8&qid=1547478896&sr=1-1&keywords=mutual+mindfulness)

## DISCLAIMER

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# Upcoming Events



## 20th Year Anniversary Celebration Seminar

**Saturday 11<sup>th</sup> & Sunday 12<sup>th</sup> May  
2019**

**Under the direction of :**

**Paul McGlone Sensei 7<sup>th</sup> Dan  
Tony Sargeant Sensei 6<sup>th</sup> Dan  
John Longford Sensei 6<sup>th</sup> Dan  
David Law Sensei 4<sup>th</sup> Dan**

**Venue:**

Rickman's Corner Community Centre  
Linton Heath (Just off A444)  
Linton  
Swadlincote  
South Derbyshire  
DE12 6PD

**Training Times:**

Saturday	11:00-17:00
Sunday	10:00-16:00



**Cost £35 for one day, £60 for two days**

**BIG savings for advance booking!!**

For more details or to book a place, please email: [shirokashiaikido@gmail.com](mailto:shirokashiaikido@gmail.com)

## Upcoming Events

# HELP FUND THE FIGHT

Together we will find a cure



**Brain Tumour  
Research**

Brain tumours kill  
more children  
and adults under  
the age of 40  
than any other  
cancer

## Aikido Seminar Fundraising Event in Memory of Penny Rowland-Karpel

Sensei Les White 7th Dan

Sensei Marill Poole 7th Dan

Sensei Roy Sheppard 6th Dan

Sensei Paul Foster-Dent 5th Dan

Sunday 17th March 2019  
1000 - 1630 (Registration from 0930)  
Course Fee: £25 Non BAB Members £30

*'The birthplace of Aikido in the UK'*

**The Hut Dojo**  
Old Orchard Road,  
Uxbridge, Middlesex, UB8 3LH

For directions/map see [www.thehutdojo.co.uk](http://www.thehutdojo.co.uk)

Please bring own refreshments

By request, please park in the street

07976 753008  
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Just  
**1%**  
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disease

Text  
**PENR66**  
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donate  
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# Upcoming Events



## Institute of Aikido

### Winter School 2019

**Wycombe Judo Centre**

**Barry Close, High Wycombe, Bucks. HP13 4UE**

**Saturday 23 March - Registration 09:00**

**Course 09:30 - 17:30**

**Sunday 24 March - Registration 09:30**

**Course 10:00 - 15:30**

**Cost in advance, payable by 29 Feb:**

**Both days - £30.00: Sat only - £20.00: Sun only £15.00**

**Pay on the day:**

**Both days - £40.00: Sat only - £25.00: Sun only - £20.00**

**Please ensure you bring Bokken & Jo and proof of insurance.**

**Register for the course by completing the Booking Form**

**to be found on Slough Centre Aikido's website at:**

**<http://www.sloughdojo.co.uk/html/courses.html>**

**where you will also find details of accommodation at the Holiday Inn, High Wycombe where we have negotiated a special rate.**

**On the Saturday evening at the Holiday Inn there will be a Course Dinner at 7:30pm at a cost of £25.00. Details of menu choices on the above website.**

**Further information from Sensei William Timms at 07770 823255  
email [smap1@btconnect.com](mailto:smap1@btconnect.com)**

# 合氣道小林道場英國

Hiroaki Kobayashi Shihan 7<sup>th</sup> Dan Aikikai

9<sup>th</sup> – 11<sup>th</sup> August, 2019.



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CARDIFF NATIONAL  
SPORT CENTRE.

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

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

Updated details will be available over the coming months on:

[www.facebook.com/AikidoKobayashiDojosUK/](https://www.facebook.com/AikidoKobayashiDojosUK/)

[www.aberaikido.org.uk/Cardiff2019.html](http://www.aberaikido.org.uk/Cardiff2019.html)

## Upcoming Events

### FUDOSHIN AIKIDO CARDIFF



# DOMINIQUE PIERRE

6<sup>TH</sup> DAN AIKIDO  
AIKIKAI SO HOMBU

• 6<sup>TH</sup> DAN IAIDO  
KUDEN SHUGO F.E.I

**29<sup>TH</sup> MAR - 1<sup>ST</sup> APR 2019**  
**BATH • CARDIFF • SULLY**

A weekend course of Aikido and Kenjutsu with one of Europe's finest instructors!

These seminars are open to practitioners of all levels, schools and associations.

Please see our website for further details.



[aikidocardiff.com](http://aikidocardiff.com)

# Upcoming Events

## BRITISH AIKIDO BOARD NATIONAL WEAPONS COURSE 2019

6th April 2019

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

Telephone: 01895 265305



### Instructors

**Paul Barker 7th Dan**

**Aikido Circle**

**Paul McGlone 7th Dan**

**Takemusu Iwama Aikido Europe**

**Richard Small 4th Dan**

**Takemusu Iwama Aikido Europe**

### Course Fees

**On the day £25.00**

**Advance booking £20**

**Non-BAB members: 30.00 on the day, £25.00 Advance booking**

**Registration from 08:30**

**Course Start 09:30**

**Course Finish 16:45**

**Booking forms obtainable from BAB website**

**Refreshments are available**

**Accommodation : Lancaster Hotel (on Brunel University site): Telephone: 01895 268006**

**Those attending should make their own arrangements direct**

# Upcoming Events

# WHITE ROSE AIKIKAI 40TH ANNIVERSARY



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



**Philip Smith Shihan**  
7th Dan - Aikikai Foundation



**Shane Riley Shihan**  
7th Dan - White Rose Aikikai



**Philip Lee Shihan**  
7th Dan - Aikikai Foundation



**Sensei Paul Derrick**  
7th Dan - White Rose Aikikai



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

## SEMINAR VENUES:

### **Friday 11th October Evening**

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

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

### **Saturday 12th October & Sunday 13th October**

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

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

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

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



Find us on

[www.whiteroseaikido.com](http://www.whiteroseaikido.com) | E: mark@whiteroseaikido.com



## Upcoming Events

# AIKIDO FRIENDSHIP COURSE

Aikido for Daily Life ~ Aikido Development Society ~ Institute of Aikido

**UK Shinwakai Kai Shin Kai**

**SATURDAY 27th April 2019: 9.30A.M – 4.30P.M.**

(Registration from 9.a.m.)

**Sensei Bill Harris 7th Dan    ~~~    Sensei Marill Poole 7th Dan**

**Sensei Piers Cooke 7th Dan**

**Sensei Roy Sheppard 6th Dan    ~~~    Sensei William Timms 6th Dan**

**Sensei Steve Billett 6th Dan**

**ALL AIKIDOKA WELCOME, IN HARMONY.**

Course Fee: £20 Non BAB Members £25

**VENUE:**

**High Wycombe Judo Centre**

**Barry Close, High WycombeBucks HP12 4UE**

For directions/map see [www.kuraiaikido.co.uk](http://www.kuraiaikido.co.uk)

Contact: 01895 636344 or email [kuraiaikido@hotmail.com](mailto:kuraiaikido@hotmail.com)