

BAB National Course 2013

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Welcome...

Welcome to the December issue of the Aikido Times. I am delighted to be taking over editorship of the Newsletter, and I would like to thank



Mick Mercer for the all his hard work over the past couple of years in producing many interesting issues.

I have lots of plans for 2014, and hope to publish an issue of Aikido Times every 2 months. My aim is to broaden the range of articles and hopefully include contributions from as wide a range of aikidoka as possible.

As with previous editors I am going to ask and encourage you to send in articles for publication –or even simply suggest topics you would like to see included.

At the moment we are only reaching a fraction of the total BAB membership with the Newsletter and so I also want to see as many people on the subscription list as possible. So please spread the word in your clubs and get people to sign up!

You will notice interactive links in blue throughout the magazine – and these will take you to other pages, articles and resources which I hope will be of interest.

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

mediaofficer@bab.org.uk

Brian Stockwell, Editor

Featured articles

BAB Chairman, Vincent Sumpter, steps down.

Full report on page 2



Scientific Explanation Of Martial Arts Technique page 3

“The Taxman cometh” Aikido and HMRC page 6

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Child Protection and DBS page 10



Merry Xmas and a happy new year to you all



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The BAB Chairman steps down



Vincent Sumpter has been Chairman since May 2002 and has overseen many changes and improvements to the BAB during his 11 years in office. However as a result of having undergone major surgery, in August, this year, he is no longer able to practice aikido and feels unable to continue with the heavy responsibilities of Chairman of the BAB.

It was therefore with great regret that the Executive Committee accepted his decision

to stand down from his role as Chairman. He has however agreed to continue holding the Board's Insurance portfolio, where his knowledge and experience are invaluable.

Vincent started his aikido in 1974 at the Aikikai Hombu Dojo Japan, under the instruction of Shihan Seijiro Masuda (8th Dan) who graded him Shodan in 1977. On his return to England he practiced at Oxford University under Sensei Minoru Kanetsuka (7th Dan) who graded him Nidan in 1987.

In 1986 he joined Kai Shin Kai who in addition to being strong supporters of the BAB are also affiliated to the Japan Aikido Association [JAA] through the British Aikido Association. He was graded Sandan in 1988, Yondan in 1990 and Godan in 1997.

For over 20 years Vincent has taught regularly at Kai Shin Kai Clubs in the USA and Italy and has been a annual Guest instructor at the Leeds BAA Tomiki Summer School. In recent years Vincent has also been making trips to Minsk, Belarussia, to teach Bokken and Jo- jutsu to the International Aikikai-registered group resident there.

In 2010 Vincent was graded to Rokudan, by Kai Shin Kai, in recognition of his many years in the practice and teaching of aikido and the expertise and efficiency in carrying out the various positions he held over many years.

In thanking Vincent for his long and most valued service the Executive Committee extended their best wishes to him for a healthier future.

Keith Holland

(Acting Chairman (BAB))

The Executive Committee previously appointed Keith Holland, the Vice Chairman, as Acting Chairman and he will continue, with full Chairman's responsibilities, pending the next AGM.

Submitting an article, news or event for the newsletter

Text should be in one of the following formats:

- Word
- Pages
- Publisher
- PDF
- InDesign
- Plain text

Images and pictures:

- JPG
- TIFF
- PNG
- PSD

If you have any queries concerning format then please email mediaofficer@bab.org.uk (please use this email 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.

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DISCLAIMER

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Mark Hardwick

Please ensure that if you practise any of the methods and ideas described below, you do so under proper instruction.

The BAB National Course 2013 held at Warwick University our thanks go out to the organisers Shirley Timms & Keith Holland.

Instructors of the day were Terry Bayliss 8th Dan, Roy Sheppard 6th Dan, Scott Allbright 6th Dan, Piers Cooke 7th Dan and Richard Lewis 4th Dan.

[Click here to take a look at the pictures of the day.](#)

The martial arts predate modern science by about a thousand years, and so they evolved independently of any conventional scientific knowledge. Many martial artists still study and practice their art in a traditional way without reference to any of the modern sciences which are used to inform other activities. Although the martial arts may be able to learn from modern science, the reverse is also true. Martial arts have much to offer modern thinking, not only in respect of their performance of techniques, but also in relation to their health giving properties and spiritual underpinning.

This article is not intended to persuade anyone that a scientific approach can encourage higher standards of martial arts, because this may not be true. A martial art is, after all, a martial 'art', and not a martial 'science', and so your training should be artistic, and the performance of your art should look beautiful. The artistry involved not only gives the martial arts their essence, but it also enhances technique and improves the effectiveness of movements. A correctly delivered punch thrown artistically will normally have more effect than a wild haymaker thrown with great might. This emphasis on 'art' has served the martial arts well over the centuries and

should not be displaced by science.

Even so, it is interesting to take a scientific look at some of the elements of the martial arts, as this may enable a different way of understanding technique, and may shed light on some of the more mysterious things that happen in practice or performance. Some more scientifically minded individuals may choose to adopt a scientific outlook if it is felt that this will enhance their progress in their art. This article will concentrate on an area of science known as 'biomechanics', which is the study of mechanical movement in humans.

Unbendable arm

Stand facing a training partner and place your right wrist on his left shoulder, palm facing up. Clench your right fist as tightly as you can and then ask your partner to try to bend your elbow by pressing down firmly on your right arm just above the elbow (the partner can use both hands – fingers interlocked). After a while, and no matter how hard you resist, the partner should be able to bend your elbow.

Now try it again, but this time relax your arm and keep the hand open, in fact relax your whole body and slow down your breathing rate. Make sure you relax as much as you can. Ask the partner to try and bend the arm again. This time he/she should find it much more difficult even though you are relaxed...so why is that?



Some people might consider this to be the application of ki (or chi) energy...and it might be. But there is a possible scientific explanation. Clenching your fist tightly will mean that you contract the muscles in your forearm, and this will also encourage you to contract your biceps muscles without you realising it. The biceps muscles are the ones which bend the elbow. Therefore, when you think you are applying resistance by clenching your fist, you are



in fact preparing your elbow to bend. This does not happen so easily when you open the hand because you will also relax the biceps muscles at the same time.



Centre of gravity

Think about the way your instructor has shown you to stand, and ask yourself why you stand in this way. One of the key elements of the stance is to make sure you have good balance. Your centre of gravity is located in the centre of your body at around the height of the navel. The centre of gravity will move within your body as you change your body position, but as long as it remains above your base (which is the outline drawn around both feet) then you will not fall over.

If you were to lower your centre of gravity, and make your stance wider, this makes it harder for an opponent to knock you off balance, as your base is larger and more force is needed to move your centre of gravity. This gives arts which advocate low, deep stances very good balance. The only trouble is, the lower you get, the more difficult it is to move quickly on your feet, and so a more upright fighter will have an advantage in speed. The trick is to find a happy medium, and a stance position which suits you.



When executing a throw, you are really trying to move the opponent's centre of gravity to a position outside his/her base. As soon as that point is reached the opponent will find it hard to maintain balance, and the momentum of the throwing technique will take him/her over. In trying to resist a throw just do the opposite – keep moving your feet so that the thrower is unable to make you lose your balance.

Flexibility

Remember that the key to having good balance is to keep your centre of gravity above your base. If it moves outside the base you will know this because you will start to topple over. Try standing with both feet together and then leaning forward. As soon as the centre of gravity moves forward of your feet you will have to move one foot forward to stabilise yourself.



So a problem for kicking arts is that whilst kicking, the base is now much smaller (only one foot instead of two)

Funding for your club

Sport England's Inspired Facilities programme is focused on making it easier for local community and volunteer groups to improve and refurbish sports clubs or transform non-sporting venues into modern grassroots sport facilities.

Part of *Places People Play*, Sport England is investing £50 million of National Lottery funding in up to 1000 community sports projects between 2011 and 2014.

Round 5 is currently open to applications and will close on 16 December. There has been a further £40 million investment allocated to continue the Inspired Facilities programme for a further three years so this is not the final round.

The next round will be launched in Spring 2014. All of the projects that receive funding in the next three years will still have an association with London 2012 and will carry the Inspired by 2012 logo.

To find out more, or to start your application [CLICK HERE](#)

If you require any NGB key documents to support your application then please check the downloads section of the BAB web site



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and the centre of gravity moves back as you lean away from the kick. The centre of gravity is now backward of the base and so the tendency is to fall backward. This has several disadvantages. It is hard to keep your balance if you are on one leg for too long; your bodyweight can move away from the direction of the kick, causing a reduction in momentum and causing you to bounce off your opponent; and you may find it is difficult to recover a good position after the kick has finished.

Good flexibility will mean that you don't have to lean back as far. This will make it easier to keep your balance; it will mean that more of your bodyweight is added to the force of the kick; and will mean that you can recover a good balanced position quickly. So achieving better flexibility is not only about being able to kick higher, it also means that you can kick to the mid section with better balance.

Power

Obviously if you strike with more power it will have more effect. Power is the combination of strength and speed (power = strength x speed²). If your opponent is a large person with big muscles he/she probably has a lot of strength, but watch how he/she moves...does he/she have speed as well? If not, then his/her overall power might not be all that good. Notice that power = strength x speed squared. This means that if you increase your speed you probably will develop more power than if you develop strength. You actually want to develop them both of course, and then if your techniques are delivered artistically this will add even more power.

Impulse

So having developed all this power you now have to apply it to the target. You won't have much effect if you miss it, so accuracy is very important. As well as that though, imagine hitting something with all the power that you have, and then stopping the strike the instant it hits the target. The effect is negligible. You therefore need to make sure you follow through with the strike. This means that the strike and the target remain in contact with each other for longer (the same as playing a shot in golf, tennis, cricket, etc.). This will mean that you impart a greater 'impulse' to the target:

$$\text{Impulse} = \text{Force (or power)} \times \text{Time in contact.}$$

The power of the strike is therefore magnified by the amount of time it is in contact with the target. You cannot take this to extremes though, because if you remain in contact with the target for too long, your strike will lose speed, therefore reducing power.

Summary

I hope that this brief look at the science of biomechanics in martial arts has encouraged you to look at your practice from a different perspective but, as I said at the beginning of the article, science is not a substitute for artistic technique. It does though provide you with a different way of understanding your movements, and it might help you to explain some of the things that happen in your classes. You may have seen your teacher performing some incredible feats. Science may be able to explain some of these, but whether it can explain them all is for you to judge.

Mark Hardwick is a Lecturer in Sports Science and Jee Pai Kung Fu Instructor



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‘Tax doesn’t have to be taxing’ was the strapline HMRC used when they decided to switch over to self assessment, and for a lucky few that turned out to be true. However, for most people the minefield of taxation and all the small print can result in total confusion.

If you are running aikido classes and taking fees then it’s important that you keep on the right side of the tax man. If you don’t get to grips with your paperwork – you might come ‘unstuck’ – so grab the bull by the horns and let’s make a start.

Am I self-employed?

The first thing to work out is if you are working in aikido as a volunteer – or whether you are earning income that needs to be declared (if you get an aikido PAYE payslip then this means you are an employee and tax will be deducted at source. There are probably very few aikido groups which fall into this category). If you are receiving income that has not had tax deducted at source then you may be classed as self-employed and therefore any income you receive should be reported to HMRC.

Assessing whether you are self-employed is not as easy as it sounds, and so HMRC have very kindly provided an online form that can be completed that will give you a definitive answer as to your employment status. If you complete this form you will know if you need to complete a tax return form. You can find the form by clicking on this link:-

www.esi2calculator.hmrc.gov.uk/esi/app/index.html

Do I need an accountant?

When I meet with people wanting tax advice they are often surprised at the expenses they can claim against their income (and so reduce their tax liability). After all, HMRC aren’t going to shout about what you can claim, and their website is so full of information that even for those of us who know what we’re looking for find it frustrating.

I would always urge anyone needing advice to see an accountant. Even if you see them only once, they are full of knowledge and ideas that will help you on your way. It could be one of the best investments you make!

Most people are concerned about the cost but it does not need to be expensive. There are advisors that are QBE (qualified by experience). These tend to be cheaper than the qualified accountants.

An accountant that has qualified under any of the reputable professional bodies will have taken extensive exams and completed work experience. They are also required by their professional body to keep their skills and knowledge up to date. You would also have recourse by contacting their

EVENTS

Aikido Tai Sai

26th & 27th April 2014

Tony Sargeant Sensei, 6th Dan. Takemusu Iwama Aikido Europe

Wellsprings Aikido, Herrison Hall Ballroom, Charlton Down Village Hall. Near Dorchester. Dorset DT2 9UA.

Open to all aikidoka. Please bring bokken, jo and proof of insurance.

www.wellspringsoftheeast.co.uk

[CLICK HERE](#) for a booking form:

[CLICK HERE](#) for supplementary information:

Aiki Extensions European Seminar - 2014 "Pushing for Peace Seminar"

June 6th, 7th & 8th 2014

Mandeville Hall, Tan House Lane, Reach Road, Burwell, Cambridgeshire

For more information contact Quentin Cooke at

q.cooke@ntlworld.com



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Established in 1994, Nine Circles has grown to be a leading supplier of traditional Japanese Budo Equipment. From our inception we have always stressed the importance of supplying quality Japanese Budo products at competitive prices.

“We cater to Aikido, Jodo and many other Koryu arts, and regularly add to and update our ranges to offer our customers trustworthy favourites and innovative new products. We do not have a shop or showroom and operate purely as a mail order and internet sales company at present. It is however possible to arrange appointments to visit us and view items, so please contact us if you would like to arrange a visit.”

<http://www.ninecircles.co.uk/>

representative body of you were not happy with the service that you received. Furthermore, if you keep good records then having your accounts and tax return prepared professionally needn't cost the earth.

The most important thing when choosing an accountant is that you find someone you feel comfortable with. An accountant that you can tell about your darkest dealings and who can help you to resolve any situation is worth their weight in gold!

Once you have confirmed that you are in fact self-employed you will need to register with HMRC using the following link:

www.hmrc.gov.uk/sa/register.htm

If you fail to complete a tax return when you are legally obliged to do so there are strict penalties that HMRC can impose on you. They have the power to look into your tax affairs historically and to assess and demand any tax they deem is payable. If you have not kept correct records then HMRC may make an assumption on the tax due which will then be payable.

There have been instances where tax inspectors have kept aikido club leaflets going back for many years. Once an investigation has been launched then all this background information can be used to assess your tax liability. So, even if you are a volunteer it's important that your club keeps appropriate records to support their (and your) financial position.

In future issues of the Aikido Times I will look at items of expenditure that you can set against income, and also investigate the Community Amateur Sports Club scheme (CASC) to see how this might help (or hinder!) your club.

BAB leaves Clubmark

The British Aikido Board has rescinded its Clubmark license with immediate effect. This will not affect the status of currently accredited aikido clubs in any way. It does mean that aikido clubs wishing to gain accreditation or reaccredit, need to contact their local County Sports Partnership (CSP) who, in most instances, will be only too pleased to support a club through the accreditation process (this applies to adult-only clubs also).



Clubmark would like to thank Terry Bayliss of the British Aikido Board for his many years of loyal service.

Terry has been the driving force behind Clubmark development within Aikido for the past five years. Working with Clubmark, Terry has helped guide over a dozen clubs through the accreditation process and strived to build on and maintain high standards throughout the sport.

Commenting on these recent changes Terry Bayliss added “I am hoping that we still can play a major part in helping accreditation for Clubmark and I look forward to future developments.”

The Clubmark team would like to thank Terry for his dedication, hard work and great attitude over the last five years. If you are an aikido club wishing to become accredited and need some support, please go directly to your CSP (links can be found by clicking below).

[Link to CSP LIST](#)



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Aiki Extensions European Seminar 2014 "Pushing for Peace Seminar"

Aiki Extensions is an international group based in the USA that seeks to bring together people who want to take the principles of aikido off the mat and into the wider world.

O Sensei described aikido as the 'Art of Peace' and saw it as 'a way to reconcile the world'. One hundred years on from the start of the First World War, with war still raging in various parts of the world and conflict of some sort featuring in most of our lives, it seems appropriate to have a seminar focusing on how we can make O Sensei's vision come true.

Every ocean began with a drop of water and so whilst it is not expected that the seminar will change the world overnight, it just might provide some inspiration for the quiet and positive ways we can all make a difference in our own communities. It's time to turn the drop of water into a shower of rain.

You are invited to participate in a seminar that will allow you to meet with people that share this vision, to learn new ways of expressing these ideas in your aikido practice both on and off the mat. The agenda is not yet set, but the venue in Burwell, near Cambridge, offers three halls and you will have the opportunity to learn from a host of fantastic teachers from around the world, on a wide range of topics. More information will be posted as we get closer to the event.



Quentin Cooke

To book please [CLICK HERE](#) to email q.cooke@ntlworld.com

[CLICK HERE](#) to sign up for MUSUBI the official free Aiki Extensions newsletter.



Aiki Extensions
Harmony in Action

"The Way of the Warrior has been misunderstood. It is not a means to kill and destroy others. Those who seek to compete and better one another are making a terrible mistake. To smash, injure, or destroy is the worst thing a human being can do. The real Way of a Warrior is to prevent such slaughter — it is the Art of Peace, the power of love."

O Sensei

Safeguarding: quick links

Does your club teach under 18s? Do you need help or advice on running junior sessions? If so, your Association CPO or Club Welfare Officer are the people to go to for advice and information.

There are also some great resources on line (click the links to find out more):

- [The Safe Network](#)
- [The Child Protection in Sport Unit](#)

Worried about a child? Advice and support from the NSPCC whenever you need it.

Call 0808 800 5000

ChildLine: A free and confidential helpline for children who have concerns. Call 0800 1111

Have you registered your membership with the BAB

The BAB is really keen to get as many individual members registered on the BAB web site. This will enable much more effective communication so that you can stay in touch with key events and information.

[CLICK HERE](#) to register

BAB Grade Certificate

Did you know that BAB members can apply for a BAB Certificate?

To purchase a BAB Grade Certificate, login to your membership area and follow the procedure from there.

[CLICK HERE](#) to apply



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The courses listed on this page are available free of charge to BAB instructors, Coach Tutors, CPOs and CWOs. We are grateful to Endlseigh (our insurance brokers) for their generous support of this initiative. See bottom of page for enrolment information.



NSPCC Child Protection Awareness in Sport and Active Leisure

This programme is suitable for anyone who comes into contact with children and young people through their work in a sports or active leisure setting. It provides an excellent introduction to safeguarding children and young people and will help you to recognise the early warning signs of possible abuse.



NSPCC Safer Recruitment

This programme is suitable for anyone who is responsible for recruiting paid staff or volunteers into their organisation. It includes guidance on recruitment, selection techniques, checks and safeguards to put in place, and post-recruitment vigilance that will help you to reduce the risk of employing someone who may pose a danger to children.



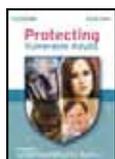
NSPCC Preventing Bullying Behaviour

This programme has been written in partnership with the Anti-Bullying Alliance. It will help you to understand bullying behaviour, and explains how you may prevent it or respond to it when it does occur, as well as providing guidance on developing an anti-bullying policy.



An Introduction to Equality & Diversity

This programme is an introduction to equality and diversity, what they mean and how they affect you. It looks at some of the barriers that can prevent equality from being realised, such as prejudice, stereotyping, discrimination, victimisation and harassment. There is a brief explanation of the Equality Act 2010 and the 'protected characteristics' that form the basis of the law.



Protecting Vulnerable Adults

Produced with a consortium of leading health and social care organisations (including Mencap, the Royal College of Nursing and St John Ambulance), this programme is essential for anyone who comes into contact with vulnerable adults in a work or voluntary setting. It provides key information including definitions and signs of abuse, likely threats, and what to do if you suspect someone is being, or has been, abused.



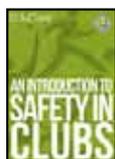
Basic Food Hygiene

This authoritative Level 2 programme is specifically designed for food handlers. It contains essential information on all aspects of food hygiene and meets CIEH (Chartered Institute of Environmental Health) standards. Ideal for anyone who prepares or serves food as part of a sporting club.



Personal Safety

This programme has been awarded the Association of Chief Police Officers' (ACPO) 'Secured by Design' seal of approval. The programme will show you how to reduce personal safety risks by using risk assessment and provides a number of proven, positive action techniques that are appropriate for both work and leisure safety.



An Introduction to Safety in Clubs

Written with the sport sector in mind, this introductory EduCare programme offers an insight into the key elements to consider in ensuring the safety of your staff, members, volunteers and premises. This programme has been awarded the Association of Chief Police Officers' (ACPO) 'Secured by Design' seal of approval.



NSPCC Children's Rights

This programme gives a clear and concise insight into what children's rights are and how they apply to anyone who comes into contact with children and young people through their work or in a voluntary or leisure setting. It introduces the International Convention and what it means in practice and suggests what you and your club can do to ensure you uphold children's rights.



NSPCC Child Protection - Staying Aware

This programme is designed for people who have previously completed Level 1 or 2 child protection training. It consists solely of a questionnaire that will test a person's child protection knowledge, and also their understanding of how to promote the welfare of children.

To apply for a place please email Sue Ward (sueward.cpo@gmail.com), ensuring that you have the appropriate permission from your Association. You can study at your own pace, and you have around 6 months in which to complete the Units. On successful completion of each Unit you will be able to download a certificate of achievement which has CPD points allocated. Places are limited and allocated on a 'first come, first served' basis.

DBS barred lists: Note for CWOs and Association CPOs

BAB member clubs must refer someone to DBS if they:

- removed them from post because they harmed a child
- removed them from working in regulated activity because they might have harmed a child or
- were planning to remove them from post for either of these reasons, but the person resigned first

An employer (which also includes a club using volunteers) is breaking the law if they don't refer someone to DBS for any of these reasons.

DBS checks (formerly CRB checks)

Sue Ward, BAB Lead Safeguarding Officer

The Criminal Records Bureau (CRB) and the Independent Safeguarding Authority (ISA) have merged to form a new body called the Disclosure and Barring Service (DBS). CRB checks are therefore now known as DBS checks

Roles (paid or voluntary) that involve caring for, supervising, teaching or being in sole charge of children (also known as 'regulated activity') require an enhanced DBS check. This also includes checking whether someone is included in the DBS 'barred lists' (previously called ISA barred lists) of individuals who are unsuitable for working with children.

It's against the law for employers to employ someone or allow them to volunteer for this kind of work if they know they're on one of the barred lists. This means that it is vitally important that those working in 'regulated activity' in the BAB ensure they are DBS checked BEFORE they take up their role. It's sometimes not clear cut which roles require these checks, so your Association CPO will be able to supply you with further guidance. (NB: if you are already in post then the appropriate level of checks will be rolled out at renewal dates.)

The basic, simplified process is shown below for those taking up a new role (e.g. starting as a junior instructor or helper on the mat):

1. Individual goes through a recruitment process within their club
2. Once the individual is approved/appointed the Association CPO (or CWO) will determine the correct type of DBS check needed
3. The individual completes a DBS check application (paper based or on line) and makes payment
4. The check is processed by the DBS and the resulting Certificate is sent to the applicant
5. The BAB will determine if the check is clear – or has 'content'.
6. If there is 'content' then the BAB will request the certificate from the individual and make a recruitment decision. (The Association CPO can contact the Lead Safeguarding Officer to check progress if required.)
7. Once the BAB is satisfied that the applicant is not barred, and has no other criminal records history that makes them unsuitable to work with children, then the individual may take up their role.

The DBS Update Service (aka Portability)

The DBS update service lets applicants keep their DBS certificates up to date online and allows employers to check a certificate online. In theory this means you *may* now only need one DBS check for all roles.

You can register online as soon as you have your application form reference number. Or you can wait and register with your certificate number when you receive your DBS certificate. If so, you must do so within 14 days of the certificate being issued. Registration lasts for 1 year and is free for volunteers (otherwise it costs £13 per year).

You'll get an ID number with your registration (make sure you write it down as it can be tricky to get hold of it afterwards). When you join the Update Service, you'll get an online account that lets you:

- take your certificate from one job to the next (as long as the roles are the same)
- give employers permission to check your certificate online, and see who has checked it
- add or remove a certificate

