

# Aikido Times

THE OFFICIAL NEWSLETTER OF THE BRITISH AIKIDO BOARD



Jan 2017



Happy New Year and welcome to the first issue of the Aikido Times for 2017.

I would like to express my thanks to my friend Mark Hardwick who has been contributing articles since we launched this version of the Aikido Times. He is not a member of the BAB nor an aikidoka, but his willingness

to support our Newsletter is a real expression of support and friendship in Budo.

I do hope to receive more contributions from within aikido in 2017. Be it a short club profile, a course report or a more in depth article, I would love to hear from you!

Brian Stockwell, Editor

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## Executive Committee Report by the Chairman

### Appointments

We are pleased to report that Chris Cook, who is already making a positive input as our Equality & Equity Officer has also been appointed to the role of Resources Officer. Chris's report will follow in the next issue of the Aikido Times.

### Child safeguarding

We would like to pay tribute to Sue Ward who for many years has been at the forefront of improving the safety of our young members through her work as BAB Lead Safeguarding Officer. Typical of Sue's concern for our youngsters is that, even though she is no longer the LSO and her Association is currently not in BAB membership, she has kindly offered to continue in a mentoring role for Geoff Aisbitt the current LSO; an offer which I have been delighted to accept.



## ***DBS Criminal Record Checks***

It was recognised that a number of posts at both Board and Association level, which would not be subject to an Enhanced DBS check as they were not considered to be in “regulated activity”, could still impact on child safeguarding e.g. CLOs, It was therefore agreed that it would be “best practice” for such posts to be subject to a basic DBS check and this is being recommended to all Associations. The Committee have agreed that this will be a requirement for all BAB Officer appointments.

## ***Alex Goodwin Appeal***

We have been heartened by the number of clubs and individuals who have responded to this Appeal over the last few months and we are delighted to report that to date some £2500 has been donated through the BAB membership and there are more fundraising events planned.

Thank you to all who have contributed in any way and shown the spirit of care our members have for fellow aikidoka.

## ***Aikido in Schools***

Grev Cooke is currently leading a BAB initiative to introduce aikido in schools both as part of the curriculum and as an after hours activity, and Associations will be soon be receiving details of the scheme and invited to participate.

The Committee were delighted to note that this valuable initiative is in line with policy decisions recently announced by the Government and Sport England.

## ***Aikido & Transgender Athletes***

Work is currently being undertaken by the Equity & Equality Officer on the development of a policy relating to transgender students practicing aikido and as an interim measure the Committee agreed to adopt the following position:-

The British Aikido Board considers that Aikido is generally not a gender-affected sport under the Equality Act 2010. However Aikido organisations/clubs that include formal Aikido competition may reasonably deem that Aikido is gender affected. In such cases where a transgender athlete is looking to participate in Competitive Aikido they should in the first instance contact the CWO who will work directly with the transgender athlete to formulate a policy in liaison with the BAB.

## ***On-Line Registration Service – Potential Additional Benefits***

We have previously reported on the pilot study on the provision of an on-line registration service and are delighted that this has been successfully adopted by several Associations. We are aware that in addition to streamlining the present manual process it will also provide the opportunity for the development of a number of new initiatives to help manage the BAB’s role. We have therefore agreed that the scheme will now be made available to all Associations, but those who wish to retain the old hard copy system can continue to do so.

## ***National Course 2017***

This year’s course will be held at Brunel University, Uxbridge, Middlesex on Saturday 7th October. This venue has proved very popular in the past because of its easy access to the motorway network, so make a note in your diary and watch out for full details.



## Insurance Update

Vincent Sumpter, BAB Insurance Liaison Officer

### *The insurance act 2015*

What does it mean for the BAB, your Association or Club, or you as a student, instructor/coach, Club or Association volunteer?

This new legislation is designed to help provide the BAB and its members with better, fit-for-purpose protection so that we can insure you and your Club/Association with confidence. It relates to insurance contracts, both existing and new, and applies to all contracts written on behalf of a commercial entity – in our case, the British Aikido Board and its members. The new Act more fairly represents the interests of both insurer and us, the insured.\*

Our current Insurance Broker (Endsleigh) will work with the BAB to ensure that the objectives of the Act are achieved. In this regard the Insurance Act 2015 incorporates a key change which requires our attention, and that is:

A Duty of fair presentation. This requires the BAB – and you, the BAB member – to disclose material facts which could impact upon our insurance requirements. It seeks that we:

- identify the risks which the BAB, you and your Association/Club officers know, or reasonably ought to know, about risks in your business (that is, Aikido)
- provide sufficient information to enable our insurers to ask questions regarding circumstances which the BAB and you think might be material before they make their decision to insure us.

A material fact is one which influences the insurer before making their decision to accept the risk.

Provided we – the BAB and you – offer the information clearly and do not misrepresent material facts, and enable the insurer to ask questions, we will have met our obligations.

What must you do in future? If you know of a material fact that could affect the acceptance risk by our Insurance Broker, then please, please, let me, your Insurance Liaison Officer, know so that I can inform the Broker.

November 2016

Vincent Sumpter can be contacted by email at [insuranceofficer@bab.org.uk](mailto:insuranceofficer@bab.org.uk)

**Email address for submissions (articles, letters posters etc):**

[mediaofficer@bab.org.uk](mailto:mediaofficer@bab.org.uk)

**Also see submission guidelines on page 5**



## BAB NATIONAL COURSE – Cardiff October 2016.

### Report by Richard Paull: Oakdale Aikido Club, Shin Gi Tai Aikido Society

As always, the sun was out in Wales to welcome the Aikido community to Cardiff and specifically the BAB National Course 2016 being held at the Sports Wales National Centre, Sophia Gardens.

I can't praise the venue enough, its suitability for a course of this nature is perfect. The Centre features everything from high standard changing facilities, a central location through to on-site café and VIP rooms. Most importantly, the mat area for the course is huge with plenty of room to have a really good "chuckabout", or as my Sensei calls it "expressing yourself".

The day itself was great, and was divided up between five instructors. The thing I love about this course is the opportunity to train with people from different styles of Aikido. It always amazes me that despite all the differences between the training methods, styles of tuition and differences of opinion on Aikido, we have more in common with each other than we first realise.



I think it's far too easy to concentrate on the differences (and let negativity take control), when really we should be doing the exact opposite, we should be celebrating our differences and enjoy the spirit of training together. The National Course is a fantastic way to achieve this, as it brings together the British Aikido community.

I had a superb day training with people from all over the country, and none of them from my own Association. I think I learned just as much from my training partners, as I did from the Instructors. The reason for this is because I feel Aikidoka tend to become programmed to expect a certain thing, or uke in a particular way when training with the same people week in, week out. Whereas training with other styles/Associations will throw that out of the window and make you think about your technique. I thoroughly recommend it as a way to help improve yourself....whilst forging new friendships with people in other clubs or associations too.



The tuition throughout the day kept everyone interested. No two instructors were the same, and there was plenty of time to practice what had been shown. There's nothing worse than being on a course when you don't have chance to practice what's being shown.

The National Course is a way of showcasing the strength and depth of quality instruction that is available to us in the UK. For this reason, I urge you, please support this event. We should be proud of our Aikido heritage, and rightly so, but we should also be looking to the future to see how we can keep Aikido alive on these shores. What better way to do that than bringing our collective knowledge and experience together? The BAB National Course gives us all the perfect opportunity to carry on our traditions!

Speaking of the BAB. Thank you. All of you, for the work you did in bringing this whole event to fruition, and for the work you'll do for us in the future. It is appreciated. I look forward to seeing you again on the next National Course.....it can't come soon enough!



## 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 and anger

Mark Hardwick

The aikido practitioner, over many years of dedicated training, will develop and seek to perfect an array of skills and techniques which rely upon fine details of physical control and an intrinsic understanding of movement and balance. The acquisition of these skills requires the development of extreme physical control, and this is accompanied by the cultivation of advanced levels of control of thinking and emotion. A loss of control of thinking or emotion, as in situations which cause anger, may mean that physical control is also reduced, and so an aikido technique may not work as effectively. In situations then, when the aikido practitioner is exposed to anger, it is worth considering whether anger is indeed a hindrance to performance, or whether there are any aspects of anger which might prove beneficial.



Anger can be considered a form of reactive aggression towards something which has caused the anger response. It can therefore be thought of as a psychological and an emotional condition. However if we then consider that anger and its manifestations are just the product of nervous and hormonal activity, it is also a physical phenomenon.

In a physical sense anger is created by a perception of something, such as a threat or an injustice, which results in rapid elevations of both nervous and hormonal activity. Parts of the human brain which are implicated in the creation of anger include the amygdala (which registers perceptions of fear), the hypothalamus (which organises our responses to a changing environment), and the pituitary gland (which orchestrates hormonal activity). All of these aspects of the brain are a part of the limbic system, which carries out subconscious processes. When we attempt to control

or remove anger, we are trying to override subconscious processes with logical thought processes. There is therefore a conflict within the brain.

Once the amygdala perceives a situation which requires an anger response, the hypothalamus causes the pituitary gland to orchestrate the release of a range of hormones which then circulate in the blood stream, triggering changes in physiological activity. The hypothalamus also causes activation of the sympathetic nervous system, a part of the nervous system which is subconsciously controlled, this again causes physiological changes. The combination of these factors results in enhanced physical manifestations such as generation of energy, increased heart rate, increased breathing rate and depth, enhanced strength, elevated blood pressure, and the inhibition of pain sensation. There is also an increase in psychological motivation.

Although this seems like enhanced physical capability, there are some drawbacks as well: loss of rational thought, loss of fine muscular control, fatigue, reduced peripheral awareness, lack of emotional control. All of these act against the effective and skilful application of aikido, and so it must be determined whether in some situations, for example one which requires self defence, it is worth sacrificing some precision in order to gain more explosive immediate benefits.

Some of the aforementioned advantageous physical manifestations are useful in short duration encounters, and as any unwanted occurrences which require self defence are likely to be short in duration, anger may prove a valuable asset. Big, strong, high energy movements delivered with a snarling expression are very martial, and coupled with the loss of inhibition and the reduction in pain sensation may be just what is needed to get the job done. This is not really an artistic approach though, but intricate, technical movements which require delicate control and subtle body positioning may not be the most appropriate techniques to employ in stressful situations, especially if skill levels are short of perfect.

The question is whether the changes brought about by nervous and hormonal activity enhance the ability of the aikido artist to perform aikido, whether in a self defence situation or any other situation. Considering that good performance of aikido requires high levels of self control, both physically and emotionally, it would seem contradictory to assert that anger enhances performance. However the activation of physical strength, reduction in sensations of pain, and short duration energy gains are likely to be of benefit in self defence situations, as physical potency is increased, and if one of the purposes of aikido is to defend oneself, then this has been served.

For artistic perfection though, when the control which has taken so many years to acquire is taken away from the aikidoka, this is going to be to the detriment of the performance of the art. Thus the experience of anger isn't going to help much in a training environment or when taking gradings.

It is possible that anger, if it is thought to be occasionally desirable, could be purposely cultivated, developed and controlled. This would make it available for use at chosen times at the direction of the aikidoka. Uncontrolled anger though, which is provoked by an external influence such as an adversary or a non-compliant inanimate object, would mean that emotional control is lost. This would mean that the thing causing the anger has already established a degree of supremacy, as it has gained control of the aikidoka.

If the usefulness of anger in the performance of aikido is open to question (it probably depends on the particular situation), when considering anger in everyday life, anger seems to have many more detrimental outcomes than productive ones. The disciplined way in which aikido training is conducted, enhanced by the disciplined environment, contribute to the pursuit of emotional control, and so training in aikido becomes useful in controlling oneself in situations where outbursts of temper, arguments, or throwing cups and saucers around may otherwise occur.



The development of high levels of aikido skills, and the parallel development of self control is likely to result in temperance of mood and equanimity, and an ability to remain calm in annoying or stressful situations. This in turn would lead to a longer and healthier life as the long term physiological effects (not to mention the social effects) of anger are to the detriment of long term health status.

#### References:

Blair R. J. R. 2012 *Considering anger from a cognitive neuroscience perspective* *Wiley interdiscip rev cogn sci* 3 (1) 65-74

Swenson R. 2006 *Limbic system* *Dartmouth medical school*

Williams J.S. & Barnes W.S. 1989 *The positive inotropic effect of epinephrine on skeletal muscle: a brief review* *Muscle Nerve* 12 (12) 968-975

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

### DISCLAIMER

The BAB has taken all reasonable care to ensure that the information contained in this Newsletter is accurate at the time of publication. The content is for general information only, and the views expressed herein are not necessarily those of the BAB.

The BAB accepts no responsibility for the consequences of error or for any loss or damage suffered by users of any of the information contained in this newsletter.

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## Jo Cox MP Memorial Seminar

During October 2016 Shihan Terrence Bayliss, 8th Dan and principal instructor of Seijitsu Aikido Ryu had planned to run a seminar at the brand new Leisure Centre in Huddersfield, West Yorkshire for the White Rose Aikikai. Sensei Bayliss and Seijitsu have had strong links with the White Rose for 35 years, and he has carried out numerous teaching sessions for us during this time; this one however was to be different.

A few months earlier, West Yorkshire had seen the tragic murder of the MP Jo Cox outside her surgery. Knowing that she was my local MP and being aware of the very positive contribution that she had made to the area, Sensei Bayliss suggested that the seminar be used to celebrate her life and the positive contribution that she had made to so many people. As the leisure centre at Huddersfield had had strong links with Jo they kindly provided all the facilities for the event at no cost.

The course went very well, with students attending from different associations, and in addition to Sensei Bayliss, Shane Riley Shihan (7th Dan) and Sensei Paul Derrick (6th Dan) -- both from the White Rose Aikikai -- taught during the seminar. The conclusion was that the excellent sum of £820 was raised on the day and donated to the fund set up by the friends and family of Jo Cox in her memory, which supports some of her favourite charities. These include the 'White Helmets', a group of unarmed, volunteer rescue workers who assist those caught up in the violence in Syria.

On behalf of these charities the White Rose Aikikai would like to thank all those who attended the seminar, and would particularly like to thank Sensei Bayliss for being the motivating force behind this event and, in addition to passing on his extensive Aikido knowledge, for giving up his time to such a worthwhile cause.



# Upcoming Events



## Cambridge Aikido

Members Of

Takemusu Iwama Aikido Europe

Present



# Tony Sargeant Sensei

6<sup>th</sup> Dan Aikikai

Sunday 12<sup>th</sup> March 2017



Seminar Fee: £25:00

Venue: Hills Road Sports Centre  
Purbeck Road  
Cambridge  
CB2 8PF

Registration: 10:00 – 10:25

Training Times: 10:30 – 11:45

12:00 – 13:00

Lunch

14:00 – 15:15

15:30 – 16:30

For more information and registration form please visit: [www.cambridge-aikido.com](http://www.cambridge-aikido.com)

Or contact Sensei John Longford on 01223 529899

Places will be limited so book early to avoid disappointment

Valid BAB insurance required

All Aikido organisations welcome

Please bring Bokken & Jo



# Upcoming Events

Scottish & Borders Birankai

# Spring Camp 2017

◆ Fri 5th ~ Sun 7th May ◆

◆ Stirlingshire, Scotland ◆

WITH INSTRUCTION FROM

**Gabriel Valibouze, 6th Dan Shihan from Strasbourg Aikikai**

**Mike Flynn, 6th Dan Shihan from Thistle Aikikai,  
Scottish & Borders Birankai**

**with assistance from Scottish & Borders Birankai Shidoin**

PLACES ARE LIMITED FOR RESIDENTIAL ACCOMMODATION.  
FOR ENQUIRIES CONTACT SAUL AT: [SPRINGCOURSE2017@GMAIL.COM](mailto:SPRINGCOURSE2017@GMAIL.COM)

# Upcoming Events



## MARTIAL ART SEMINAR IN AID OF CANCER APPEAL

**CALLING ALL.** Do you practice or have an interest in the Martial Arts, then join us for an amazing Martial Art Seminar with 7 top Instructors, coming together from large cross sections of styles to bring you a full day of Martial Art Training.

100 percent of the money raised will be going to support a young Martial Art Student and his family sadly affected by cancer.

09.30 - 10.00 Registration

10.00 - 10.50 Andy Walker - (Principal Instructor) Zen Goshin Ryu

10.50 -11.40 Stuart Smith - (Principal Instructor) Confidence Martial Art Academy

11.40 - 12.30 Paul Evans - Aikido 5th Dan Aikkai

12.30 - 12.50 Dinner

12.50 - 13.40 Wayne Poulter - (Principal Instructor) Budo Practical Martial Arts

13.40 -14.30 Dave Evan 4th Dan Taekwondo

14.30 - 15..20 Sensei Martin Founder of Dux Ryu Ki Juitsu

15.20 -16.10 Ben Lee .Instructor in Combat Systema

16.10 Questions and Answer. Photos

DATE SATURDAY 1st APRIL 2017

PRICES

ADULTS £10 and CHILDREN £5

LOCATION

PUREARTS .1st FLOOR 13 CATTLE MARKET LOUGHBOROUGH LE11 3DL

NO BOOKING REQUIRED JUST TURN UP AND ENJOY TRAINING

Details and Questions via Face Book PureArts Martial Art & Fitness Super Centre

All Levels and styles most welcome .Come along meet new people learn new skills and help a great cause

LET'S GIVE BACK



# Upcoming Events



North London Aikido Dojo is proud to host a weekend seminar with

**Hombu Dojo Shihan**

**Shigeru Sugawara, 7<sup>th</sup> dan Aikikai**



**Friday February 24<sup>th</sup> 2017 19.00-20.30**

**Saturday 25<sup>th</sup> February 2017 12.00 – 14.00 & 14.30-16.30**

**Sunday 26<sup>th</sup> February 11.00-13.00 & 13.30-15.30**

**Course fees: Full seminar £80, Saturday or Sunday only £45, Friday only £25**

**Venue: Dartford Judo Club, Dartford, Kent DA2 6PD**

For more details and the booking form please visit: [www.northlondonaikido.org](http://www.northlondonaikido.org) or email us on [northlondonaikido@btinternet.com](mailto:northlondonaikido@btinternet.com)

**Due to limited spaces the course must be booked and paid for in advance by Friday 6<sup>th</sup> February 2017.**

# Upcoming Events



## Allander Aikido Club

### 40th Year Anniversary Celebration Seminar

Under the instruction of the founders of Takemusu Iwama Aikido Europe:

Tony Sargeant Sensei 6<sup>th</sup> Dan & Paul McGlone Sensei 6<sup>th</sup> Dan



### Saturday 20th & Sunday 21st May 2017

Venue : Killermont Parish Church Hall  
Rannoch Drive, Bearsden  
Glasgow, G61 2LD

Training Times: 12 noon to 6 PM on both days

**Seminar Fees: £30:00 per day or £50 for the both days**

For more information please visit: <https://www.facebook.com/allanderaikido>



A celebration meal is planned for Saturday night at The Burnbrae, Bearsden, Glasgow, G61 3TA. The Burnbrae is next door to the Premier Inn Hotel, Bearsden, excellent accommodation but early booking is recommended.

Any questions regarding the hotel and train/travel please contact [jane@hollandmediaservices.co.uk](mailto:jane@hollandmediaservices.co.uk)

**Valid current insurance required** ♦ **All Aikido organisations welcome** ♦ **Please bring Bokken & Jo**

## Koyanagi Shunichiro Sensei 6th Dan Aikikai Aikido Seminar



**24th - 26th February 2017**

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

*The Venue: Pill Dojo, The Poplars, Lodway, Pill, Bristol. BS20 0DH*

### Friday 24th February

18:30 - 18:55 Registration  
19:00 - 20:30 Practice 1

### Saturday 25th February

10:30 - 10:55 Registration  
11:00 - 12:00 Practice 1  
12:00 - 13:00 Lunch  
13:00 - 14:00 Practice 2  
14:00 - 14:15 Break  
14:15 - 15:15 Practice 3  
15:15 - 15:30 Farewell

### Sunday 26th February

10:30 - 10:55 Registration  
11:00 - 12:00 Practice 1  
12:00 - 13:00 Lunch  
13:00 - 14:00 Practice 2  
14:00 - 14:15 Break  
14:15 - 15:15 Practice 3  
15:15 - 15:30 Farewell

\* Times subject to change

### The Costs:

£15 for 1 day (Friday)  
£30 for 1 day (Saturday or Sunday)  
£50 for 2 days (Saturday & Sunday)  
£60 for 3 days (Friday, Saturday & Sunday)

### More Information:

E: [info@tenchikandojo.com](mailto:info@tenchikandojo.com)  
W: [www.tenchikandojo.com](http://www.tenchikandojo.com)  
M: +44 (0) 7775 610 464



## Broadland Aikido Club

Presents

### The 8<sup>th</sup> International Friendship Seminar



Osamu Obata  
Shihan  
7<sup>th</sup> Dan



Philip Lee  
Shihan  
7<sup>th</sup> Dan



Aziz Belhassane  
Shihan  
6<sup>th</sup> Dan



Frank Burlingham  
Sensei  
6<sup>th</sup> Dan

合気道

15<sup>th</sup> / 16<sup>th</sup> July 2017

Sat 15<sup>th</sup> Registration 11am – Classes 11.30am – 5pm  
Sun 16<sup>th</sup> Registration 9.15am – Classes 10am - 3.30pm



Ormiston Denes Academy  
Yarmouth Road  
Lowestoft  
Suffolk  
NR32 4AH

Please bring Jo / Bokken and Proof of Insurance

**PLEASE BOOK EARLY TO ENSURE YOUR PLACE**

**Payment received before 31<sup>st</sup> May 2017**    Send payment to:

Adults £50 weekend / £30 one day  
Children £25 weekend / £15 one day

**From 1<sup>st</sup> June 2017**

Adults £60 weekend / £35 one day  
Children £30 weekend / £15 one day

Frank Burlingham  
9 Low Farm Drive  
Carlton Colville  
Lowestoft  
Suffolk  
NR33 8HQ

Phone: 01502 515062 or 07949 803064

Email: [frank.burlingham@virgin.net](mailto:frank.burlingham@virgin.net)  
[www.broadland-aikido.co.uk](http://www.broadland-aikido.co.uk)



**FUDOSHIN**  
**AIKIDO CARDIFF**

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**Greg  
Habert**

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4th Dan | Mutokukai Europe

**Bath /  
Sully /  
Cardiff**

**17<sup>th</sup> - 20<sup>th</sup>  
February  
2017**



**A weekend course with an exciting and illuminating teacher from Paris.**

Greg belongs to a generation of new, young instructors emerging in Europe. He is an excellent teacher whose powerful, fluid Aikido has earned him international attention.

This course is open to practitioners of all levels and is particularly recommended for newcomers to Aikido.

For more information and to book, please visit: **[www.aikidocardiff.com](http://www.aikidocardiff.com)**

# Aiki Connections 2017 with Howard Popkin and Joe Brogna

Course date : Saturday 8th & Sunday 9th July 2017

Location: Genryukan Aikido, Clarendon & Westbury Community Centre, Belgrave Rd, Dover, Kent CT17 9RA. Parking is available)

We are very excited to announce that Howard Popkin and Joe Brogna return to the UK in July 2017 for another Aiki Connections weekend. Those who attended the previous three UK seminars here will agree it is always a fantastic weekend, with all participants enjoying the great humour and sublime skills that are on offer.



*Popkin Sensei at a recent seminar (photo kindly supplied by Aikido of Tamalpais)*

Howard Popkin Sensei, long time student of Okamoto Seigo, the founder of Roppokai Daitō-ryū and a student of Horikawa Kodo Sensei (longest serving student of Daitō-ryū Aiki-jūjutsu founder Takeda Sōkaku).

Howard is a teacher of rare quality, profound, light-touch kuzushi, extensive technical knowledge and fine humour. His lessons and technical insights into the practice of aiki are true treasures for any serious student of aikido, judo and many other arts.

**The course fee is £100 and it will be a very full weekend – For more information please email Phil Eyers**

**Strictly limited numbers – Book early to guarantee your place**