

Aikido Times



THE OFFICIAL NEWSLETTER OF THE BRITISH AIKIDO BOARD

February 2015



Welcome to the February issue of the Aikido Times. This is issue eight of the 'new look' newsletter; and one really encouraging thing is that the level of submissions is remaining pretty constant. Hopefully this means that the AT is now on the aikido 'map' and we can now focus on building our readership.

With that in mind I would really encourage you to spread the word so that we can reach as many aikidoka as possible. Maybe you could put this PDF onto your club web site? Or link through to the BAB web site. If you do your own Newsletter or emails, please consider giving us a mention so that all club aikidoka have a chance to get involved.

If you have any items you would like to submit then please contact me at: mediaofficer@bab.org.uk and see submission guidelines on page 2.

Brian Stockwell, Editor

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Keith Holland BAB Chairman



It is now a year since several major Associations decided that they would leave the BAB, to follow their own path.

At the time some people expressed concern that this might lead to the demise of the BAB, and whilst we were sorry to see them go, their departure seems to have had the opposite effect. The membership has held up over the year and there have even been movement with new Associations joining and several of their former members, particularly at club level, deciding that they would prefer to be with the BAB.

Over the year we have taken the opportunity to review our policies and practices to ensure they remain fit for purpose and in addition to work on updating child safeguarding and data protection, we are also introducing a number of new policies including Vulnerable Adults, Corporate Governance, Financial Management. A key element in ensuring that we continue to offer the highest standards in appointing our Legal Officer, Leslie Cuthbert, to be our Corporate Governance Officer. Which means that there will be a greater focus on monitoring our commitment of accountability and responsiveness to our members.

Our Insurance policy has been renewed for the coming year, and it is encouraging to note that whilst our overall premium shows a slight decrease those Associations who left the BAB, partly because of our alleged high insurance charges, are now having to pay an increased premium for the same level of cover.



As part of our agreement with our Insurance Brokers they agreed to make an annual donation of £500 towards promoting the BAB, and this money together with income from sale of certificates etc will be used to enable us to operate a small grant aiding fund. Details of this will be published separately.

It is interesting that despite comments made by some elements of those who left the BAB regarding our coaching qualifications they have continued to use the BAB accreditation given to their Instructors. We have also received several requests from former BAB Instructors to undertake Coaching courses being run by us, so we must be doing something right. However, a major review of our coaching qualifications has already led to a number of new initiatives including the development of syllabus for Association Tutors and Coach Level 2 & 3 Tutors, plus on-line tutorial resources.

Whilst the current BAB coaching qualifications holds national recognition, as part of the review we are considering how to further enhance its standards

The new website is operational, which will include a number of new features, such as a members only section, and we hope shortly to see the implementation of the new on-line Registration Service, which should simplify the work of Association Registrars as well as providing valuable data.

There is now a greater focus on communication with all our members which has been spearheaded by the revitalised Aikido Times and the gathering of e mail addresses via the new registration system will enable us to provide more information to individual members.

Action is also being taken to develop the BAB logo as a kite mark standard for all venue providers so that they can be sure that anyone belonging to the BAB meets all the required standards, offered by a national governing body.

I would like to give my personal thanks to my strong team of volunteer officers who have given their time and experience to enable us to achieve so much.

We are here for the benefit of all our members, both at association and individual level, so if you think there are ways that we might improve our services to you, then please let us know.

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.



National Course 2014: A Student's Viewpoint

Richard Paull, Oakdale Aikido Club, Shin Gi Tai Aikido Society.



What a fantastic day it was, at the National Sports Centre of Wales in Cardiff. This was the venue where the National Senior Course was held at the beginning of October. The facilities were superb, and everyone I spoke to and trained with that day agreed. What a treat it was to be able to practice and have such space to move about in.

There was a great atmosphere in the Dojo, and it was clear from the start that everyone was looking forward to the day ahead. It was the first National Course I had been on, and to be honest, I wasn't entirely sure what to expect. I've been on plenty of courses before with my own Association, and others, but what struck me was the sense of "togetherness" I had. It's easy when you're on courses with different groups being represented, for people to split off into their own groups and train with people they're familiar with. I guess it's because we feel more in our comfort zone. However, that wasn't the case here. I don't think I trained with anyone from my own Association that day. I did this intentionally though, as I wanted to get as much experience as possible of our Aikido community in the UK.

I wasn't disappointed in the slightest. Everyone I trained with was keen to share their own experience with me, and it was great to meet new people. There were no instances of big egos, from what I could see, and rather than people trying to go one better, or compete with people from other groups (which we've all seen happen at some point) everyone just got on with trying to do what Sensei had shown, the best that they could, and helped their new friends to do so.



Speaking of the tuition, it was first class. All the Instructors were different, and were very informative. I've never been on a course like it, where so many viewpoints came together under one banner, so to speak. Yes, there are many styles and influences throughout the UK Aikido scene, but it was reassuring to see there is more common ground between them, than differences. After all, we're all practicing Aikido, are we not?

All the Instructors on the day were helpful and approachable. There's nothing worse (from a Student's perspective) than being on a course and feeling you can't ask a question when you're stuck. Thankfully, whenever I asked a question that day, it was met with a smile and an enthusiasm to share as much knowledge as possible. For that, on behalf of all who participated, I'd like to publicly say Thank you to all the Instructors on the course.

Finally, I'd also like to thank all at BAB for making the day possible. It's not easy to organise these things (I know from personal experience) and it takes a lot of time and planning. Usually, all you get at the end of it is people criticising what happened/didn't happen, and all the effort seems unappreciated. Well, I appreciated it. The other students from my Dojo and Association appreciated it. I'm sure everyone that trained did too, so thanks very much. In fact, it was so good.....shall we do it again this year?



More on the National course...

Report written by Brian Horsler (Kai Shin Kai): one of the event stewards

Editor's note: Brian was only able to train for part of the day which is why his report does not include all instructors

The afternoon session began with 6th Dan Sensei Marill Poole stepping onto the mat. It's refreshing to see a high ranking woman taking a national course – too often the domain of men. The atmosphere was relaxed and we started off with an easy (?) technique – ikkyo. We can never spend enough time trying to perfect the basics. Her lesson was based on using bio-dynamics. As Marill explained due to her age, stature and strength she has to rely on technique and cannot fall back on using physical force to bring uke to her level. The lesson was precise and the demonstration of her aikido was clear on what she was trying to relay to us. The time spent practicing was long enough for everyone to train and swap ideas. Marill's session seemed to fly by. On this occasion it would have been better if the instructor had longer to show how the techniques were developing - all it all a well-structured, enjoyable lesson.



7th Dan Sensei Bill Harris – I did try to hit him with the nun chucks and chain but he kept moving out of the way! This



may seem biased as Bill is my Sensei - his ethos is to enjoy aikido and have some fun with it. His main intention was to develop the technique without using strength so he used the 1 finger techniques to illustrate this. Sensei Harris's method of proving that the techniques worked was to use ukes of various size and build, not only from his own Association but also ukes from different Associations. The importance of the techniques was not only the 1 finger but in particular the foot movement which is often difficult to see under the hakama. Again, the time factor came to play – more

time would have been beneficial to developing the points Sensei Harris was trying to convey.

NEW FEATURE

I would like to start a regular "photo feature" in the Aikido Times. This would be just a single dojo shot that captures the essence of your club, its members and your aikido.

One picture per submission please - and you must have full permission from all those featured in the image.

Send your high resolution picture to me at mediaofficer@bab.org.uk.



People begin their aikido careers for various reasons – some may want to keep fit, some may have been inspired by watching a film, others may have been dragged along to the class by a friend. Often, learning self defence is a factor involved in this decision.

To start with, one may view self defence as a sort of computer programme, where it works on the basis of ‘if your attacker does this, then you do this’. This of course is fine to start with, while you are starting to accumulate a repertoire of techniques and discover what works for you and what doesn’t. You will eventually develop a range of options for each eventuality. In reality though this approach has its problems, a situation in which self defence is required will be completely unpredictable, and it is unknown exactly what the attacker will do. Even

if you can predict the attacks, they will not be applied in a predictable way. Therefore, while the rehearsed techniques must become an intrinsic part of the available repertoire, it could be a mistake to think that each one is a programmed response to a particular attack, and that it will work in exactly the way we expect. Therefore we might think about practicing aikido in a way which accepts the unpredictable nature of reality.

Self defence training may be developed so that, having learned techniques, they are applied in ever changing ways and situations, for example when it is dark, when it is cold, when the ground is slippery, when the attacker is drunk, when you are in a confined space, when you are injured, etc. All of these variations help to develop self defence application, but please be careful in training, because as you develop realism, things can get more dangerous.

Even after all this, an approach to self defence where the intention is to repel an attack, is still only one element of self defence. When practical self defence is needed, it could be considered that more suitable strategies of self defence have already failed. A preferable strategy would be to develop the ability to escape from a situation before the need for physical combat arises. This will require that a greater sense of awareness is developed. It would be even better to avoid being in that situation in the first place.

This is reminiscent of the ‘recruitment’ scene in the film ‘Seven Samurai’, where the prospective recruits must enter a room. The first is struck on the head by an attacker waiting behind the door. The second successfully repels this attack, which is better. However the third doesn’t even go into the room – he anticipates the attack and so avoids the need for physical combat.

Bruce Lee named his martial arts style ‘jeet kune do’ (‘the way of the intercepting fist’) in recognition of the importance of this ability to anticipate. Progressing from responding to an attack, he then advocated responding to the attack before it had actually been initiated, by detecting the attacker’s intent (possibly by noticing a barely perceptible movement).

Ultimately it might be possible to respond to an attack even before the attacker had thought of making the attack! It would of course be very hard to argue this as a self defence case in a court of law: ‘I defended myself even before the attacker knew that he was going to attack me’. It does though provide the opportunity to escape from a situation, or to avoid it.

In aikido training, as well as learning techniques, movements and discipline, one is also learning awareness, and attention



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to this is important. We might consider awareness as the first line of self defence in more ways than one. It might prevent us from being involved in an accident by allowing us to anticipate the careless actions of another person, or it might prevent us from experiencing an injury at work due to anticipation of hazards. Increased awareness of health status is of vital importance. Those people who recognise signs and symptoms of a serious disease early stand a much better chance of survival and recovery.

So how does it work? Viewed as a purely physical manifestation, awareness is a function of the nervous system. The nervous system is made up of the central nervous system (brain plus spinal cord), and the peripheral nervous system (all the other nerves). We are consciously aware of the operation of some nerves, for example when you feel pain, or move your muscles. These are generally known as somatic nerves. Other nerves – the autonomic nerves - operate subconsciously, for example you do not need to consciously calculate how much oxygen you need to inhale, or how much sugar you have in your bloodstream. Your nervous system works this all out without you knowing and makes sure that your physiology functions properly.

Mark Hardwick

Lecturer in Health Sciences

Jee pai kung fu instructor

Japanese Philosophy

Doshu Yoshigaskai



Doshu Yoshigaskai was born in 1951 in Kagoshima, Japan. He started to practice yoga when he was 10 and later began the practice of Aikido as a direct student of Tohei sensei. He devoted a year to the study of yoga in India. Since 1977, he has been teaching Ki and Aikido throughout Europe, South America and South Africa.

Ki No Kenkyukai Association Internationale was founded by Doshu Yoshigasaki to enable him to teach his own philosophy of Aikido. The organisation has over 4000 members and 120 clubs predominately in Europe but also in South Africa and South America

He now lives in Belgium and gives regular seminars in the UK.

There are many books and documentary films about Japan but they do not describe the true Japan. Foreigners do not have a deep understanding of Japan and the Japanese do not have the correct idea about the rest of the world. We can have two different attitudes: one is that we are better than them and the other is that they are better than us. Christians (Europeans and European immigrants in America, Africa and Australia) have this basic attitude of superiority. This is why cinema and television in Europe and America show mostly rich, beautiful and good people. Actors and actresses are mostly beautiful. On the other hand, Japanese films often show the poorest, ugliest and worst people. You can see it in the famous Japanese director, Akira Kurosawa's films. Japanese think that the truth can be discovered in the worst part of human beings or

society. This is because the Japanese have the basic attitude that others are better than them. When I visit Japanese web sites, I am always impressed that the Japanese are always talking about the points on which foreigners are better than them. The Japanese are always trying to learn good things from foreigners. Europeans and Americans have the basic idea that they are better and most advanced, and believe that the rest of the world should follow them.

What is the historical reason for this Japanese attitude? If you look at the Eurasian continent, the British Isles are in the west and the Japanese islands are to the east. This created some similarities between the British and the Japanese. They both have a strong identity and a well developed cohesive society. The difference is that the sea between France and Britain is very easy to cross but the sea between Korea or China and Japan is very difficult to navigate. A navy can easily cross the Channel but it was impossible to cross the Japanese sea. That is why there were individual contacts between Japan and the continent but no military relations until the use of the steam engine. About 1500 years ago, civilization came from Korea and Japan learned the great Chinese culture for the next 500 years. At that time, China was the most developed country in the world. Then the Mongols conquered China and they even sent a navy to conquer Japan but it was wrecked in the Japanese sea. This created the idea in Japan that the sea was protecting Japan from foreign invasion and Japan had to develop by itself. Naturally there were always individual contacts and some Japanese even emigrated to the Philippines and Indo-China but there were no military operations. Europe developed navigation and started its imperialism 500 years ago and they came as far as Japan. But their transport capacity was limited so their military conquest stopped at China. It is true that Japan was not much of interest for Europe except for its culture. So the basic relationship between Japan and the rest of the world remained cultural and this created the attitude in Japan of learning from foreign culture. Since 1800, the steam engine allowed the imperialistic expansion of the United States from the states of New England in the US to the West and South. The Pacific Ocean is rather easy to navigate and the steam engine permitted their navy to reach Japan in the 1860s. They could not transport enough soldiers and weapons to conquer Japan but succeeded to occupy two ports in order to reach China. This provoked England, France and Germany to occupy ports in Japan in competition with the US. However Japan did not have much interest for Europe which preferred to use Japan to stop the US from going to China. As a result, Japan learned from Europe how to develop an army based on the steel industry. Industrial development in the 19th century was based on the presence of coal near the cities which could provide many workers. This was the situation in Europe, in countries such as Sweden, England, Belgium, Germany, and Czechoslovakia. Holland, France, Spain, Italy, Russia and others could not develop as much since they lacked these resources. The states of New England in the US and Japan also had this condition and they made great industrial progress. Again Japan learned from foreign countries and developed industrially. Since 1900 Britain and the US tried to use Japan to stop Russia invading China. They helped Japan to attack Russia in 1904 and permitted Japanese imperialist expansion in Korea and China. This created 40 years of imperialism in Japan and fortunately it was not long enough to become the tradition. It will disappear with the death of the generation educated in that period.

DISCLAIMER

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“Aikido is not about what you do but what you are.”

Jayesh Karadia

Shihan Philip Burgess, Chief Instructor of the British Ki Society, was promoted to 8th Dan last year after nearly fifty years of Aikido practice and its application in daily life.

Sensei Burgess began practising Aikido in 1967. He says “In those days Aikido clubs were few and far between. There was a good feeling in the club that I liked so I started training. It was Aikido as a form of self-defence.”

In 1970, the year he received his Shodan, he attended a seminar given by Tamura Sensei and realised that something had been missing from his practice. “In the Coventry area there was only one Aikido club and books on the subject were almost non-existent. For people starting Aikido there was nothing to compare with, so one assumed that all Aikido was the same: A Japanese martial art.” Sensei Burgess recalls how Tamura Sensei could execute techniques with ease to the young black belts who in return found him immovable. Tamura Sensei explained the difference in their abilities was down to their application of Ki.

Sensei Burgess learnt Tamura Sensei was a student of Koichi Tohei Sensei, who taught him this application of Ki. Tohei Sensei was the chief instructor of the Aikikai under Morihei Ueshiba for over twenty years and remains the only person to receive a 10th Dan officially ratified by the Aikikai.



Kagami Biraki (New Year promotions): In 2014, Sensei Burgess, received his 8th Dan directly from Doshu Yoshigasaki.

When asked ‘what is Ki?’ sensei Burgess replies “Ki is a Japanese word which is written as a Chinese character. The Chinese and Japanese meanings are different and can cause confusion. As Aikido is from Japan, I use the word Ki with the Japanese meaning. It describes something that is unclear; something that cannot be defined. In daily life it means something like feelings, sentiment, emotions, love or perception. Understanding Ki is very important. It’s a process of understanding our own lives and ourselves.”

He continues “ The biggest misunderstanding regarding Ki is to think of it as something mystical or supernatural. In fact Ki is as natural as air and water so I teach people to be natural. When I demonstrate such techniques as unraisable body some people think it is out of the ordinary, however it is not. All of my students can do it as well. Learning Ki Aikido can be done by anyone regardless of age or size because the basic practice is to unify our mind and body and become one with the universe. We learn to make harmonious movements in exercise for health, Ki development exercise and Aikido art. Learning Ki is for one’s own development.”

In 1971 Tohei Sensei founded the Ki No Kenkyukai (The Ki society) to teach unification of mind and body. He resigned from the Aikikai in 1972 and started teaching Shin Shin Toitsu Aikido or the art of Aikido with mind and body coordinated.

Sensei Ken Williams, one of the original practitioners of Aikido in the UK, was the official representative of the Ki No Kenkyukai. In 1978, Tohei Sensei visited the UK and gave a two-week course in Wales. His Omoto on this course was Yoshigasaki Sensei. Sensei Burgess wondered whether the stories surrounding Tohei Sensei’s ability were true and decided

that this was his best opportunity to test Tohei Sensei first hand. As a young man in his twenties he volunteered, at the first chance, to take Ukemi. Despite Sensei Burgess's best efforts, Tohei Sensei threw him with ease. Tohei Sensei himself seemed to relish his sincere attacks and continued to use him as a uke for the next two weeks.

Sensei Burgess says "Using the technique "Ukemi" allows you protect your body by taking an efficient and safe fall when thrown without losing mind and body co-ordination. A deeper understanding of ukemi is "receiving something through your body." If nage is calm relaxed and unified the uke understands calmness and relaxation. Making ukemi for Tohei Sensei was a privilege."

In 1987, Williams Sensei decided to leave the Ki No Kenkyukai. Sensei Burgess learnt of Ki No Kenyukai's representative in Europe, Yoshigasaki Sensei, who had been teaching in mainland Europe since 1977. Yoshigasaki Sensei was uchi deshi of Tohei Sensei and his main interpreter so Sensei Burgess decided to stay with the Ki No Kenkyukai.

Yoshigasaki Sensei began visiting the United Kingdom four times a year and Sensei Burgess made a point of not missing a seminar, eventually gaining a 5th Dan in Aikido and Okuden in Ki from Tohei Sensei.

After Tohei Sensei's retirement in 2002, most of the clubs in Europe, including the British Ki Society, left the Ki No Kenkyukai and decided to follow Doshu Yoshigasaki's newly formed Ki No Kenyukai Association Internationale.

One of the aims of Aikido is to develop a non-fighting mind. Sensei Burgess explains: "Life is full of challenging situations. It is up to us to decide the spirit in which we respond to them. When training in the dojo one can look upon each exchange of techniques as challenges which we learn to respond to calmly. In the dojo a 'non-fighting mind' is one in which we neither resist our partner nor comply with them. Our aim is to make harmonious movements without trying to defeat or manipulate nage. In daily life, where training is truly tested, a non-fighting mind does not judge others and does not seek power. It is an attitude of non-aggression that brings calmness in difficult or dangerous situations. Seeking a non-fighting mind is seeking to make yourself a better human being. Aikido is not about what you do but what you are."

Sensei Burgess continues to teach in his dojo in Coventry where he gives regular weekly classes and a monthly Saturday class. He also teaches regular seminars throughout the UK and annually in Gotenburg, Sweden.

Information about the British Ki Society can be found at

www.knk.org.uk



5th International Friendship seminar

Frank Burlingham



Back in July 2010 the first International Friendship seminar took place at Broadland Aikido Club, Lowestoft. Those teaching were Haydn Foster sensei 7th Dan, Institute of Aikido, U.K, Osamu Obata Shihan 7th Dan Japanese Canadian Cultural Centre Toronto, Canada, and Philip Lee sensei 6th Dan Aikido Shinju-Kai Singapore. Over the seminar dinner it was decided to rotate this special seminar around the three countries.

This year saw the 5th International Friendship seminar take place in Singapore for the second time, among those teaching were 2 from the U.K. both members of the BAB.

Those teaching were:



K. Shimamoto Shihan 8th Dan, Japan; Osamu Obata Shihan 7th Dan, Canada; Shane Riley Shihan 7th Dan, U.K.; Aziz Belhassane Shihan 6th Dan Belgium; Philip Lee Shihan 6th Dan Singapore; Frank Burlingham sensei 5th Dan, U.K.; Babis Keranis sensei 5th Dan, Greece

The Saturday started with the 7th Youth meet demonstration where 6 groups of children from Aikido Shinju-Kai demonstrated and told a story using the principles of Aikido, these being marked and commented on by the senseis above, I had to play the part of Simon Cowell! Over the weekend we also celebrated Shimamoto Shihan and Philip Lee Shihan birthdays along with Philip Lee sensei promotion to Shihan in January 2014.

The seminar was attended by over 250 students travelling from many countries. This seminar is very special in that it brings together many from around the world with the sole purpose to meet, make friends, train and learn from each other in the true spirit of Aikido.

Plans have been made for the next four years, these being:

2015 Toronto Canada, weekend of October 3rd & 4th

2016 Brussels, Belgium, celebration of Aziz Belhassane Shihan 30th year of his association

2017 Lowestoft, U.K.

2018 Singapore, celebration of Philip Lee Shihan 30th year of Aikido Shinju-kai,

The seminar, hospitality, the organised events of Singapore sightseeing, accommodation were all to the highest standard, I would like to thank Philip Lee Shihan and all at Aikido Shinju-Kai for all their hard work and for taking such great care of us all, nothing was too much trouble for them, they are truly special people and I would strongly recommend that should you be visiting Singapore then you must make contact and train with Philip Shihan, be warned it is a little hot over there.

Should you wish for more information, would like to come to Toronto next year or attend any of the dates given please contact me on: Email: frank.burlingham@virgin.net or call me on 01502 515062 / 07949 803064

'Friendship' weekend in the South West 17th & 18th January

Christopher Brossard

Practitioners of the martial art of aikido came together from a wide range of clubs in the South West and Wales for a 'Friendship' weekend. Over 60 people were together in Taunton's Richard Huish College for two days of practice seminars from 5 different teachers. Aikido is practised in many different styles and the weekend was an opportunity to share each other's approaches and enjoy learning from one another.



The event was hosted by Sensei Vince Lawrence of Makoto Aikido, Taunton. Other Senseis (teachers) for the weekend were: Sensei Ray Brown from Shin gi tai aikido in Torbay, Sensei Mark Smout from Shin gi Tai aikido in Llanelli, Wales, Sensei Mike Higgins and Tohshiaki Sensei from Itai Doshin Aikido club in Taunton. Unfortunately, Sensei Phil Benge from Weston Super Mare was not well at the weekend but many of his students attended. Also attending were students and other teachers from clubs in the South West including Sensei John Creed from Shoshinkan aikido, West Huntspill and Sensei Dan Hopkins from Masakatsu aikido, Ottery St. Mary.



Genevieve, a young student commented: "I have just begun to learn aikido and this weekend was full of so many new and wonderful things to learn including use of weapons and practising with very experienced people".

Sensei Vince also commented: "There is so much good aikido going on in the South West. We need to create opportunities for all of us to get together and bring some of the best teachers from around the country and the world so that we can enjoy, learn and develop".

Aikido is a martial art that developed in Japan from the samurai tradition by Morihei Ueshiba and has a large following throughout the world. It is known as the Way of Harmony and is primarily practised to develop self-confidence and personal safety.



RIGHT TO REPLY

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

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

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

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

Items for sale

I have designed some hakama bags which specifically protect your hakama from dirt in between practices, keep your hakama neatly folded and to allow it to breathe and wick out any moisture accumulated from that full on practice.

Initially I have three versions:

1. A plain bag (no embroidery or printed logo) - Price £16
2. A bag embroidered with Japanese kanji for the word 'aikido' - Price £21 (sold out for now)
3. A bag with the Aiki Extensions logo printed on it - Price £21

All prices are inclusive of postage in UK - outside the UK please enquire. Bulk orders can also be supplied with bespoke printing. I have tested them for colour fastness and when put through the washing machine I am pleased to report that the white handkerchief inserted came out as white as when it went in.

The bags are made of a tough and durable material and seal with a Velcro strip.

All proceeds will be donated to Aiki Extensions to support the good work they do (www.aikiextensions.org)

Please note: the item illustrated shows a bag with embroidery - only available through special bulk purchase for now.
Quentin Cooke email: q.cooke@ntlworld.com



Kobayashi Aikido Dojos UK

Summer Seminar



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

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

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

Keep up to date throughout the next few months on

www.aikidokuk.co.uk and via Facebook

www.facebook.com/AikidoKobayashiDojosUK

Scottish and Borders Birankai

Winter Seminar

with

M. Flynn Shihan

&

Members of Scottish and Borders
Teaching Committee

21-22 Feb 2015

Saturday: 12:30 pm – 5:00 pm

Sunday: 10:00 am – 1:30 pm

Saturday: £25.00

Sunday: £25.00

Both Days: £40.00

Unwaged: £30

Iain Nicolson Sports Centre ,
Chryston Road , Chryston , Scotland

G69 9NA

For more information, including directions, call
01236 631465 or 07904066555

"Wha daur
meddle wi me"

Scottish and Borders Birankai Spring Camp 2015

May 23rd - 25th
Stirlingshire, Scotland

with guests

I Hasan

Chief Instructor
Aikido of London

P Masztalerz

Chief Instructor, Wroclaw Aikikai
Poland

and

Scottish and Borders Birankai Senior Teachers

Zazen

Body Art

Weapons

Iai Batto-Ho

Places are limited for residential accommodation.
For enquiries contact Paul Robinson at
springcamp2015@gmail.com

“Wha daur meddle wi me”



Wellsprings Aikido 

2015 Aikido Taisai

A celebration of Aikido to honour O-Sensei and all the teachers who have gone before us as a result of whose efforts we can train aikido today. Training sessions with

Sensei Paul McGlone 6th Dan, Poole Aikido Club
Sensei Richard Mulcahy 6th Dan, ZanShin Ryu Aikido
Sensei Pete Reynolds 5th Dan, New Forest Aikido
Sensei Richard Small 4th Dan, Aikijo

Sunday April 26th

10pm – 4pm

(registration from 9:30pm)

at **Moreton Village Hall**

Moreton, Dorset. DT2 8RD.

Entry by donation

(suggested amount £30)

Our grateful thanks to the Sensei who have all kindly donated their time for this event. **100% of profits Donations** can go to a charity working in our local community. In 2015 we will be supporting:

Moreton Village Hall fund

If you are intending to come to train at the Festival please let us know by emailing enquiries@wellspringsoftheeast.co.uk so that we have some idea of the numbers attending.

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

Wellsprings Aikido Celebrating 5 year of Joyful Training

More details and timetable at www.wellspringsoftheeast.co.uk



Greg Habert, Sekaidojo, Paris



A weekend course with an exciting and illuminating teacher from Paris

Greg Habert from Paris, who is a regular visitor to Fudoshin Aikido, returns for an open seminar.

Greg belongs to a generation of new young teachers emerging in France. He is a superb teacher whose powerful, fluid Aikido has earned him international attention.

This seminar is open to practitioners of all levels, and is particularly recommended to newcomers to Aikido.

Dates, times & fees

February 2015...

Friday 20th 2 hours, venue & times to be confirmed

Saturday 21st 4 hours, venue & times to be confirmed

Sunday 22nd hours, venue & times to be confirmed

Concessionary rates will apply to students and the unwaged.

There will be a meal and social event on Saturday evening to which all participants are warmly invited. Please ask for details when you register.

We can assist if you require overnight accommodation in Cardiff - please let us know. If you have any questions or would like more information, please contact us. We look forward to seeing you.

Hosted by Fudoshin Aikido Cardiff, Chapter Arts Centre, Market Road, Cardiff CF5 1QE

Email address: enquiries@aikidocardiff.com

Richard Simms shihan , 8th Dan
Saturday 30th May 2015 10.00- 1300, 1400-1700

Kokoronokai centre
24 ST.MARY'S WORKS, DUKE ST, NORWICH, NR3 1QA

£15



Richard Simms shihan demonstrating at the International takemusu aikido kai seminar Sao Paulo Brazil 2013 (Photo by Ana Falcão)

To book and for further information please contact Peter Downs via the contact form at <http://www.takemusu-aikido-kai-norwich.com/#!where-to-find-us/cuhv>

Please bring weapons and proof of insurance. We suggest you also bring a packed lunch. Drinks and snacks (crisps, nuts etc) are available to purchase at the Kokoronokai Centre.

Richard Simms has been training in aikido for about 40 years and is the head of takemusu aikido kai in the UK. He was awarded 8th Dan in July 2014 by the takemusu aikido kai honbu in Japan.

Takemusu aikido kai was founded by Toshinobu Suzuki in 1970. In 1975 he became independent of the aikikai with the authorization of Kisshomaru Ueshiba to use the name of takemusu aikido. Suzuki Toshinobu was graded 10th dan and designated one of the "aiki juku" (master teachers who had been personally trained by O Sensei).

Reading Zenshin Aikido Club Anniversary Seminar

14th March 2015

University of Reading Sports Centre



Tony Sargeant Sensei

6th Dan Aikikai

Head of Takemusu Iwama Aikido Europe

All styles welcome

£25 if booked before the end of February

£30 on the day (or if booked after February)

for full details & booking form please visit

www.aikido-reading.co.uk

ANNIVERSARY SEMINAR

Takemusu Aikido

Aikido Weekend Seminar with Sensei Tony Sargeant, 6th Dan

7th & 8th March 2015 - Allander Aikido, Glasgow

Sensei Tony Sargeant has been training in Aikido for over 40 years. Living in Cambridge, he is the head of Takemusu Iwama Aikido Europe with clubs in Great Britain, Greece and Russia. Since 1983, he has followed Morihiro Saito Sensei, 9th Dan Shihan, and is dedicated to passing on his traditional Iwama style and teachings.

Sensei Sargeant has been teaching a March weekend course at Allander Aikido Club since 2009. We are again delighted to invite Sensei to Glasgow and extend an invite to our many Aikido friends. Sensei published his book this year and we are sure he will expand on the finer, subtle but key principles of aikido during the seminar.



**Full details and booking form available on:
www.allanderaikido.com**

Upcoming Events

After the success of the weapons course in February 2014, Makoto Aikido Taunton have been asked to host another in 2015. It has now been confirmed that Sensei Frank Burlingham and Sensei Vince Hammond will be returning on Saturday March 21st and Sunday March 22nd for another great weekend of weapons instruction. Please book early, numbers are limited and there are already over 30 places booked. To book for the course and/or the after course meal please contact Sensei Vince Lawrence at aikidotaunton@googlemail.com

Weapons Course 21st & 22nd March 2015

VENUE:

Heathfield School,
School Rd,
Monkton Heathfield,
Taunton, Somerset TA2 8PD



After the success of last February's course I have been asked to organise it again for next year. Places are limited so please book early This will be 2 days of great weapons instruction from two of the best weapons instructors I know. It is sure to be an informative and fun weekend and not to be missed.



Sensei Frank Burlingham
6th Dan



Sensei Vince Hammond
5th Dan

Registration 9am Saturday 21st,
first lesson 10am - 11:30am,
second lesson 11:45am - 1pm
Break for lunch.
First afternoon lesson 2pm - 3pm,
Second lesson 3:15pm - 4:30pm

Registration 9:30am Sunday 22nd,
first lesson 10:00am - 11:00am,
second lesson 11:10am - 12:10pm
Break for lunch.
First afternoon lesson 1pm - 2pm,
Second lesson 2:00pm - 3:00pm

Mat Fees:	Adults	Junior/concession
Saturday only	£25	£15
Sunday only	£20	£12
Weekend	£40	£22

Saturday evening there will be a meal,
please let me know if you wish to attend
and if so how many seats.

If you require accommodation please
let me know and I will send details

Proof of insurance will be required

**For further details or to book your place for the course and/or the meal please contact
Sensei Vince Lawrence aikidotaunton@googlemail.com**

Atsushi Mimuro Sensei, 7th Dan

Sunday 12th July 2015

Marple, Cheshire



Mimuro Sensei is Director of Yokohama International Aikido Club, Coach of Meiji University Aikido Club, Tokyo. He studied for more than 20 years with the late Seigo Yamaguchi Shihan. People who have attended Mimuro Sensei's courses before will know that this will involve great teaching in a fabulous atmosphere. We look forward to seeing old friends and welcoming new ones

Times and venue to follow.

www.marpleaikido.org.uk

for more information

Sensei Pat Hendricks 7th Dan International Teacher

合気道



**Special Weapons
Only Day on Friday**

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

Contact: John Gorzanski
Telephone +44 (0) 1425 655194
Email: Info@Takemusu.co.uk
Website: Takemusu.co.uk

Godolphin School
Milford Hill, Salisbury Wiltshire SP1 2RA

10th 11th and 12th July 2015

Aikido Seminar

THREE RIVERS AIKIDO

proudly invites you to the 5th annual

AIKIDO TAI SAI FRIENDSHIP SEMINAR



*Ray Gardiner Sensei
Three Rivers Aikido*

Three Rivers Aikido and Takemusu Aikido Göteborg are happy to invite you to the 5th annual Aikido Tai Sai Friendship Seminar in High Wycombe.

This is a one day seminar taught by Ray Gardiner Sensei and Mats Strömgren Sensei. Together they have close to fifty years of Aikido experience and between them have been uchi deshi in Iwama and Aikido of San Leandro numerous times

Three Rivers Aikido is a member of California Aikido Association under the tutelage of Pat Hendricks Sensei. Takemusu Aikido Göteborg is a member of Iwama Shin Shin Aiki Shuren Kai under the tutelage of Hitohira Saito Sensei.



*Mats Strömgren Sensei
Takemusu Aikido Göteborg*

Sunday 26th April 2015

FOR FULL DETAILS PLEASE SEE

www.threeriversaikido.co.uk/seminars.html

Lancashire Aikikai Weekend Aikido course

6th to 8th March 2015 (Ribby Holiday Village, Lancashire)

Visitors & Day Visitors welcome

<http://www.lancashireaikikai.org/ribby.html>

Lancashire Aikikai First Aid course Sunday 22nd March 2015

<http://www.lancashireaikikai.org/calendar/first-aid.html>

Some spaces - please enquire.

INAGAKI SHIHAN

AIKIDO KOSHUKAI

SATURDAY 23 AND SUNDAY 24 MAY 2015



The NIA
Sports and Leisure Centre
Birmingham
United Kingdom



Shigemi Inagaki Shihan was born and raised in Iwama. In 1958 he became a student of the Aikido Founder, Ueshiba Morihei O'Sensei. After graduating from Nihon University in Tokyo in 1969 he spent 2½ years in the Iwama Dojo as uchideshi under Morihiro Saito Shihan.

Today Inagaki Sensei is one of the most well known, and experienced, teachers from the Ibaraki Shibu Dojo. He travels worldwide to teach, and generously shares his deep understanding in Aikido, based on almost 55 years of training, as a direct student of O'Sensei for 11 years, and for many more under Morihiro Saito Sensei. One special feature of his teaching is to incorporate talks about what Aikido has meant to him, and of his views on the spiritual dimension of Aikido.

SHIGEMI INAGAKI SHIHAN [8° DAN AIKIKAI] FIRST SEMINAR IN THE UK

SCHEDULE	SATURDAY Registration 11am 12pm - 2pm 3pm - 5pm	SAT EVENING PARTY	SUNDAY Registration 8.30am 9am - 11am 12pm - 2pm	AIKI KEN, AIKI JO AND TAI JUTSU Please bring bokken, jo and insurance both days

SEMINAR FEE **BOTH DAYS** £80 **Advanced payments** via Bank Transfer: Sort code 55-70-49 Account 83680101,
ONE DAY £45 by cheque, or by PayPal on the **official website: inagaki-koshukai.co.uk**

CLOSEST HOTELS

City Nites	1 Edward Street B1 2RX	0845 233 1155	Jurys Inn	245 Broad Street B1 2HQ	0121 606 9000
The Hampton	200 Broad Street B15 1SU	0121 329 7450	Novotel	70 Broad Street B1 2HT	0121 619 9002
Hilton Garden Inn	1 Brunswick Square B1 2HW	0121 643 1003	Premier Inn	80 Broad Street B15 1AU	0871 527 8076
Hyatt Regency	2 Bridge Street B1 2JZ	0121 643 1234	Travelodge	230 Broad Street B15 1AY	0871 984 6064

TRAVEL TIPS **CAR** Follow signs to Birmingham city centre. Motorways - M1, M5, M6, M6 Toll, M40 and M42
BUS Visit Network West Midlands [networkwestmidlands.co.uk] or National Express [travelwm.co.uk]
TRAIN Birmingham New Street Station and Five Ways Station are both a short distance from the venue

The NIA Sports and Leisure Centre, St Vincent Street, Birmingham B1 2AA

THE ORGANISERS RESERVE THE RIGHT TO MAKE CHANGES AT ANY TIME — FULL DETAILS ON THE OFFICIAL WEBSITE

Visit inagaki-koshukai.co.uk

For more info call 07949 590788

