

Aikido Times

THE OFFICIAL NEWSLETTER OF THE BRITISH AIKIDO BOARD



June 2016



Welcome to our second issue for 2016.

It's certainly good to see more articles being contributed for publication -- keep them coming!

There is quite a bit of news from the Exec in this issue, so make sure this is forwarded and shared in your Clubs.

Please send any publicity information about your upcoming courses to mediaofficer@bab.org.uk

Also...why not contact your local County Sports Partnership to see if they can help you with additional publicity, club support and funding: <http://www.cspnetwork.org/your-csp>

Brian Stockwell, Editor

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National Recognition for BAB Coaching Awards

Frank Burlingham, Coaching Development Officer

For some time now an aspiration of the BAB and the coaching team was to gain some form of national recognition for our coaching awards. A major step forward in the BAB coaching standard and quality has been achieved.

I am pleased to announce that as of 1st May 2016 our coaching levels 1, 2 & 3 now carry endorsement from 1st4sport. Our coaching awards satisfied the 9 criteria for the award and was successful on the first submission of the required documentation which included the course content, tutor training, CPD, assessment criteria for the candidates and course review along with other supporting documentation.

1st4sport endorsement is unique in that it focuses on the recognition of high-quality educational solutions, developed by industry experts.





BAB National Course 2016

Date: Saturday 24th September 2016

Timings : 9.30-4.30p.m.

Registration opens 8.30 a.m.

This year's National Course will again be held at Sport Wales National Centre, Sophia Gardens, Cardiff CF11 9SW

This is an opportunity for the wider aikido community to train together and experience different styles under the instruction of senior Aikidoka.

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

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

The course instructors are:-

Peter Thomas	7th Dan	Shin Gi Tai	(Traditional Aikido)
Tony Yates	7th Dan	British Aikido Yoshinkai	(Yoshinkai Aikido))
Stephen Billett	6th Dan	ADS	(Tomiki Aikido)
Phil Boulton	5th Dan	KSMBDA	(Ki Aikido)
David Dimmick	3rd Dan	Fudoshin Aikido	(Traditional Aikido)

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

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

e.mail: shirleytimms@btinternet.com Tel: 01753 577878

N.B. Admission for coach Level 3 Instructors is Free and there is a reduced rate for those holding Coach level 2.

Keith Holland & Shirley Timms

(Joint Organisers)



Annual Report

Keith Holland, Chairman

It has been another busy year for the Executive Committee, with the focus on ensuring that members receive the best possible service within the resources available.

An on-going requirement is to ensure that our policies and guidelines continue to meet all statutory requirements and over the last year we have updated the Child Safeguarding Policy and developed a new policy for the Protection of Vulnerable Adults. Work is continuing on a number of other policies including Equality & Equity and Data Protection. Several Guidelines have been developed including a major document, within Child Safeguarding, on Recruitment and the use of the DBS Service. Other Guidelines include Risk Management; Recruitment of Ex-Offenders; Employment of Volunteers and we hope shortly to finalise guidelines supporting those who may be Accused of Abuse (Child Safeguarding; Vulnerable Adults, E & EQ etc). A major concern is that having developed policies the information/requirements may not be fully conveyed to the wider membership and we have therefore agreed that we will extend the distribution to all Clubs, for which we have an e mail address and will introduce a monitoring process to see if Associations/Clubs are responding to new requirements.

Child Safeguarding has been at the forefront with other work including the development of child safeguarding modules within the BAB coaching syllabus, Time To Listen Courses aimed at raising awareness of CLOs and CWOs and personally for the LSO and CMG, many hours dealing with the first incidence of an allegation of a child safeguarding offence actually going to court. This later situation has highlighted a number of procedural areas that require attention and these will be reviewed in the coming months. Sue Ward has now relinquished her role as Lead Safeguarding Officer and I would like to express my personal thanks for all her hard work and commitment, over many years, to ensure the welfare of our young students.

Coaching has also been a very busy area with the mentoring and appointment of a number of new Tutors, both at Association and Board Level; the revision of coaching syllabuses and of course seeking endorsement from a national sport endorsement body. Grev Cooke finally decided it was time to hand over his role as Coaching Administration Officer, which he has undertaken with total commitment for many years. However in true Grev fashion, when we were unable to cover the vacancy he immediately jumped in to ensure that everyone got their certificates, and to help us find his successor. In addition he is now leading a small Steering Group looking at how we develop the Introduction of Aikido in Schools.

Recent appointments include Chris Cook as the Equality & Equality Officer, Bob Salloway as Coaching Administration Officer and Ann Billett who has agreed to act as the DBS Administration Officer, to help monitor and progress disclosures.

We have looked carefully at all aspects of our finances and rationalised a number of budgets and areas of expenditure and have approved a modest increase in fees to ensure that the Board remains financially viable and is able to respond to any unforeseen demands. For example last year we were suddenly advised by our Insurance Brokers that the format and terminology used regarding insurances did not meet FSA requirements and this led to the re-printing of a number of documents and the registration dockets. Another unforeseen cost, currently being addressed, is for the need to ensure that all personal data held within the BAB website is encrypted.

Membership has remained fairly level with a number of organisations leaving due to lack of numbers, retirement of Sensei etc but we have also welcomed a number of new groups and others are currently in discussion with the Membership Officer or are considering joining one of our Associations.

This hopefully gives a snapshot of the work of the Board which is only achieved through the loyal and committed work of our team of Officers, all of them volunteers.

Kai Shin Kai Celebrates a Birthday

Report by Vincent Sumpter

On 1st February this year Sensei Bill Harris, Principal of Kai Shin Kai, reached his 80th birthday. At the end of our first course of the new year held in Aylesbury on 10th January the KSK took the early liberty of celebrating this birthday milestone with a “Hog Roast” together with a birthday cake depicting (in coloured icing) Bill fishing by a lake – his favourite pastime after aikido.

Bill was caught very much unawares on this occasion and at the start of training was heard to remark that he had never known so many students turn up for our January course before. The surprise birthday party was the first time I have known him lost for words.



Not content with the Hog Roast, all the clubs in the KSK had also made “donations” towards paying for Bill to have a few days “deep-sea” fishing off the south coast of Portugal; this has now been booked for 15-19 May this year. He’s always talking of the “big one that got away” in his coarse fishing matches, so he’s been told not to bother coming back from Portugal with the big fish story unless he has photo proof of reeling in the “whopper”. As an aside, despite becoming an octogenarian Bill still acts and trains like he’s a 20-year old in the Royal Marines! An amazing man, loved and greatly respected by members of the Kai Shin Kai.

Sensei Bill Harris at the BAB course 2007





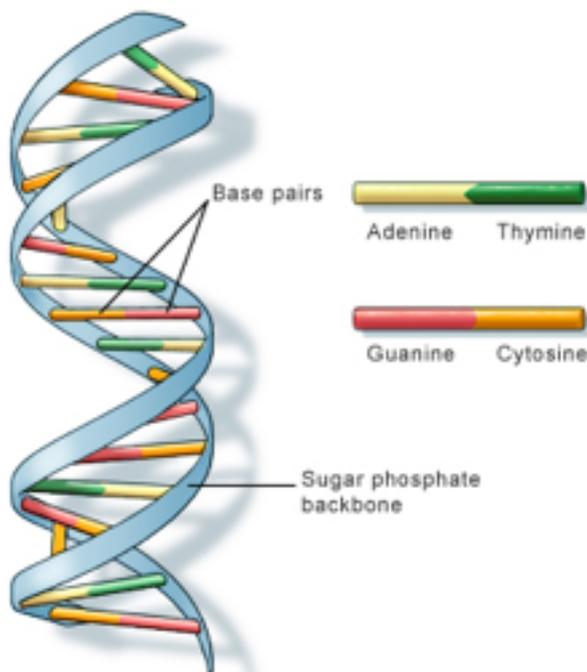
Aikido and Ageing

Mark Hardwick

Aikido, like most martial arts, can be practiced and enjoyed for a lifetime. Even though it may be necessary to modify or exclude some aspects of the art with ageing, a sensible approach to the art should enable the practitioner to continue well into the older years. Indeed it is possible that the art may be used to delay the ageing process, by ensuring that physical strength, stamina and suppleness are maintained, that psychological stress is controlled, and that mental alacrity is not diminished.

As we age, the physical body starts to deteriorate. The DNA within cells loses its ability to instruct the cells to self-replicate. Bones begin to lose their density, and in severe cases the condition known as osteoporosis may ensue; muscle fibres lose their strength and elasticity; the cardiovascular system fails to circulate blood as efficiently as it once did, meaning that the blood supply to organs and muscles is reduced; organs such as lungs and kidneys lose some of their capacity to function; joints become less stable as a result of wear and tear processes; and nervous conductivity is affected, which means that reactions are slower and there can be problems with memory and cognitive function. Where diseases and injuries have occurred, these problems are exacerbated.

All of this means that not only is aikido practice potentially affected, but that day to day tasks might become more problematic. Even such anodyne tasks as walking upstairs, opening a jar, or putting on a jumper can present significant difficulty for people in elderly years. The question is whether practicing aikido can help to overcome, or at least delay some of these difficulties.



U.S. National Library of Medicine

Illustration of DNA <https://ghr.nlm.nih.gov>

For the younger and middle aged aikido practitioner, the art will develop physical capabilities, and these abilities can mean that when the physical condition does start to diminish later in life, it diminishes from a higher base point, and so health problems are delayed. As an example, developing strong bones in younger years means that when loss of bone density does begin, there is more bone mass to lose before osteoporosis occurs. In a similar way the early development of muscles, the cardiovascular system, the nervous system, the respiratory system and the energy systems also have long lasting benefits.

The cumulative effect of these improvements means that the body does not appear to age so rapidly, and everyday tasks which could present problems are not encountered. Walking up or down stairs is safer due to improved balance, opening jars becomes easier due to the developed strength in fingers and thumbs (achieved through repeatedly applying locks and holds), and maintenance of joint mobility means that getting dressed remains easy.

It may seem as though aikido practice itself gets harder with age. The falls may hurt a little more, and getting up from the ground

does not happen as naturally but is accompanied by creaks and groans. It may take a little longer to get into the perfect throwing position as creaking joints and diminished 'kinaesthetic feedback' (that is the awareness of your body in space) offer less accuracy and speed of movement. This in turn could mean that technique is slightly corrupted - just enough to require an overstretching or excessive muscular force, resulting in injury.

Even though physical performance may seem to suffer as we age, it is still important to keep up training. The goal may no longer be to achieve the same physical advancements as in youth, but to stay fit and healthy instead. Continued emphasis on improving technique will mean that physical abilities are less required, and maintaining relationships and friendships with fellow aikidoka in a social environment will have a positive impact on mental and emotional state, negating the possibility of stress, anxiety or depression.

It is possible that the older practitioner might have to modify some aikido techniques and movements so as to allow for sustained injuries or lost abilities, and it would of course be a mistake to try and keep up with much younger artists in a physical sense. However accumulated experience and expertise are a good compensation, and can mean that the martial arts career can continue indefinitely.

Two particular life threatening dangers which often confront older people are falls and depression, and the likelihood of these occurring can be reduced with aikido practice. An older person who momentarily loses balance whilst walking may find it harder to adjust and regain balance due to a lack of kinaesthetic feedback (which is a delayed realisation of the over balance). This means that any reactive adjustment to the over balance is too late, and weaker muscles are unable to supply the strength required to maintain stability. If the older person has also lost bone density, then the resulting fall may cause fractures. This in turn may result in hospitalisation, and the trauma involved in this can be fatal. Aikido, with its development of muscular strength, reaction speed, sense of balance, bone density and kinaesthetic feedback makes such instances less likely.

Depression is thought to be the result of a lack of serotonin activity in the brain. Serotonin is a neurotransmitter associated with feelings of happiness. Physical exercise is considered to increase the activity of serotonin, thereby increasing feelings of happiness and dispelling depression (as long as the depression is mild to moderate – severe depression is a different matter and requires medical intervention). Exercising in groups enhances the effect on depression due to the psychological improvements associated with socialisation.

Type II diabetes is another illness which affects people as they get older. Aikido is likely to have a preventative effect on type II diabetes as it contributes to the maintenance of a healthy body weight, and also contributes to maintaining the correct regulation of sugar levels in the blood stream. The risk of strokes and heart attacks (whether this risk is as a result of diabetes or not) is also reduced.

Inevitably the performance of aikido becomes harder with advancing years, and the physical aspects of the art may seem more demanding. Some movements which once were easy now carry injury potential as the body no longer comfortably bends and stretches into the right positions. In order to maintain a high level of performance in the art it may be necessary to consider altering some techniques so as to accommodate physical limitations. Rather than presenting an obstacle, this approach offers the possibility of new insights into the art and how techniques work.

Older aikidoka will of course have more experience in the art to call upon, and subtleties of movement and strategy can compensate for loss of physical ability. Concentration on technique and strategy rather than physical strength is more and more necessary as we age, and this adds an impetus which can actually accelerate technical improvement.

So ageing should not be seen as a drawback or a reason to stop practicing aikido, but as something which can provide deeper insights and opportunities for development. In doing so, the ageing process may be slowed down and a healthier physical and mental condition maintained.

Keep training...!

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



Insurance Update

Vincent Sumpter, BAB Insurance Liaison Officer

Civil Liability & Personal Accident Insurance Renewal 2016

1st March 2016 marked the end of a 3-year contract with our present Insurance Brokers. In line with our Constitutional responsibility to source the best value for money against the annual premium charged, I had meetings with our present Brokers (Endsleigh) and also with another Broker vying for our business. Additionally, I was given an email quote from a third Broker. The competition to secure our business was a wake-up call for Endsleigh and the Insurance Company they currently use (HISCOX) for our “Civil Liability” cover. As a consequence, I can report that against the insurance premium the BAB paid in 2015, the renewal quotes from all 3 brokers on “like-for-like” cover gave savings on last year’s premium. It will be no surprise to tell you, however, that HISCOX believe the BAB to be a fairly sound bet for taking on our “cover” and Endsleigh were therefore able to come in with the lowest quote. Along with this reduction in our premium I was able to secure some enhancements to the cover:

- The excess payable on Abuse claims has been reduced from £500 to £250.
- For a modest increase in the ACE “Personal Accident” premium, compensation for the death of a member has been increased from £30K for an adult, and from £2K to £10K for a child (U18).

I firmly believe that the reduction in our overall premium was achieved very much on the basis that we have proved to the Brokers (Endsleigh) and the Insurance Companies (HISCOX and ACE) over the past 3 years that our claims history – whilst not without cost to the Insurers – is low and there is no reason to suppose that it will suddenly or dramatically increase if Associations, Clubs and members continue to be cognizant of and act appropriately upon our Coaching, Safeguarding, and H&S policies and guidance documents.

The BAB has now agreed a new 3-year deal with Endsleigh which means the renewal premiums for 2017 and 2018 will only change if there is a marked change in our terms of business with the Broker.

Insuring Members (Individuals) for Defence costs in Abuse Claims

Separate to the renewal presentation, and as a result of the subject being raised at the last EC meeting, I asked Endsleigh to clarify the insurance position for the BAB and individual members when allegations of [child] abuse are made, and to quote for the provision of Defence costs in the event that an individual BAB member was charged with such “abuse”.

When an individual accused of child abuse becomes subject to investigation by the police the “abuse” is deemed a criminal act and, at this point, the individual ceases to have any legal/defence insurance cover under the “Abuse’ Section of the BAB group insurance policy. The individual’s professional indemnity, public liability and personal accident cover under other Sections of the BAB group insurance policy is not affected; for example, a claim for an unconnected reason such as negligent coaching resulting in injury would be covered as it is unconnected to the abuse. For this reason, the individual is strongly advised to seek independent legal advice if the accusation is to be defended.

For the BAB, Associations and Clubs the Abuse Section under the BAB insurance policy, whilst removing cover for the individual, continues to cover the vicarious liability of the Board, its Associations and registered Clubs, for not following the correct child protection policies, etc.

In terms of defence cover for individuals, whilst there is a specific abuse legal expenses policy available in the market this works on prospects of success. So the point at which it is judged the prospects of winning a case are less than 51% (a person looks guilty) cover stops and no further legal costs would be picked up. This has to be the case because you cannot insure a criminal act. It is also not in any Insurer's interest or the public interest to support the guilty person, especially with such a sensitive subject.

The costs of this are therefore quite expensive: anywhere from £2-£10 per member depending on size of membership. It also has to be for the entire membership or not at all. The reason it cannot be done for individuals is because insurers view it as negative selection against them. This means they see the people likely to seek a policy for this are those who may be concerned with or about their own conduct.

Non-BAB members training at BAB Association (registered) Clubs

When BAB members train with each other on the tatami there is no question that each individual is fully covered through our insurers up to a limit of £5m for professional indemnity/civil liability in the event that "negligence" was the cause of any "member-to-member" injury or other actionable occurrence.

When non-BAB members train at BAB Clubs there is no certainty that that their insurance cover matches that offered by the BAB; this can only be ascertained by sight of their insurance policy. That said, if they provide proof that they are members of a recognized NGB there is no reason to suppose they do not carry appropriate insurance as part of that membership. In such circumstances there is probably negligible risk (to a BAB member) in training with them on an occasional basis. The same risk applies if the BAB member attends training at a non-BAB Club: where it would be prudent to know the insurance position of members in that Club before actively training there.

It is specifically because of these uncertainties viz-a-viz the insurance position of non-BAB members that when the BAB – and member Associations – organize "open" courses/training seminars that the BAB strongly recommends that non-BAB attendees are required to take out temporary BAB membership for the day/weekend or other duration of the seminar. Even so, there will still be anomalies that require organisers to make a "risk assessed" judgement on an attendee; for example, in the case of attendees who are non-UK residents and for which temporary membership would have no validity: these students need to show some definitive proof of insurance or membership of their overseas NGB.

My intention here is NOT to be a killjoy on training with non-BAB members but for BAB members to be aware that there could be risks in receiving adequate compensation in the event of serious injury through the negligence of a training partner. This does not, of course, negate the Club Instructor/seminar organiser's responsibility to ensure that students training under their instruction carry appropriate insurance cover as they, too, can be sued for negligence by the injured party for allowing the "non-insured" student to train.

I merely want to highlight that we live in a risk-averse society where the need for "compensation" for injury is becoming the norm rather than the exception. The BAB policy for its members is:

- for routine/regular training at a BAB Association Club, members should ALWAYS be covered by BAB membership.
- for casual visitors to BAB Clubs, or "open" courses/seminars, do check whether they are insured through membership of their own organization and if there is any doubt about such insurance cover then issue temporary BAB membership or deny training.

Finally, think "insurance is part of membership" and not "membership is part of insurance".

Aikido as creative self-expression

Peter Downs 5th Dan (takemusu aikido kai Norwich)

I have been fortunate in having occasionally provided private lessons to a student who came to aikido with an entirely different mind-set from most. This student was undertaking a course to become a professional life coach and had been recommended to undertake some aikido training as a vehicle for developing a deeper understanding of her own psychology. The experience was as insightful for me as it was for her.

Unlike most students, who invariably struggle to understand the mechanics and the principles of various aikido techniques, this student reflected deeply on all elements of her training and in particular focussed on what her difficulties with aikido told her about herself. To give an example, she had some difficulty in entering (irimi) moves. It was as though she could not commit fully to taking over the space of uke. This caused her to consider both her attitude to obstacles in general and her inter-personal relationship with people who, for example, were dominant in meetings. In this respect she found the aikido principle of not directly opposing BUT intentional and committed but relaxed movement around an obstacle was illuminating. Similarly, she advised me that she had difficulty expressing herself vocally when faced with dominant personalities so we decided to work for some time on vocal expression through ki-ai. She found it hard to produce a confident and resonant sound. We could tell that the sound was coming from her upper respiratory tract and she was constricting her throat. In other words she was automatically self-censoring her own freedom of expression. I find this is a common issue with many other students that appears particularly in undertaking the exercise of torifune, (the 'rowing exercise') which in our school requires vocalisations. It seems that many folk are embarrassed about expressing themselves vocally during this exercise. If they have difficulty expressing themselves vocally what does this say about expressing themselves through the physical encounters of aikido practice?



In considering the issue of self expression in aikido one encounters a possible contradiction. On the one hand takemusu aikido seeks to enable the individual to respond intuitively and effectively to aggression by "removing the ego" from the action. On the other hand my comments above indicate that I see aikido as a means of free self-expression. The problem lies in the apparent contradiction between "self" expression, and "ego-less" response. However this problem was resolved during discussions with another student. This particular student, a retired architect, had spent many years in the pursuit of "art", through both drawing and bronze casting. He had had the good fortune of counting several established artists amongst his acquaintances and with whom he had spent many long hours of conversation deep into the night in consideration of the act of artistic creation. These discussions led him the view that to create a work of art it was a pre-requisite to learn and master the various techniques associated with one's chosen medium. However, the act of creation involved trusting one's intuition and letting the work of art develop "from within" and expressing itself through the various techniques mastered. This means having the confidence to accept ones-self without imposing any predetermined view of "quality" or culturally acceptable aesthetic. Indeed many of the world's greatest artists have struggled precisely because their creations did not conform to the accepted standards of the day (eg Vincent van Gogh). Trying to conform to society's view of artistic quality, or imposing self-criticism, inevitably ego-oriented, blocks the creative flow or results in a creative cliché. Similarly a focus on technique would result in an outcome which might be extremely skillful but which failed artistically. In the case of drawing, for example, it would result in a piece of draughtsmanship rather than a work of art.

It seems to me that there are clear parallels with takemusu aikido, described by Saito sensei as an unsurpassed martial art which “proliferates a multitude of techniques freely as the divine will sees fit”. A focus on the mechanics of technique results in a mechanistic and possibly ineffective result against an uncompromising uke. Similarly a focus on the outcome of a technique, for example uke being thrown, engages the ego which then engages the muscles which the brain thinks are required to effect the technique, which similarly makes the technique ineffective because it presents uke with a lot of information about tori’s intentions and then enables uke to block those intentions.

However, once you have “made aikido your own” by which I mean mastering the underlying aikido principles of blending, timing, the correct positioning of yourself with respect to your uke (ma-ai), the ability to move in a co-ordinated way from the centre and with full relaxed extension you can then let the dynamics of the situation dictate an intuitive response which may, of course, not be a recognised “technique” and is therefore what o sensei would have deemed a “divine creation”.

Report by Tony Yates, 7th Dan Head of Association

Representative on the BAB Executive Committee (2015/6).

I attended four very interesting meetings during the term of my elected post, and these gave me an insight to the internal workings of the BAB.

These meetings also opened my eyes to the total dedication of the Executive Committee members; the work volume that is necessary to maintain the everyday running of the BAB; the number of new initiatives and the work that that entails; the extraordinary number of hours that are necessary to produce the above; and the care taken to present a polished public image of the BAB.

We owe our very status in the world of sport to the Executive Committee Members.

I feel so sorry for those organisations that left the BAB

DBS Renewals

The Executive Committee agreed, that consistent with the previous policy relating to CRB Criminal Record Checks it would be a requirement for all DBS Criminal Record Checks to be renewed every 3 years (unless applicants are registered with the DBS Update Service -- see below).

Recognising the uncertainties caused by the changeover from the CRB to the DBS it was agreed as an interim measure that all currently expiring Criminal Record Checks should be renewed by 1st September 2016.

Members are also encouraged, when renewing, to apply to register with the DBS Update Service, which overcomes the need for the 3 yearly renewal and offers a degree of “portability”. Full details are contained in the recently published Child Safeguarding Guidelines.



Disclosure &
Barring Service



Upcoming Events

小林弘明師範七段合気会

Kobayashi Hiroaki Shihan
5th - 7th August 2016
7th Dan Aikikai



Brunel Fitness Centre
Speedwell Road
Bristol
BS15 1NU

Aikido Kobayashi Dojos United Kingdom, Welcomes Hiroaki Kobayashi Shihan back to the UK, for our Summer Seminar. Hiroaki Sensei is the Dojo-Cho and President of Kobayashi Dojos International.

All aspects of Aikido will be practiced, including Jo, Bokken & Tanto.

Our course welcomes everyone from all organisations and styles. For future updates please checkout our Facebook page: <https://www.facebook.com/AikidoKobayashiDojosUK>

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.

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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Aikido Seishin Kai
**Weekend Summer
School 2016**

At the Wallace Centre, Stoke-on-Trent
ST2 8DU

Saturday and Sunday, 30th-31st July, 9am-4pm

£20 for the weekend
(£15 for one day)

Instructors:

- ◆ Sensei Chris Norburn, head of Aikido Seishin Kai
- ◆ Shihan Michael Sheridan, head of Aikido Research Federation
- ◆ Sensei George Hemmings, United States Aikido Federation
- ◆ Sensei Richard Power, West Midlands Aikido Association
- ◆ Sensei Chris Burgess, Aikido Seishin Kai
- ◆ Sensei Steve Lovatt, Aikido Seishin Kai
- ◆ Sensei Rob Meddings, Aikido Seishin Kai

All welcome

Further details and registration:

mark@aikidostoke.co.uk

07850 160 309

www.aikidostoke.co.uk



Aikido in Hertfordshire are proud to announce a seminar with



DANIEL TOUTAIN SENSEI

Direct student of:

Morihiro SAITO Sensei 9th Dan Aikikai (1992 - 2002)

Nobuyoshi TAMURA Sensei 7th Dan (1978 - 1982)

Masamichi NORO Sensei 7th Dan (1968 - 1978)

Friday 7th October 18.00 - 21.00 (registration at 17.30)

Saturday 8th October 10.00 - 16.00 (registration at 09.00 - 09.30)
and Ashtanga YOGA with Sonia Tomioka Toutain 09.30 - 10.00

in Stevenage, UK



to book, or for more information and videos of Sensei Toutain
please visit www.aikido-hertfordshire.co.uk/7oct.html
or 7oct@aikido-hertfordshire.co.uk

Bridport Aikido Club

Weekend Seminar 30th/31st July
with
Sensei Quentin Cooke, 7th Dan



合
氣
道

At Bridport Leisure Centre, Dorset, DT6 5LN

Sat: 11:00am-5:00pm (£30)

Sun: 10:30am-12:30pm (£12)

Beginners welcome!

Contact Jake Birkett via mail@jakesweb.co.uk
or 01308 459 364 for more info.

www.BridportAikido.co.uk