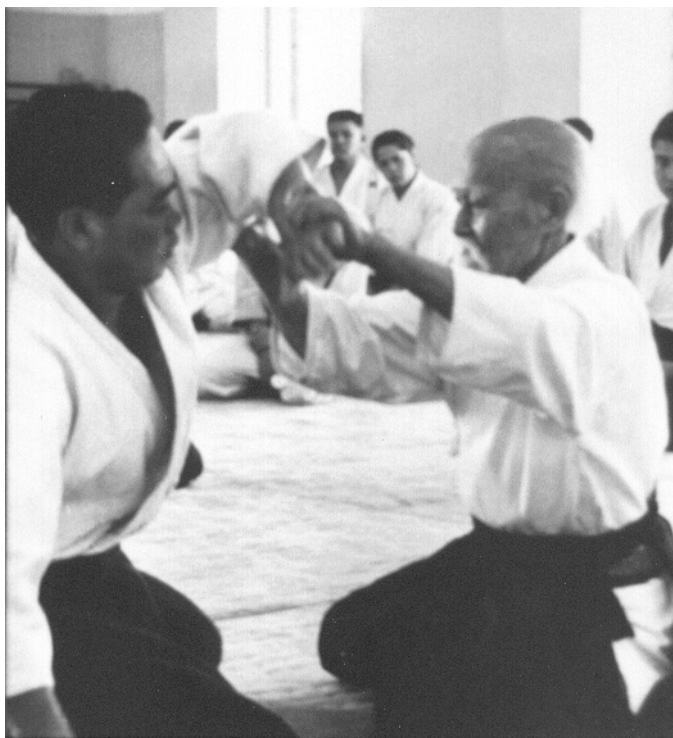


Aikido Times



Newsletter of the British Aikido Board

April 2006 Issue No 1



O Sensei from the Gresle collection

Lowestoft Aikido Course

Once again Broadland Aikido Club will be hosting its Annual Lowestoft Aikido Course, from the 10th to 11th June 2006. The venue for the course is the Saint Felix School in the charming Suffolk seaside town of Southwold. Southwold you will remember is famous both for its fashionable character but also as the home of the renowned Adnams brewery.

The coaching line up for this course can only be described as top rank, with Hayden Foster 7th Dan, Institute of Aikido, heading the list, followed by Shihan William Smith 6th Dan, United Kingdom Aikikai, B. Moss 5th Dan, from Yama Arashi and F. Burlingham 5th Dan, UKA & IOA.

The course will start on Saturday the 10th at 12 noon and run to 5 pm. Sunday will be an earlier start, so watch the late nights, beginning at 10:30 am and ending at 3:30 pm to give people a chance to get home reasonably early.

The cost for adults is £35 for the whole weekend or £20 for the day. Junior charges are £17 and £9 respectively. All organisations are heartily welcomed so make sure

Welcome to the first issue of **Aikido Times**, the newsletter of the British Aikido Board. **Aikido Times** is both an innovation and an anachronism; anachronistic in that it is intended as a paper-based publication, despite relying on the BAB website for its distribution, innovative, in that it seeks to give an identity to the BAB in your dojo.

Through the pages of the **Aikido Times** we will bring you the latest news of the BAB's initiatives, explaining not only the important details but the thinking that lies behind them.

The BAB's primary purpose is to foster and develop the safe practice of aikido in the UK. **Aikido Times** will give you access to the latest coaching information and the detail on insurance. We will be discussing the issues surrounding child protection and why it is vital for you to adopt the latest good practice. We will also encourage you to gain recognition for your club's high standards via the Clubmark scheme and bring you the experiences of other clubs tackling this process.

Although **Aikido Times** will be concerned with getting the BAB's message through, it hopes very much to be a means of putting the UK's aikido communities in touch with each other. We want to bring your news and information to our pages, to show some of the flavour of your courses and events, your ideas and ambitions. Ultimately we hope to help foster *one* aikido community, irrespective of style or allegiance, and keep it in touch with itself.

you bring your bokken and jo, plus of course the all important proof of BAB insurance. Contact 01502 565374/515062 or www.broadland-aikido.co.uk for more information.



Saint Felix School, Southwold IP18 6SD