

Welcome to the July 2021 issue of the Aikido Times.

The Board thanks Brian Stockwell for his contribution as editor of the Aikido Times for many years. Unfortunately he is unable to continue in this role and this version has been quickly put together by Stephen Billett the BAB Webmaster.

If you have a suitable article, details of a course, please send the information by email to mediaofficer@bab.org.uk.

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The BAB has regularly published information on the [BAB COVID Hub](#). The current status in England and Scotland is that we are now able to run full contact aikido class for both juniors and adults. It is expected that Wales will follow suit next week.

It is suggested by the BAB that if members wish to wear masks while training they be allowed but the coach should explain that if anyone has breathing difficulties they should either stop or remove the mask prior to continuing to practise.

At this time there is no legal requirement to be double vaccinated when practising martial arts or other sports, but please keep looking at the BAB Covid Hub in case of a government change of advice.

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BAB Job Vacancies

New Aikido Times Editor Required

If you wish to apply for the role of the Aikido Times Editor, Please send an email to administrator@bab.org.uk with information of why you think you would be good at this role. You do not need to be a Dan Grade or have previous experience to apply, Time and Enthusiasm is a requirement.

For more details:

https://www.bab.org.uk/downloads/Media_Officer_Job_Description_Feb10.pdf

BAB Membership Officer

We also are looking for a new Membership Officer, The post is an appointed post. The purpose of the post is to consider and make recommendations on all applications for membership of the BAB.

For more details:

<https://www.bab.org.uk/downloads/Membership%20Officer%20Job%20&%20Person%20Spec.pdf>



An amazing Dan grade award - 1996 - Yama Arashi UK

Sensei Moss was awarded his 5th Dan from sensei Thielemans in 1996. This was the highest grade that could be awarded in our association. A few years later I asked Tom if he was graded to 6th Dan who would he most like to approve this promotion. His reply was Bill Smith, Hydon Foster and Ken Williams who he knew well and all had instructed at our Summer school.

Luckily we also were very friendly with Frank Burlingham, so I asked him if he thought it was possible to arrange approval from these doyens of Aikido, so a plan was put together.

I produced a certificate and sent it to Frank as he had a good relationship with the selected senseis. At various seminars he managed to get all three sensei to sign the certificate.

The 2002 Big 3 course was also Franks 30 year celebration and he managed to get O. Obata, his first visit to the U.K. H. Foster, W. Smith, T. Moss and Htun Han (his first Aikido teacher).

The plan was to have Foster sensei being the senior to present Tom's 6th Dan certificate at the end of the seminar. After the days training it was time for the seminar to end and for Frank to present each sensei with his thanks and gifts, you could see Tom getting restless and thinking, come on Frank, my knees are sore, I'm tired and need a pint. Eventually the time came for the presentation, the look of disbelief on Tom's face was priceless and this along with the loudest and sustained round of applause was an experience we will never forget.

Sadly, Tom passed away the following year.

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I felt this achievement should be recorded as one of Aikido's historic events. I'm confident that an award of this type has never happened before or after this. Three of the pioneers of Aikido from three different Associations in the UK agreeing to sign a grading certificate for a teacher outside their own association.

I only recently discovered that all the signatures had virtually faded away and therefore almost invisible on the certificate but there is no doubting its authenticity.

[A fuller version of these events will be in Frank Burlingham's latest book and I'd like to thank him for his help with this article.](#)

Thanks to Barbara Moss the Principal of YAUK who has kept the Association and its Instructors together for almost twenty years.

Grev Cooke
Instructor – YAUK

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YAMA ARASHI

合
気
道

The grade of

6th Dan

is awarded to

Thomas Moss

on the 8th June 2002

In recognition for
dedication to the

Art of Aikido

Hadyn Foster

7th Dan
Institute
of Aikido

Kenneth Cottier

6th Dan
British Aikido
Federation

William Smith

6th Dan
United Kingdom
Aikikai

The Hut Appeal

The British Aikido Board are very pleased to advise our members of the information concerning this very important appeal, but the trustees, officers or officials have no link or control of any funds or responsibilities of this appeal.

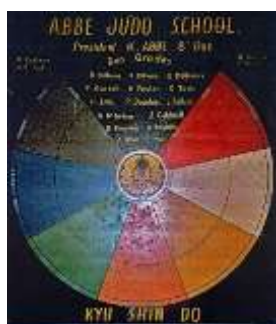


The Hut Appeal:

The Hut Dojo, in Orchard Close, Hillingdon, the headquarters of the Institute of Aikido, was the first place in the whole of the United Kingdom in which our Martial Art was taught. The building itself is apparently a relic from the first World War, a former army hut, many of which found a new role around the country in the early 1920s. The Hut served for a time as the HQ of the First West Drayton Scout group, but by the mid 1950s it had become the dojo of the Abbe Judo School, under its President, Kenshiro Abbe, 8th Dan. In addition to his Judo expertise, Abbe Sensei had studied for ten years as a student of the founder of Aikido, Morihei Ueshiba – O Sensei himself, and he held the rank of 6th Dan. He also was a 6th Dan in Kendo.



Abbe Sensei had come to the UK in 1955 and over the next few years he introduced many Martial Arts to Europe, including Kendo, Kyudo (the art of the bow) and Iaido (the art of drawing the sword).



Although the main activity of Abbe Sensei's school was originally Judo, he began to teach Aikido to his students, including Ken Williams and Haydn Foster and many of the early pioneers of UK Aikido, many of whom went on to establish their own dojos and organisations and eventually this became his principal focus. A photo dating from 1957 shows him in the Hut with a group of some 30



or more students. Abbe Sensei returned to Japan in 1964 to see the Tokyo Olympics at which Judo became an Olympic sport for the first time after which a number of Japanese sensei, in particular Noro and Nakazono, spent some time teaching at The Hut as part of their efforts to expand their art throughout Europe.

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In 1973 Haydn Foster Sensei founded the Institute of Aikido, which he based at The Hut Dojo. Foster Sensei became Principal of the Institute, which has member clubs throughout the UK and abroad. He continued teaching the art of Aikido, running a successful club at The Hut until his death in 2011, after which the Institute of Aikido and The Hut Dojo have continued to flourish.



The Hut therefore is a building of considerable historical significance in the development of the Martial Art of Aikido in the UK and now we have been offered the chance to purchase the dojo in its entirety, including the land that it occupies. It will be necessary to carry out some alterations and modifications so that the dojo can be separated from the Hut pub and access to the dojo can be changed to the opposite side to where it is now. The windows will also be blanked off and a fence will surround that side so that the pub garden is not overlooked. The current landlord, Gerry Collins, also runs a building company and will carry out all remedial work required to the exterior and interior. Because the dojo has been remodelled to form an annex to the pub we would need to make alterations to reverse this, permitting us to increase the floor space and thus increase the potential mat area. We instructed a surveyor to inspect the site and the building and his report is available on request. His valuation came to £350,000.00, which is the exact figure that Gerry Collins has requested for the dojo and the extra works.

This is an exciting proposition not only for those who train regularly at The Hut, but we feel also that the wider Aikido community will have an interest in helping to secure the dojo for future generations of Aikidoka. The history of this dojo is important to so many who started their journey along the path of Aikido from this very site, and it will also hold long lasting memories for those who have visited and trained here, especially for those who took their dan gradings within its walls.

We are therefore reaching out to all Aikidoka who would like to support us in securing the future of this incredible dojo by way of some kind of donation. Whilst there will be those of you who would like to donate anonymously, we have come up with a way of thanking anyone who would like to donate by offering a plaque within the dojo which would bear an individual's name or the name of an association or club. This is along the lines of a great suggestion at the recent B.A.B. agm zoom meeting where I was asked if it would be possible for people to buy a brick. As the dojo is of all-wood construction this might prove difficult but we have plenty of wall space and so we are offering spaces on our 'Wall of Fame' for those who are interested.

If you would like simply to make a donation, no matter how small, then please send to:

The Treasurer, The Hut Dojo Ltd, c/o Janet Pain, 25 Chiltern View Road, Uxbridge UB8 2PE
email janet@corpweb.co.uk. Cheques should be made out to The Institute of Aikido.

Or by bank transfer to: The Institute of Aikido, HSBC Uxbridge, sort code: 40-42-08, Account no: 21257609

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Alternatively if you would like to 'Buy' a space on the Wall of Fame then please send your order to us on the attached form and we will raise an invoice for you by return. The options are as follows:

£100.00 – 50mm x 25mm, up to 80 characters

£500.00 – 100mm x 50mm, up to 374 characters

£1000.00 – 200mm x 150mm, up to 2520 characters

£5,000 – 300mm x 200mm, up to 5145 characters

We are not expecting everyone to buy these plaques as individuals although that would be great. What we are hoping for is that they will represent something that groups can get involved in as a joint enterprise. You can have any inscription you like as long as it doesn't exceed the number of characters and so it can be as simple or as busy as you want it, plus you could have multiples of plaques. Each plaque will be numbered and come with its own certificate.

It is hoped that we will end up with a venue which can be hired for courses and meetings 7 days a week, and we would love to help you host your next course with us and give you the opportunity to see your plaque on the wall of fame. Every club/organisation that supports this project will get preferential rates when booking a course.

We hope that you will feel able to assist us in this historic project.

A handwritten signature in black ink, appearing to read 'W Timms'.

William Timms 6th Dan IoA

A handwritten signature in black ink, appearing to read 'P Foster-Dent'.

Paul Foster-Dent 5th Dan IoA

Note:

It has come to our attention that we need to address the problem that in the event that we don't reach our initial target of securing the funds needed to purchase The Hut what happens to the money. We would like to assure everyone that in this unlikely outcome all donations will be returned as we will, of course, be keeping records through the plaque process and in the case of anonymous donors, we will reimburse upon receipt of proof of donation. Please feel free to contact William on 07770 823255 if you need further clarification



Shodo in the Art of Aikido

Many masters of the Japanese martial arts practiced Shodo, the art of Japanese calligraphy, to help deepen their understanding of their own art. Morihei Uyeshiba, in particular, was well known for his calligraphy and there are many examples in the books about his life.

Why should this be? On the face of it there seems little correlation between vigorous techniques on the mat and sitting quietly drawing Japanese kanji. Yet there are many parallels between the two, and understanding them could give us greater insight into our Aikido journey and help our own training.

The word Do, meaning Way or Path, occurs in several Japanese Martial Arts including both Aikido and Shodo. This shows that both follow paths that take many years to master, and which we may never come to the end of. One of the fascinations of both arts, indeed all the martial arts, is that there is always something new to learn, always a new technique or new concept to master.

A Shodo teacher will explain that you must make sure you have a correct posture, you need to control your breathing, you should be relaxed, you must develop correct technique and you should use your whole body, not just your arm and hands. Does this sound familiar? I am sure, regardless of which style of Aikido you practice you will have heard something very like this and you can see that developing these aspects alone would help in our Aikido training.

There is however another lesson we can learn from the Art of Shodo. You may have seen AIKIDO written in Japanese in various dojo and wondered why they could all be so different. When learning Japanese calligraphy there is a progression through three levels of practice which are outlined briefly below. What you see on the dojo wall is the Shodo masters artistic interpretation of the words.

The kanji character for 'Heiwa' (Peace) written in the Kaisho (regular) style. The strokes are straight, uniform in thickness, and clearly defined.

The first stage in learning Japanese calligraphy is to practice the Kaisho or regular style. This shows the kanji, or character for Heiwa or Peace written in this style. It is clear and simple and has a relatively rigid and precise form. This style correlates with practising basics techniques in Aikido or, indeed, any other martial art. These basic forms must be practised again and again until they are fully understood, the form is correct and can be repeated easily.

The kanji character for 'Heiwa' (Peace) written in the Gyosho (semi-cursive) style. The strokes are more fluid and connected than in the Kaisho style, but the overall form remains recognizable.

The next stage of practice is Gyosho or semi-cursive style. This is the same character Heiwa written in Gyosho style. You can see that the brush strokes are more flowing and relaxed but the form of the kanji is still clearly seen. This would correlate to more developed Aikido practice where there is less emphasis on rigid form and the technique becomes more relaxed with more movement.

The kanji character for 'Heiwa' (Peace) written in the Sosho (cursive) style. The strokes are highly fluid, continuous, and often written without lifting the brush from the paper.

The final stage of practice is Sosho or cursive style. Again this is the same character Heiwa but in Sosho style. The brush strokes here are even more flowing and continuous. This style of calligraphy is often written without the brush leaving the paper and it then becomes closer to art. Movement and dynamism can be seen in this style.

The Sosho style which to some may perhaps seem cruder and less developed is in fact the style that requires most skill and artistry. It is also probably why, when people see Aikido performed well, it can seem to be more like a dance than a Martial Art. In all our training we must look below the surface to find the power, harmony and rhythm in Aikido.

It is of course, not possible to reach this level without spending a long time constantly repeating the basic forms. This is perhaps the most important lesson we can learn from the Art of Japanese calligraphy.

Angus Lyall, 5th Dan, practices Shin Shin Toitsu Aikido and is a member of the British Ki Society. He has practiced Aikido for 44 years and has studied Shodo and Iaido.

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The British Ki Society have recently launched their new Website at www.kiaikido.co.uk and an article on the origins and philosophy of Aikido written by Kenjiro Yoshigasaki Sensei will be of interest to all Aikidoka.

Japanese calligraphy

For those who need Japanese calligraphy, the BAB were recently contacted details below

My name is Satoshi Dáte, designer and acting an agency for Japanese calligrapher Kei.

I am an Aikido practitioner myself and I have been supporting ascetic side of my dojo. After I have visited and practised many other Budo dojos outside of Japan. There are many dojos which have lack of authenticity of Japanese Budo and ascetic side although what they are training is authentic. Kei and I have helped a dojo in London. We believe that we can contribute our ability and skills to your dojo to make even more beautiful and authentic which is important part of studying Martial arts.

Kei lives in the UK and a master of Japanese calligraphy.

I can also offer seal (stamp) design or anything you ask me to do. Ex. Dojo interior and Website design.

We are looking forward to hearing from you.

Best Regards,

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Satoshi D ate
Material Wood or Horn

Ref.

Previous works

Seal and Budo certificate. You can see more calligraphy works on Kei's website below.

https://drive.google.com/drive/folders/10mAXt_U5KbCLFKWrrAu0vFQoS6b7_oc?usp=sharing

Kei

<https://www.keijapanesecalligraphy.com/>

Portfolio

https://issuu.com/satoshidate/docs/satoshi_date-portfolio