

Aikido Times

THE OFFICIAL NEWSLETTER OF THE BRITISH AIKIDO BOARD



January 2018



Welcome to our first issue of 2018. It's been great to see a variety of really interesting submissions coming through... lots to think about in this issue!

Do you agree that Aikido is in the decline? Speaking personally, my dojo is sustaining its adult numbers year on year -- and our junior membership has doubled as a result

of a dedicated and innovative coaching team. We are also embracing inclusion for 2018, and my coaching team are booked on to various events from Behaviour Management courses to Signing for the Deaf Aikidoka. We have also applied for funding for an inclusivity audit which will allow us to support students with communication difficulties. I believe that if you open the dojo doors to everyone with a non-judgmental and enabling attitude then we can increase access and grow our aikido family.

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Executive Committee Report by the Chairman

Data Protection: The Future

The new General Data Protection Regulation (GDPR) comes into effect on 25 May 2018 and replaces the old Data Protection Act. The effect will be to heighten the responsibilities of Data Controllers and Data Processors as well as the rights of individuals.

It will apply to any organisation controlling and processing the personal data of individuals residing in the UK and will directly impact on the BAB from the Board down to individuals maintaining data within clubs.

Fines for data breaches and non-compliance will be imposed and these could be substantial.

The Webmaster attended a key Sports & Recreation Alliance Seminar on this subject and following a detailed presentation to the Executive Committee, It was apparent that all the Board's IT systems would need to be reviewed and in many cases re-designed. In addition it was highlighted that the regulations also extended to the keeping of secure printed data, which could pose particular issues at all levels of the organisation.



At the outset it was recognised that the Board could take the view that it need only accept responsibility for its identified role as a Data Controller of limited information. This would leave the Associations to be their own Data Processors & Controllers, thereby requiring them to evolve their own solutions. However the Committee considered that such a course would not be in keeping with the true spirit of our organisation.

Accepting that the implementation date is looming fast it would be almost impossible to fully comply by then, and from examples given the clear understanding that fines could be significant, the Committee are urgently processing a number of options. These include outsourcing the maintenance of our data, which is currently the practice of many NGBs and Agencies such as S&RA.

Whilst the Committee have still to finalise the approved strategy they are satisfied that the Board should be able to provide a viable way forward, for all levels, but it will inevitably bring with it cost and operational implications, which will need to be considered by the Board

Alex Goodwin Progress Report

We have previously reported on the progress of Alex, who was supported by many of you through fund raising and we are delighted to report that he is now cancer free after having radiation treatment and operations which involved fitting a telescopic metal femur that will need to be extended through magnets every three months. Alex is now back at school and is happy.

National Course 2017

The Course was held at Brunel University, Uxbridge, Middlesex and was attended by about 120 Aikidoka from 14 Associations. It was encouraging to see the openness of participants, on the day, to follow the way techniques were taught, by the 5 Instructors, rather than to dismiss them in favour of their “usual” style and also the number of students still “on the mat” at the end of nearly 6 hours of training.

The opportunity was taken to get feedback, through questionnaires on current awareness of the Aikido Times, which was encouraging; the role and services offered by the BAB- which raised issues for further consideration: and the course itself which showed that overwhelmingly participants enjoyed the venue and programme of instructors.

Nine Circles offered their usual wide range of equipment; a new Frank Burlingham’s book on Aikido conversations was on sale: and a “Draw” of Hand Made Aikido Items, including a beautiful leather weapons case, made by Vincent Sumpter, our previous Chairman, raised £152 for cancer hospice care.

This year’s National Course will be on Saturday 22nd September and will be at Brunel University.

Sports & Recreation Alliance

It’s encouraging that a number of key issues previously pursued by the Board including; the NGB logo as a National Kite Mark, the need for marketing support and ways of funding a paid officer are now being taken on board by the S&RA.

Membership

We are delighted to report that Te Shin Kai, under the leadership of Shihan Keith Hayward, 7th Dan, So Hombu has re-joined the BAB

Coaching

To ensure all students who successfully complete a Coaching Course, actually hold a certificate, which is often required when seeking to use a venue, the cost of the certificate will now be included as part of the Course fee.

Consideration is being given to training selected Association Tutors to become qualified BAB Tutors, able to deliver Coach Level 1 Courses.

Offensive Weapons

We have responded to an invitation from the Home Office to submit comments for the current review being undertaken into the control of the use of “offensive weapons” which is likely to include weapons used in aikido practice.



They walk amongst us

Tony Russell-Ward: British Tomiki Aikido Federation.

Who walks amongst us I hear you all say. Well by my heading I mean those who are not honest and of good character as they mislead and lie to their students and all the rest of us by pretending to be something they are not. And in that I mean those that claim high DAN grade without any substance and those that self promote themselves. Unfortunately it is not a malaise that is confined to Aikido it is also the scourge of both Judo and Karate. I can name a few who would not stand any in depth scrutiny from all three of the main Do.

For clarity I will call them “Billy” in this article.

Strangely it is a trait of the western world as it is not something that is common in Japan. They have very strict rules about the teaching of Budo in Japan and indeed have a tighter system of control on who can open a dojo and indeed who can be in charge of that dojo. For instance Yondan 4thDan is the level where by you can take a teachers licence, however it would be unusual to attend a lesson with less than a Godan 5thDan taking the lesson, in many dojos 6th 7th and even 8th Dans are in abundance at any one session.

What is to be done about these charlatans I hear you all ask? Well once you have the proof then you have a moral duty expose them of course as they threaten our Budo and are of questionable character and not to be trusted. I would go as far as to say that by their deception they are committing fraud and taking money under false pretences. And what else are they covering up?

Consider this: What if someone was to get injured and it was then uncovered that their “Billy” was teaching by deception, would the insurance still pay out? I think not as insurance companies are notorious for wriggling out of their commitments if at all possible, so then would it come down to civil action?

Recently I heard that a chap from a dojo in the South of England claimed he had been promoted by a certain Japanese Dan grade of World Wide fame. Knowing the Japanese Sensei as I did and having lived in his house for one month in Japan I advised said gentleman to get his facts correct as this particular Sensei was dead at the time he claimed he was graded!

Another chap produced a very passable menjo (certificate) and claimed it was for a 6th Dan from Japanese Aikido Association? Unfortunately for ‘Billy’, my friends, all three high-ranking Japanese Sensei from JAA, advised that it was a fake!!!

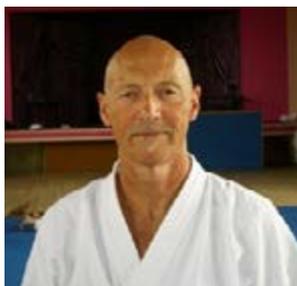
I was once discussing this flaw in people's character with Yamada Senta 6thDan Aikido 6thDan Judo 4thDan Jodo 5thDan Kendo just to mention a few of his qualifications, someone I knew very well and his reply was this, "They can be any Humpty Dumpty Dan grade they want to be, but when they come on my mat they better be able to do it!"

For those of us who qualify as "Old Gits" who have been around the block a few times, it is easy to spot a 'Billy' as they soon show their lack of knowledge by how they conduct themselves and strangely disappear when anyone of substance is around who may just question them.

In an age where safeguarding is to the front of everyone's agenda we must all be vigilant in our dissemination of our knowledge to all and sundry.

A piece of history.

Yamada Senta from Fukuoka was the chap who was sent to train with O Sensei and was responsible for writing the menjo for him whilst training for three months in Tanabe and also later whilst he accompanied O Sensei travelling around Japan in those early days of Aikido.



Thoughts on Aikido

Paul Barker Sensei, 7th Dan: Aikido Circle

Over 40 years have passed since I first entered the world of Aikido. Over this time I have changed my practice many times trying to find a true path that captures the essence of this wonderful art - and at times I feel I've touched it.

Aikido is a spiritual martial art but a martial art nonetheless. It is a mistake to view Aikido from a western viewpoint. You need to look at where it came from and recognize that it is unwise to pander to the ego, which is what happens in sport.

You can't learn aikido from books, DVDs and the internet alone. The place to learn is in the dojo and then to take it into the world and to use it in your daily life. When someone says they 'know what you mean' after having watched you demonstrate a technique - or on the back of watching a video - the chances are they don't understand.

We must never forget that O'Sensei was a genius. There is no other word to describe this unique human being. We are riding on the coat-tails of the greatest martial artist that ever lived and we wouldn't be practicing this wonderful art without him.

Although we should be looking at Aikido for spiritual development it is not a religion. The art comes from the sword and without knowledge of swordsmanship Aikido practice is not complete. Of course, the Jo and the Tanto are also important weapons in Aikido. After all, only a fool would step on a battlefield unarmed.

Aikido in real life situations

We must also think of how techniques would work in a real situation. For most of us practicing Aikido today, not using atemi will be a mistake. In a real combat situation it would be unwise to rely purely on technique alone.

For example, it is more difficult to defend a chudan strike effectively from the inside. In fact, inside movements are generally more suited for the dojo than the street. This is why our practice must retain realism.

Not all techniques are suited to every attack and should be left in the dojo where a lot of what we practice is to give the art depth and form - but not necessarily to be used in a real-life situation. It's important to know the difference.

A lot of movements you think are techniques are just exercises leading to a real technique. The techniques themselves are designed to hone the body and discipline the mind and spirit.

Improving your practice

It is wise to keep an open mind to your practice and try new things. Aikido is a growing art and it is better for you to develop than running through the same old training. I am not saying to forget your roots or the old ways of practice, just try something different.

Try not to be content with what you have learned already for there is lots yet to be discovered. Don't think you are already performing a technique to the best of your ability, you should strive to reach for the stars with a loving and open heart. Enjoy every lesson.

Anyone who has done Aikido with me knows that at the dojo where I teach we push training to the limit and make it as real as possible. This, in turn, creates a strong mind, body and spirit.

Don't get me wrong. This art is not for the super fit only. It is for everyone that wants to put his heart and soul into it. It is more a state of mind. I hear students saying they can't seem to motivate themselves, are tired, have a headache, or some other excuse.

As I say, these people are weak in mind and spirit. They need to wake up and stop being so self-indulgent. I am here for anyone that wants to practice Aikido. All they need to do is take that first step and I will meet them half way.

The importance of Aikido

I would like it clear these are my views on practice and are not held by everyone training in Aikido.

We strengthen the mind and spirit by pushing the body to the limit at every lesson. There is no easy ride and by strengthening the mind and spirit we in turn strengthen the body. We are focusing on all three.

In the west we have lost our way spiritually and are losing direction, but the point of practicing Aikido is to put these back in order. Most people are very shallow, thinking only about the material world and what they can acquire but we should care more for one another and all other creatures that live with us.

As Aikido practitioners we are the guardians of the way, the protectors of that which is good, right and in accordance with the universe. Once you have Aikido in your heart, mind and body, you need very little else other than to share it.

If we all practiced Aikido in the proper way there would be no more wars and the world would be at peace. This may seem simplistic or even rather naive, but life is not that complicated, we just make it that way.

Four lessons a week - plus lai - is a good amount and although I know it's not always easy to practice as much as we'd like, the point is to put your heart and soul into the classes you can attend. As Chinese sage Lao Tzu noted: "He who conquers other is strong he who conquers himself is mighty."



Aikido at the crossroads

Peter Downs

(www.takemusu-aikido-kai-norwich.com)

In this article I want to draw attention to a decline in interest in aikido, suggest reasons for that decline and present some thoughts about how to address it. I hope it may generate discussion and even some action! I have more questions than answers, and then only the glimmering beginning of some possible answers so please feel free to offer alternative perspectives.

I guess many readers of the *Aikido Times* will also be subscribers to the *Aikido Journal*. The latter has recently been re-launched since the passing of its founder Stanley Pranin, the pre-eminent guardian of aikido's history. Josh Gold, who has taken over the editorship of the *Aikido Journal* knew Stanley Pranin well and is a long-term student of Haruo Matsuoka sensei at Ikazuchi dojo in Irvine, California. Many of you will have seen Matsuoka sensei as he appeared as a young man in many of Steven Seagal's demonstrations on the receiving end of some very punishing techniques.

In a recent article Josh Gold highlighted some worrying trends regarding aikido, trends that we are all probably very aware of but have possibly been ignoring for some time. These trends essentially reflect a steady declining interest in aikido resulting in a preponderance of older students and diminishing class sizes.

I've tended to excuse this on the grounds that aikido tends to be a "mature person's martial art". I've argued to myself that young people want to express themselves with exuberant physicality and this is something that has to be well controlled in an aikido dojo where un-disciplined force can result in serious injury, so it's "OK" that we have mostly mature students. But without attracting new students we run the risk of becoming irrelevant. I suspect that most aikido dojos in the UK struggle to pay for themselves. I have a relatively healthy membership of 20-30 individuals and very supportive location for a dojo with relatively low fees, and yet still operate at a loss. And, yes, most of my membership consists of the over 40s.

Maybe aikido will always be a niche martial art simply because it is counter-intuitive, requiring relaxation rather than strength and therefore difficult to master. Yet those of us who practice it know the benefits it brings in terms of health and well-being and believe its message of reconciliation is especially applicable in today's strife-torn world. And so, it behoves us to consider what is the reason for this declining interest and how we can reinvigorate interest in aikido in the younger generation at the same time as supporting our existing base.

Koichi Tohei said (quoting from the *Aikido Journal*) "In a great deal of aikido today, the collusive way in which people practice allows ineffective techniques to be passed off as the real thing. Such aikido will only be criticized and ridiculed. People take advantage of the fact that there are no matches in aikido and allow themselves to train in collusion. The result is that they lead themselves into self-satisfaction, conceit, and arrogance."

In my experience many people are attracted to aikido precisely because it is "non-aggressive" and often involves training in a gentle way, with formal and often slow attacks. Many of the benefits of aikido can come from such practice. However, this type of practice will certainly not lead to a "martial art" and may indeed lead to dangerous delusions about its effectiveness. I'm afraid to say that the vast majority of these aikido practitioners would find themselves at a loss dealing with real aggression. So, yes, aikido is open to criticism as a martial art, and as these criticisms get circulated and spread throughout the internet, interest in the way of harmony is replaced by interest in MMA and what may be seen as more practical arts. Josh Gold's analysis of hashtag data on Instagram (a network predominantly used by the 18-29 age-group) shows interest

in MMA at 38 times and in BJJ at 27 times the level of interest in aikido. Even the classic traditional arts of judo and karate show six and nine times the level of interest compared to aikido.



Interestingly the same analysis shows higher levels of interest in yoga than all five martial arts analysed put together. If yoga represents a practice oriented towards physical and mental well-being there may yet be scope for positioning aikido in this space. Certainly the warm-ups, stretches and interactions provided by measured pair practice could be seen as supportive of mental and physical well-being. But where then does it leave aikido as a martial way?

Morehei Ueshiba said that aikido is budo. For me a budo is a way that provides a skill set and mental attitude forming the foundation of an effective self-defence and the personal development of the individual. If we want to be true to O'Sensei's legacy we should ensure that our practice is

practical and effective. But there is a danger in pursuing our own interpretation of "effective martial art" – because the natural embodiment of defence is either fight or flight, and if it's fight we are pre-programmed for a muscular response. Aikido can be extremely effective and damaging if applied with speed and strength, but then it loses the qualities that distinguish it from its battlefield precursors.

Sadateru Arikawa sensei was well known for his outstandingly aggressive demonstrations at various aikido expos in the 1980s and 90s. In watching him I couldn't help feel that his aikido had nothing to do with O'Sensei's martial arts philosophy. He would draw his uke in by arrogantly holding out his hand and then use all his considerable bulk and power to slam them into the mat – sometimes from above his head. I was therefore relieved to find a video of him demonstrating in Scandinavia in his later years when he admitted that in his earlier aikido career he had not worried about injuring his ukes, leaving it to them to accommodate to his technique, but he had come to the realisation that this level of aggression was both unnecessary and wrong.

Tohei sensei also said words to the effect : "The thing I most remember about O'Sensei was that he was totally relaxed". In order to be relaxed one must step outside the conflict and not be engaged in a confrontation with the aggressor. This means that one should not be driven by the desire to defeat the enemy but more by the focus on re-establishing harmony in the process of defending oneself. I think it is this attitude of mind that distinguishes aikido from most other martial arts.

To emulate O'Sensei we need to develop martial awareness and the skills and attitude of mind that lead to relaxed competence. Much dojo practice however fails to develop martial awareness because of the collusive nature of the practice. Although this may allow the development of understanding of technique and integrated body movement these skills are likely to break down under pressure. For example most practice of kote gaeshi will involve uke making an over-extended punch and then waiting for the technique to be applied. In reality most punches will be quick and then withdrawn for a second punch – not to mention another punch coming from the other hand. Similarly practice of tanto dori seems to rely on uke failing to pursue the attack with full intent. If we don't practice occasionally with realistic attacks we cannot hope to deal with them.

One of the things that most impresses me about Josh Gold and Ikazuchi dojo is their open-ness to research and development, to testing their techniques, to gathering the best knowledge, even from other martial arts, to inform their aikido and keep it alive. We tend to operate in our personal silos, believing our aikido to be the best, the most original or even the most effective but we rarely test ourselves. Although we sometimes share our techniques in seminars these are usually simply a

demonstration of “how we do things in our style of aikido” and it would be rude in these circumstances to test or criticise technique. As a teacher I often ask my students if something works or makes sense. I have to be constantly checking that my technique does work and that it is not just a matter of a student being compliant for fear of embarrassing me. Even so I am rarely really tested and therefore run the risk of becoming complacent or self-deluded. If I am not unusual in this regard, perhaps it is time to follow Ikazuchi dojo’s lead and for senior instructors to come together in the spirit of investigation, experiment and constructive self-criticism in order to ensure their aikido remains a true budo.

However, if we solely follow the budo path we are left with the difficulty of supporting a base of aikido practitioners, which quite possibly contains a significant number who are attracted to aikido precisely because although mentally challenging and physically demanding it is “comfortable”. We, after all, advertise aikido as suitable for all ages and both sexes because it does not require strength and it is non-aggressive.

On the other hand there are those who seek a more realistic and practical means of self-defence. I suspect the latter are in the minority in the active but ageing aikido population but that it represents the majority of those young people interested in martial arts that aikido is failing to attract.

One of the problems many aikido clubs are likely to have is a relatively small membership which makes it uneconomic to run separate classes for different grades of student. I believe it is good for senior grades to practice with juniors since it makes the seniors more mindful of what they are doing. However, if, as I suspect, existing and potential aikido practitioners fall into two different groups we need to think about how to support their different aspirations. I have no clear solution to this problem while club membership remains small and of mixed ability. However, perhaps some clarity is required on what the aikido path offers and what it requires of its students. It may also be worth distinguishing between aikido for health and well-being and aikido as budo. Perhaps training up to 1st Dan level, involving developing the basic techniques and learning some of the key principles of aikido, is appropriate for both categories of student. But those who wish to progress on the budo path beyond 1st Dan must recognise that training should be more intensive, demanding and outside their comfort zone. And this naturally requires teachers who have been through the same demanding process; another reason for senior instructors to get together in a mutually testing and technique-sharing environment.

I would welcome your thoughts.

DISCLAIMER

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Mark Hardwick

Aikido and 'reality'

People may start to learn aikido for a variety of different reasons. Some may want to learn self defence, others may want to keep fit, and others are interested in joining a club and making friends. Something which is unlikely to have formed a part of the initial decision-making is whether aikido may eventually lead to an understanding of reality.

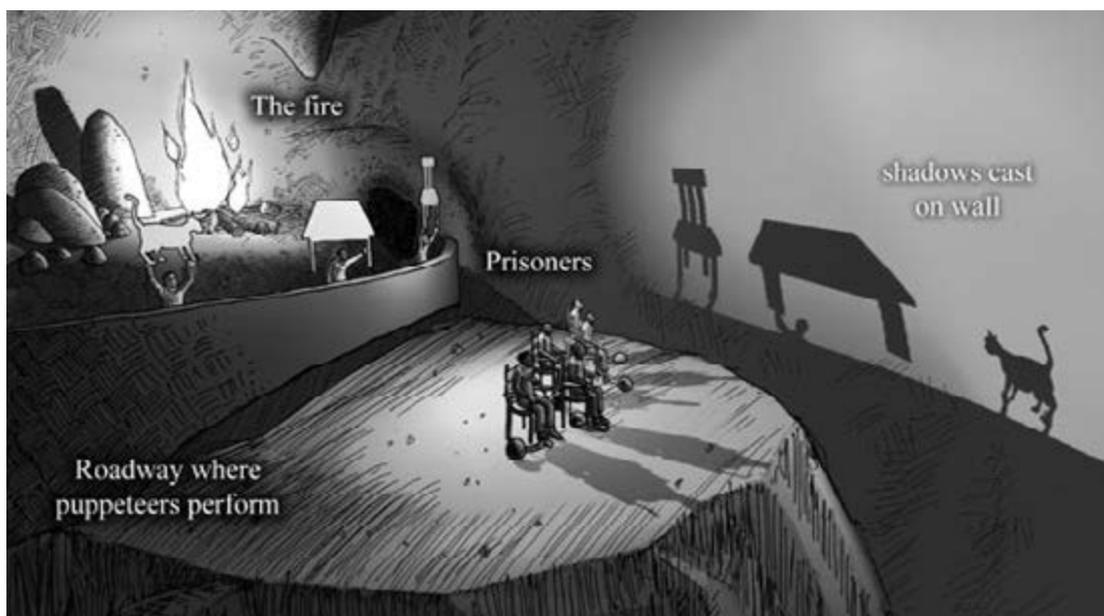
Other art forms may provide at least a representation of reality, and may indeed allow access to an understanding of reality itself. Picasso's Guernica is a depiction of an event in the Spanish Civil War which, although not exactly lifelike, may convey what is meant by an 'atrocities'. George Orwell's '1984' still has the potential to cause a shudder, especially now that so much of its content seems uncomfortably close to the events of the present day. Any number of musical pieces contain such melodies and harmonies that they can elicit changes in human emotion.

Aikido, or any martial art, may allow us to see past the everyday illusions which we call reality, not so much in the observation of the art, as with the former examples, but as a result of the creation of the art, which is the domain of every aikidoka.

We may begin to understand reality by first of all understanding ourselves. In practising the art, taking grades and training with opponents, we are constantly confronted with the realisation of our abilities and limitations and how we react to these. In order to improve towards the highest standards it is necessary to learn to cope with failure, to remove predeterminations and expectations, and the juxtapositions which fix us to realising our own qualities only by measuring them against someone or something else.

Eventually it may be possible that as a result of dedicated training and improvement, the ego itself is removed, or reduced to such an extent that the world is no longer perceived through this deceptive lens, clouded by fragilities and insecurities. Instead a new reality may present itself, enabled by the understanding of oneself.

The ancient Greek philosopher Plato (429?-347BC) suggested that people are not ordinarily capable of seeing reality, but instead see only illusions. He presented this as an analogy whereby people are represented by prisoners chained up in a cave in such a way that they can only see the interior walls of the cave (see diagram). Behind them is a fire, and as objects move behind them (between themselves and the fire) these objects cast silhouettes onto the cave walls.



The prisoners, not knowing any differently, accept the silhouettes as reality and are unable to see the real objects. We may consider that the practice of aikido, and the progress that we make, allows us to loosen the chains and turn around, thereby seeing the real objects and not just their illusory representations.

Our concept of reality is to a large extent just a concept in our heads. For example we are familiar with categorising things according to their colour. In fact colour does not exist, but is an imaginary picture put together in our brains as a result of different frequencies of electromagnetic energy (i.e. light). This allows us to make some partial sense of the world. Immanuel Kant (1724-1804) conjectured that all of our perceptions are filtered through spectacles we cannot remove, and which only allow us to comprehend things in relation to concepts of space and time, and that we cannot see 'things in themselves' as they really are.



Even our concept of 'now' is open to question. Our understanding of the world is informed by our senses, and the central nervous system interprets all of the information received by the senses to present us with a 'reality'. The central nervous system in fact takes around half a second to compute and synchronise all the information it receives and to present it to our consciousness. Therefore what we think of as 'now' is actually half a second ago. Not only is our view of the world mixed up in a tangible sense, this is even before the information we receive has been further filtered by our values and other intangible criteria by which we form assessments and judgements about things.

So in practicing aikido, if it is first possible to form an understanding of ourselves it might then be possible to begin to form an understanding of everything else. To become proficient in an art is to practice its demystification and discover a path to greater understanding. And yet how this happens is itself a mystery. The process of mystery and demystification is therefore a dynamic and unending cycle.

Just as Socrates (c470-399 BC) declared himself to be the wisest man in Ancient Greece because he at least knew how little he knew, so as we practice our art we realise that for every step forward we take, the road we are travelling is longer than we thought. This enlivening notion means that the opportunities for learning are endless, as are the limitations on what is possible, as is the pursuit of reality...?



Shunpookan North Carolina Aikido Protects VIP



Bishop T.D. Jakes is a world-famous pastor, author and filmmaker. Appearing at conferences around the world with attendance of over 300,000 he recently decided to appear in Boiling Springs North Carolina, which hosts Gardner-Webb University, a private religious college.

The event coordinator asked Dan Gilbert to conduct a site survey and risk assessment for the conference. Mr. Gilbert is the lead instructor of Shunpookan North Carolina and owner of Professional Priorities LLC; a safety, security and management coaching business. The coordinator also asked for two individuals to support the security team in protecting the Bishop and his VIP guests by managing access to the stage.

The security team needed individuals who could handle high stress environments. They had to deal with up to 5000 people while controlling access to the celebrities. The organiser liked Aikido's non-aggressive, firm approach to dealing with potential threats. Rob Henderson and Raynor Wilkie of SPK NC offered to assist.

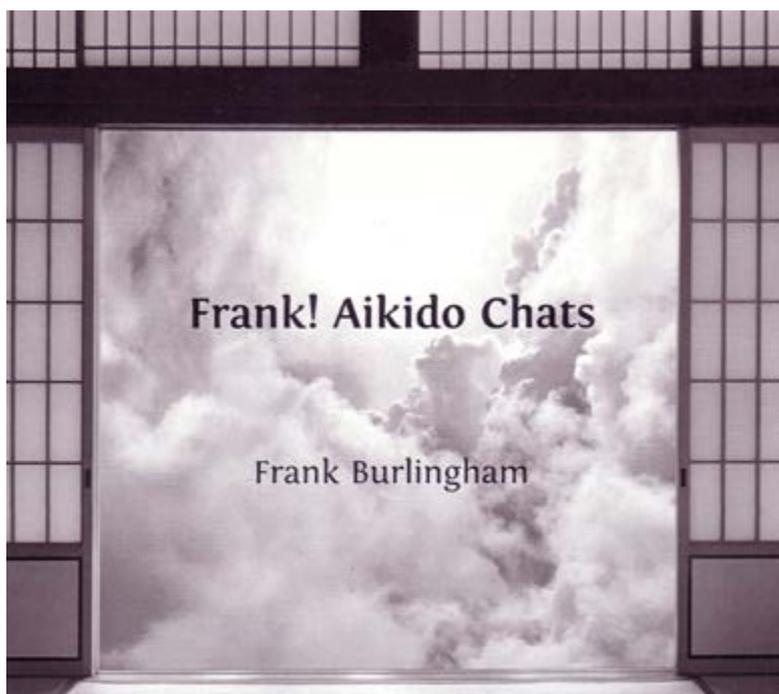
Dan, Rob and Raynor had to deal with overenthusiastic fans, crowds rushing the stage and lost people approaching secured areas. They also coordinated with local police agencies including campus, city and county departments. Dan said "it was very much like classes in the dojo, manage the enthusiasm, be firm and disciplined, be nice, and help everyone have a great time and avoid injury."



The event management team was very impressed with Shunpookan Aikido. Rob and Raynor did a great job representing Shunpookan Aikido.

Dan Gilbert has trained in martial arts since 1976 and in Aikido since 2000. He started his Aikido training in the Bridgnorth dojo under Paul Evans, 5th Dan Shidojin and started teaching in the US with the support of Shihan Brian Burrows, 7th Dan Aikikai. He has an extensive background in safety, security and management consulting which he uses to assist religious organisations in dealing with modern challenges and security threats.

Just Published - Frank! Aikido Chats



After 20 years in the making a book of interviews with senseis Haydn Foster, William Smith, Kenneth Cottier, Tom Moss, Gwynne Jones and Pat Stratford. Read about their personal side, their life and work before starting to train in Aikido, why and how they started training. What it was like in the early days and the changes they have seen. How they would like to see their association and Aikido in the future. Each interview reveals the personal side of these pioneer senseis that were at the beginning of British Aikido, they were there making history.

£10 plus £3 (Postage & Packing)

For your copy please send cheque made payable to Frank Burlingham, 9 Low Farm Drive, Carlton Colville, Lowestoft, Suffolk NR33 8HQ

FUDOSHIN AIKIDO CARDIFF



GREG HABERT

4th Dan • Mutokukai Europe

16 - 19 FEBRUARY 2018 BATH & CARDIFF

Friday 16th

Bath Aikido Society
7:00pm - 9:00pm
£15 / £10

Saturday 17th

Sport Wales National Centre
12:00pm - 4:00pm
£25 / £15

Sunday 18th

Ffenics Aikido Club, Sully
11:30pm - 1:00pm - Juniors
1:00pm - 4:00pm - Adults
£20 / £15 / £6 (Under 16)

Monday 19th

Chapter Arts Centre, Cardiff
7:00pm - 9:00pm
£15 / £10

This seminar is open to Aikido practitioners of all levels and is particularly recommended for beginners.

Further information is available at aikidocardiff.com

To register for this event, email: enquiries@aikidocardiff.com

Please bring proof of insurance when attending any seminar.



Aikido Circle and Aikido Brighton Aikikai.

Day Course

Saturday 3rd March 1pm - 6pm

**Location: Bexhill Amateur Athletic Club
Little Common Road
Bexhill-on-Sea
East Sussex**

£25 for the day. Open to all styles.

Instructors on the day will be Sensei Paul Barker (7th Dan Aikido Circle) and Sensei Phil Rozier (5th Dan Brighton Aikikai)

If you are interested please contact Svapnil on 07527398398

or email svapnilamin@hotmail.com

SUBMISSION GUIDELINES

1. Maximum article length will usually be in the region of 1000 words. It may be necessary to split some articles over more than one issue of the Newsletter.
2. No payment shall be made for items used.
3. The focus of articles must be on aikido, its impact on people and the community, or contain content which would be of interest and relevance to aikidoka
4. Contributors must be either members of the BAB or be invited to contribute. Other people may submit items for publication and approval from the Board's Executive may be required.
5. There should be no explicit criticism of individuals or other associations/organisations.
6. All material submitted must be original (i.e. not breach copyright laws). Appropriate credits and permissions should be included within the submission if relevant.
7. Articles may be edited/corrected at the Editor's discretion
8. The Editor's decision shall be final in determining the content of The Aikido Times.

Aikido in Hertfordshire
are proud to announce a special
a one day FUNDAMENTAL AIKIDO
BUKIWAZA seminar with



DANIEL
TOUTAIN SENSEI

Direct student of:

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

Nobuyoshi **TAMURA** Sensei 7th Dan (1978 - 1988)

Masamichi **NORO** Sensei 7th Dan (1968 - 1978)

Saturday **7th April** 10.00 - 16.00 (registration at 09.30)
in Stevenage, UK

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





Celebrating the Aikido Journey of Sensei Marill Poole

SATURDAY 17th March 2018

9.30A.M – 4.30P.M.

Registration from 9.a.m.

Sensei Bill Harris 7th Dan (Kai Shin Kai)

Sensei Gary Masters 7th Dan (Ken Shin Kai Yoshinkan Aikido UK)

Sensei Piers Cooke 7th Dan (Aikido for Daily Life Association)

Sensei Marill Poole 6th Dan (UK Shinwakai)

Sensei William Timms 6th Dan (Institute of Aikido)

Sensei Roy Sheppard 6th Dan (Kurai Aikido)

Sensei Steve Billett 6th Dan (Aikido Development Society)

Sensei Richard Lewis 5th Dan (Ken Shin Kai)

Course Fee (including refreshments): £20

VENUE: High Wycombe Judo Centre

Barry Close,

High Wycombe

Bucks HP12 4UE

Tel: 01494 461838

Contact: 01895 636344 or email khholland@hotmail.com

Upcoming Events

Scottish & Borders Birankai

2018 SPRING CAMP

◆ SAT 26TH ~ MON 28TH MAY ◆

◆ STIRLINGSHIRE, SCOTLAND ◆

with instruction from

**GABRIEL VALIBOUZE, 6TH DAN SHIHAN FROM
STRASBOURG AIKIKAI**

**MIKE FLYNN, 6TH DAN SHIHAN FROM THISTLE
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**WITH ASSISTANCE FROM SCOTTISH & BORDERS
BIRANKAI SHIDOIN**

Places are limited for residential accommodation.
For enquiries contact Saul at: springcourse2018@gmail.com

"Aikido is the Art of Peace,
the power of love."

Rob Goulden 40th Year Anniversary Aikido Course

DATE . APRIL 8th 2018

TIME . 10.00 - 16.00 Hrs

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A Fantastic Seminar at a Fantastic Price

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All associations most welcome

For more details message via face book page

Loughborough Aikido Shun Poo Kan



Reading Zenshin Aikido Club
Anniversary Seminar

28th April 2018

University of Reading Sports Centre



Tony Sargeant Sensei

6th Dan Aikikai

Head of Takemusu Iwama Aikido Europe

All styles welcome

£25 if paid before end of March

£30 thereafter

for full details & booking form visit

www.aikido-reading.co.uk/2018-seminar



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

Aikikai Hombu Dojo Shihan

Shigeru Sugawara, 7th dan



Friday February 16th 2018 to Sunday February 18th 2018

Friday 16th February 19.00-20.30

Saturday 17th February 12.00-13.30 & 14.30-16.00

Sunday 18th February 11.00-12.30 & 13.30-15.00

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

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

For more details and the booking form please visit: www.northlondonaikido.org or
email us on northlondonaikido@btinternet.com