



At last the nights are drawing out and as soon as this awful weather is behind us, let's hope lots of students start arriving at the dojo.

How are your numbers on the mat? Recent discussions suggest that student numbers could well be down on previous years.... so what can we do about this?

Kerry's ideas are great: to start looking at new demographic groups who could participate. Let's start removing those barriers to getting on the mat and make aikido truly inclusive.

NOTE: I suffered a catastrophic Mac crash just prior to this edition being prepared. I have endeavoured to reinstate all items sent to me - but if anything has been overlooked please message me and I will send out time-sesnsitive information via MailChimp.

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RNIB Year of Blind Support

Kerry Cope: BAB Director



2020 is the 'Year of Sport' being promoted by the RNIB. The aim is to encourage visually impaired people to get active and try to remove barriers.

I have organised a Free Aikido Taster Session which will take place at the University of South Wales, Pontypridd.

The date is confirmed as Saturday 18th April at 2:30pm to 4:30pm. My own club will support the event to ensure that it is both safe and enjoyable for participants. The taster will be exclusively for partially sighted/blind participants and of course the sighted helpers. Participants must be over 18, unless accompanied by a parent and consent is given for them to participate (then over 14 would apply)

I am being supported by a blind young lady and a partially sighted man in preparing the event.

If anyone knows a visually impaired person who would like to attend, or would like to help promote and/or get involved with the event could they please contact me: babdirector@bab.org.uk (07720 23614)





News from the Executive Committee

Report by the Chairman

1. Policies & Guidelines

We continue to review our Policies and Guidelines to ensure that they are fit for purpose. Recent action includes -

Equality & Equity Policy

Amendment to the policy to ensure that it is compliant with current legislation and to provide an appropriate level of support for transgender members and new members wishing to participate in Aikido”

Child Safeguarding Policy

The main policy is supported by a range of Guidelines focusing on specific issues. Guidelines have now been approved to cover the following areas-

- Child Transport, Late Collection & Missing Child- Responsibilities
- Child-on-Child Bullying-Anti Bullying
- Dress Code & Use of Changing Facilities
- Photographic & Recorded Images Of Children
- Safeguarding Principles & Responsibilities
- Children & Adults on the Mat Together
- Persons Accused of Child Abuse

2. Insurance

The current Public Liability for Associations, Clubs and their members is £5,million and whilst this appears to be a large sum, based on the recommendations of our Insurance Brokers, we have now increased the level of cover to £10million, which is now the sector norm for public/civil liability. This will be particularly welcomed by Venue providers.

3. Website

Thanks to a lot of hard work by our Webmaster,Steve Billett, we now have a new and attractive website, packed with information on the BAB and the services it offers.

4. National Course

Whilst many positive comments were received from those attending last year’s course, the number of members present was significantly down and only a small percentage of Associations were represented.

The Committee therefore agreed to review the event taking account of location, time of year, format, marketing etc, to see if it meets current requirements and a full report will be submitted to the General Meeting in May, for discussion.

If any individual members would like to comment on the event then I would be happy to receive them.

Partly due to logistics and the forthcoming review no course is currently planned for 2020. There will however be a BAB Weapons Course at Brunel University on 21st March, and full details are available in the Upcoming Events pages in edition.

Aikido training at London Aikido Dojo (part of Aikido Development Society)

With the aim of developing our experience in aikido training and learning from external instructors, London Aikido Dojo has re-introduced a tradition of holding training days with various instructors at their dojo. All instructors are part of the big group of people who love aikido, but rarely have a chance to train together. Therefore, a wide range of instructors are invited to share their knowledge at the London Aikido Dojo and so far we have held two training days.

Training day on 9 November 2019

The first training day included three instructors: Robert Austin, 6th Dan (London Aikido Dojo), Ken Broome, 7th Dan Shihan (Jugokan Tomiki Aikido) and Tony Evangelou, 4th Dan (London Aikido Dojo), with Ken teaching two main sessions as an external instructor.

By making use of his background in Shodokan aikido, Ken showed a lot of short and very effective techniques. The main focus was on pushing through the hips and not using your arms strength. His teaching style concentrated on the effectiveness of techniques and how to use them in aikido competitions. He also showed everyone a special move for turning an uke over also nicknamed a “Tomiki stir”, which everyone found fascinating. Ken’s second session was focused on bokken techniques, and the sound of “swoosh!” was cutting the air in half with every cut of his sword.

Home instructors Robert and Tony had an opportunity to deviate from the standard syllabus and teach their students something new. Tony was entertaining and got everyone out of breath by doing big flowy breakfalls and fluid techniques, whilst Robert had a chance to show a more senior level koryu for everyone to try.

Overall, the day was packed with lots of action and different types of aikido techniques. The variety of approaches resulted in a deeper understanding of the aikido techniques for all attendees.



Training day on 1 February 2020

The first training day of the new decade was taught by three new instructors: Steve Billett, 6th Dan (Aikido Development Society), Marill Poole, 7th Dan (UK Shinwakai Aikido) and Robert Austin, 6th Dan (London Aikido Dojo)

Coming from a judo background, Steve started gradually building up the students towards big throws with a judo element. Everybody thoroughly enjoyed Steve's special sacrifice techniques with big breakfalls and the idea of using your own weight to break your opponent's balance. He then switched to showing us how to use a Yawari stick, which was extremely effective as a self-defence weapon, but would not even be considered as weapon by people outside aikido practice! The pain you can inflict on your uke by just using a small stick that looks like a thick pencil is remarkable.

Marill's two classes were at a good pace and her aikido made everyone think of black magic being used! A subtlety of breaking the balance together with control of uke's body made everyone think carefully about their own movements as well as your opponent's physiology. The directness mixed with elegance was a key feature of her aikido, and everyone enjoyed picking their brains on the how and why of each technique.

Last but not least, Robert showed us some techniques from koryu dai-roku, which included self-defence techniques using a knife against an uke who tries to disarm you. All the participants enjoyed playing with the new, but in essence familiar techniques.

At the end of the 6 hour long training everyone felt inspired and motivated. The external instructors brought us fresh views on aikido and enriched the club members' everyday training making a great addition to everyone's experience.

Conclusion

In addition to hosting training days, the club always attends different seminars in the UK and abroad. This helps us keep our training diversified and creates lots of aikido friendships across the globe. These friendships not only help us keep aikido as interesting as possible for all members of the club, but also help us in planning many more training days and seminars at the dojo.

Finally, this year on 16 February 2020, the London Aikido Dojo has celebrated its 20th anniversary. Being in London for two decades it was good to celebrate this big milestone with all the club members. We look forward to many more years of training together!





Let's talk Basics

Tony Sargeant 6th dan aikikai

Even great masters return to basics, when they discover they have a problem but what of those where basic was never learned in the first place? What if basic was learned but was left far behind, then it may not be found again. Basics must be trained throughout, or you have no point of reference and the basic must be correct.

When the teacher says “this is basic” or tonight we will study “Basics”, the confusion and lack of clarity is not always seen by the lower grades because they believe what the teacher tells them is true. This can even feed into some dan grade’s thinking. Their grade doesn’t necessarily indicate wisdom or breadth of life experience. They too, may not know, they may not be at a level to ‘see’ what is missing.

In my early dan levels I travelled and studied in O-Sensei’s original dojo in Japan and around the world. In those days the training was kept to the same standard as when O-Sensei taught. What confirmed it to me was following my teacher around the world and revisiting the same knowledge and words firmly put over and over. Never changing his comments on what basics were or how they should be performed. Many students and teachers loved him and converted after seeing the true power of the sort that O-Sensei could produce. However, others did not like his teaching and found it too boring and slow, they were not used to breaking down movements in such ways. They had seen year after year top Japanese teachers taking seminars with fast-flowing dynamic techniques that inspired. No one told them that it was because they all did true harsh basic training when they began.

To the seminar students, if aikido was to be real it had to be fast and aerobic, whereas in fact, in O-Sensei’s dojo they would hardly ever take ukemi. When shown to dignitaries and public viewing, O-Sensei would put on a display of dynamic aikido, no different than any of us if we have to perform for the betterment of our clubs/dojos or demonstrations.

Having heard my sensei teach all different styles of aikido students, I think I understand what true basics are.

Not wishing to upset teachers who may read this and disagree but any movement that has flow connected to speed involved is “Not basics”. “Flow can be seen in a basic move when seen slowly and we class it as a smooth technique”. But Nage starts in a static stance.

Some of those of very high rank who show fast-flowing movements have passed long ago from needing to go back to static basics, as they, like us, are on an ever-increasing path and flowing is the future of any good master. Sadly we become greedy and want to get closer still to O-Sensei and the need to flow. As teaching is training, even those who haven’t mastered basic skills still feel the need to teach.

Let me give you my take on it.

Basics are the very beginning of everything, it’s the packet of seeds that you will grow from, you plant them and slowly they will grow to what they should eventually become. Without constant care, one can become complacent, thinking that’s how they should remember what basic is. Left without constantly going back to basics, whatever the level in rank, this true understanding of basic will diminish over time.

The same with any art or sport, it takes time and a lot of good tuition. Look at Olympians and how they get up at 5 am day after day year after year to become the few out of the “Billions” on this planet, yet many think they can easily become the same as those who O-Sensei once shouted at, making them the elite in the art of Aikido.

Do not give up you still may be one of the few!

Of course, the student wants to be the world's best straight away and the coach 'should know better' but sadly not all do. Basics being taught by teachers who themselves were taught by fast-flowing teachers, know no better and why should they, so to them what they teach is basics, (But it's not) even though they are doing what they genuinely think is correct.

O-Sensei taught basics in his dojo in Iwama and as the students advanced they automatically became faster (like the seeds, they grew at speed of what they put in, they got back). He did not teach basics when he taught at other dojos or showed on demos, so aikidoka may easily have gained the wrong impression if they never saw him teaching at his home dojo.

If we think of 'what is basics' in Aikido, it is when we are held firmly from a static position, where Nage stands still, Uke grabs firmly or strikes but does not hit, they stop at the point before contact on striking. O-Sensei made a point of watching the students closely and would shriek at them if they did not hold or attack with all their might, he wanted 100% in whatever they did, So many students never stayed long because of his determination that they must know basics before they could go further. He was never in a hurry and would make the students train over and over, up to one year if he felt they did not understand his technique. My teacher Saito sensei said he had too many times this task, of being singled out. Each student would be told they could not do any advancing in weapons until they mastered the one he was not happy within them. I say within them as this is what good sound basics are all about. Get a good understanding and one becomes the rock, the water, and air, it builds as we train as long as we do not try to jump ahead of the system, no one I have talked to has told me that they were able to advance without going through the harsh training of many years.

How can you tell if the teacher of a reasonable rank 3rd dan and above has done true basics? Uke will feel a power coming from their techniques that cannot be described by words. A power and smoothness that can only be felt by uke.

I would like to explain how I see the real power of what training for years in true static basics feels like. It develops Kokyu & Ki or Ki & Kokyu depending on how one thinks, in what order they wish to understand them.

An analogy.

If one was a Kuala Bear holding, as they do, high on a tree and the tree fell to the ground. The Kuala holding on to the back of the tree and not the falling side, would not feel the weight of the tree, as its hold makes it part of the tree, it would only feel the motion. This should be as with uke's fellings. If the Kuala or human was on the ground where the tree fell, it would kill them but at first the impact would be felt with such great force, of a mass of weight.

In aikido like the Kuala, Nage does not feel their kokyu power (as it's like being on the back of the tree) but will normally feel their ki flow as they are the Kuala on the tree in motion. Uke is the Kuala/human on the ground and feels the great power and mass that basics have allowed Nage to obtain. Kokyu is internal power born by constant basic-static training over and over, it builds without us noticing it. The real test is when one travels the world training with 'All styles and strengths'. Those who have trained on many a tatami will know what I mean as testing from others of all grades is common-place. It should not be, but especially male ego still prevails the world over.

Selective ukes are often sought out of fear that the technique at the time will fail, leaving the high rank or sensei looking stupid or unable to complete what "they are teaching" for their level. Often this is why many bring their own ukes or they look who is in the class who looks suitable.

If a lower grade can stop or disturb a higher-ranked aikidoka and this is often seen, to my thinking, means basics were not done correctly or long enough in the start of one's learning. It is never too late to go back to basics.

If one wishes to understand basics whatever your chosen style then my suggestion is to just break down the movement/ technique into stages, starting from static and going from one point to the next until each part becomes a whole in its due course. Breaking it into 3 or 4 pieces, each technique will not only become clearer but a deeper understanding of mind & body will arrive; it also develops Kokyu, then speed will be there to be enjoyed. Everyone, even me, used to want to get there quicker but I can tell you, “You can’t”.

As humans we are all in a rush and will think we can move up to the faster speeds, if you do this it is your mind that is pushing the ‘want’ not the natural advancement of deep knowledge.

This piece was not intended to upset or condemn other aikidoka, it is just how I was taught. Once I decided at 1st dan and about to get my 2nd that my aikido was not as I had always hoped for as I was still unable to successfully carry out clear techniques unless those ukes allowed me to and when they were a lower grade than me, it made me feel inadequate. Searching the world was the next step.

I hope I have helped you on your own journey.

I am happy to converse with anyone who wishes to know more and can be reached though my website: <https://aikidosecrets.weebly.com/>

Update ++++ Update ++++ Update

Tony Sargeant 6th dan aikikai

We have over the years been putting together a set of films we made of Saito Sensei with Stan Pranin doing the interpretation and it is now for sale.

This is the link to see some of the material. https://www.youtube.com/watch?v=kJizGdo0oTk&feature=emb_share&fbclid=IwAR2ln17HmuAdFur5PQ71rInjXRma_LfsGKtcmOoQpK3imqvmYZ4GYrG2EIU



Peter Jones: Head Instructor, The Kajuen Ryu

I've received Aikido Times for some time now but haven't ever offered any contribution. I'm not even sure this counts as a contribution but it may be of genuine interest to the readers. Last summer I published a book which I believe to be the only of its kind. I was seeking a book on injuries in martial arts and couldn't find one. I thought it was essential. So I wrote it!

My book is Ninja Nurse: The Essential Guide to Injury Management in Martial Arts.

I hold Dan grades in six martial arts including Aiki-Jujitsu and Aikido. I've been training since 1990 and proudly remain a part of the Welsh Aikido Society. One of the people that the book is dedicated to is my Aikido Sensei, Mike Bent. Professionally I'm an Emergency Nurse Practitioner and Advanced Nurse Practitioner. I figured I was as qualified as anyone to write this book especially given how many martial arts injuries I've treated over the years.

The book is not about Aikido exclusively but Aikido is frequently referenced. And there are many overarching aspects such as chapters on safety including data gathering and risk assessment and also chapters on accident recording and learning from them.

The link to the book is https://www.amazon.co.uk/gp/product/1095571184/ref=dbs_a_def_rwt_bibl_vppi_i0

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

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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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Shun Poo Kan AIKIDO



Course
10:00 - 14:00
Sunday April 26th
2020

Shihan Brian Burrows
7th Dan Aikikai
Paul Evans 5th Dan
Aikikai Shidoin
Tim Lee 4th Dan Aikikai
Shidoin

Trysull Pavilion, Woodford Lane, Trysull, Wolverhampton WV5 7HP.

All associations and styles welcome . Please bring proof of insurance to practice Aikido. Cost £15



**Officially recognised by the Aikikai world headquarters
Hombu Dojo Tokyo**

Find us on facebook <https://m.facebook.com/ShunPooKanAikido/>

www.shunpookan-aikido.org.uk



Institute of Aikido Winter School 2020

**Sport Wales National Centre
Sophia Gardens Cardiff CF11 9SW
Sat 28 & Sun 29 March**



**Sat: Registration: 10:15
Course: 10:30 - 16:30**

**Sun: Registration: 10:15
Course: 10:30 - 15:00**

**Course fee: Sat: £20 Sun: £15
Weekend: £30**

**Bring Bokken & Jo and proof of insurance
Course Dinner Saturday: Info will be circulated
and posted on the Institute website shortly**

**There is limited accommodation available at the Centre
Contact: 0300 300 3123**

limited free parking otherwise Pay & Display nearby

further enquiries to: info@scorpweb.co.uk

www.instituteofaikido.uk

CEA SUMMER SCHOOL 2020



Dan Ionescu 9th Dan FAR Romania



Michel Martin 7th Dan AKABA France



Nigel Vaughan 6th Dan KSK Britain

Venue

In the GLD Room at
Iffley Road Sports Centre,
Iffley Road,
Oxford, OX4 1EQ

<https://what3words.com/sprint,duty,glory>

Dates & Times

| | | |
|----------|------------------------|----------------|
| Saturday | 1 st August | 15.00 to 17.00 |
| Sunday | 2 nd August | 15.00 to 17.00 |
| Monday | 3 rd August | 09.30 to 12.30 |
| Tuesday | 4 th August | 09.30 to 12.30 |
| Thursday | 6 th August | 09.30 to 12.30 |
| Friday | 7 th August | 15.00 to 17.00 |

Registration Daily one hour before training, or by email
Contact : N. Vaughan 079 8503 3383 nigel@vaughan.net

Kobayashi Hiroaki Shihan

7th Dan Aikikai

23rd - 25th October 2020

KUK Autumn Course



Brunel Fitness Centre
Speedwell Road
Bristol
BS15 1NU



*Aikido is not a technique to fight
and defeat an enemy.*

*It is a way to reconcile the world
and make human beings
one family.*

Morihei Ueshiba
Founder of Aikido

Aikido 2020 Little Gransden Village Hall SG19 3DP

Tony Sargeant 6 dan Aikikai

Aikikai Dan Testing Available ask for details



All Dates: 10-30 - 4-30

March: 14th

Sept: 5th

June: 6th

Nov: 7th

Tea/Coffee, light lunch & Seminar all for **£30**

Reg:10.30am Start:11am Lunch:1-15 - 2-15pm

All styles, beginner to advance; Adults & Teenagers welcome

Please bring: Ken & Jo Current Insurance

B&B can be arranged & Friday evening meal

Info Book: jane@hollandmediaservices.co.uk





WEAPONS COURSE

Date for your diary – 21st March 2020



INSTRUCTORS

Sensei Paul Barker (7th Dan)
Sensei Piers Cooke (7th Dan)
Sensei Paul McGlone (7th Dan)
Sensei Adam Hodgetts (4th Dan)

Aikido Circle
Aikido for Daily Life
Takemusu Iwama Aikido Europe
Seijitsu Aikido Ryu

Booking forms available from BAB website – www.bab.org.uk

Advance bookings - £20.00

On the day - £25.00

Registration 08.30am

Course Start 09.30

Course Finish 16.45

**THE OLDER SPORTS HALL – BRUNEL UNIVERSITY
KINGSTON ROAD
UXBRIDGE
UB8 3PH
01895 265305**

Accommodation and refreshments available.
Lancaster Hotel (on Brunel Campus) Telephone 01895 268006.



British Ki Society hosts a seminar with Doshu Yoshigasaki Burton Upon Trent 17th-19th April 2020

Fees: £55 Dan grades and £50 Kyu grades for the full seminar, daily rates available

Valid proof of insurance and prior booking required as we limit numbers to ensure quality tuition and mat space

Burton Ki Society Burton Judokwai Broadway Street Burton Upon Trent DE14 3ND

Friday 7-9pm, Saturday 12:30-6pm, Sunday 10-1pm

Contact Linda Gale on 07853254289 or visit the British Ki Society Facebook page