

Aikido Times

THE OFFICIAL NEWSLETTER OF THE BRITISH AIKIDO BOARD



September 2017



Here we are approaching the Autumn and not long to Xmas. Another year is about to end, but in your dojos I imagine you are flat out recruiting new students after the summer break.

I am delighted to have received quite a few articles for this issue and collectively they present a breadth of topics which I hope you will enjoy reading.

To ensure the Aikido Times continues to deliver a range of views, I look forward to receiving more articles in 2018. Whilst this publication is definitely a vehicle for you to promote your courses, it is also a showcase for all the aikido knowledge out there. So if you haven't submitted something for publication, why not make this your New Year's Resolution!

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Executive Committee Report by the Chairman

Home Office "Tier 5" Sports Visitor Application.

We are delighted to be able to offer yet another service to our members. Formal confirmation is awaited from the Home Office of their approval to the British Aikido Board being added to the Home Office Appendix M list. This enables the BAB to consider and support applications from BAB Associations wishing to host international Sensei, established at the highest level in Aikido, staying in the UK for periods of up to a year; that is, for a period in excess of the normal "visitor" visa status. Associations wishing to take advantage of this "visitor" status should put their request in writing to the BAB Chairman for processing through to the Home Office. A particular advantage of the Tier 5 visit is that it allows the visitor to bring with them, where appropriate, their family and/or "ukes".

Only approved National Governing Bodies are eligible to be added to the Home Office List

Accident Recording

Members need to be aware that an accident claim can be made up to 3 years from the date of the alleged incident and by way of example one was received about a week before the expiry period and was being pursued by one of the "no claim no fee" companies. It is therefore essential that a record of all accidents are recorded to enable the Board and its Insurers to respond to such claims.



We note that several Associations have a policy of requiring that at the start of each class students are asked if anyone has any injuries, so as to make class aware and even to be in the position to decide if it is safe for that person to train. At the end of the session the class are asked if anyone had gained an injury during practice, and if so this would be recorded. This helps to establish a strong risk assessment procedure and gives a response if someone subsequently seeks to come back and claim an injury occurred during practice.

This practice is strongly recommended to all Clubs.

Information on the Website

Please note that employer's indemnity insurance is separate to civil liability insurance and for the benefit of Venue hirers seeking confirmation of insurance cover, both policies together with sample copies of both Venue and Individual Insurance slips will be displayed on the website.

Policy Reviews

Work is currently being undertaken on the following Policy documents:-

- Vulnerable Adults Safeguarding (New Policy)
- Constitution, including Disciplinary Procedures, (Update)
- Equality & Equity Policy (Update)
- Data Protection (update)
- Information Security Policy (Update)
- Child Safeguarding Policy (development of Guidelines for areas still vested in the old policy)
- Case Management Group Protocols

BBC Research into Unregulated Martial Art clubs.

We have been approached by a BBC Radio producer who is doing research, for a possible programme into the apparent number of complaints on the internet about what are referred to as "Mcdojos", which appears to relate to martial art clubs which lack credibility.

Whilst it was not possible to identify specific "independent" associations/clubs without detailed research, BAB clubs experience people joining them from such clubs and have noted the difference in standards and often etiquette. Also from time to time approaches had been made to the Board seeking information on clubs, who proved not to be members, against whom an accident or other claim needed to be made, and raising concerns about their standards.

There is much misconception that just because someone holds a "black belt" that they are competent to teach. Quite apart from the range of "dan grades" that are offered or can be accredited, on the internet which gives no credibility to their professed skills, instructors need to have obtained credible coaching qualifications.

Whilst accepting that some independent Associations, may maintain credible standards the only way to be sure that an instructor/club meet all the requirements of users/schools/leisure centres etc is for them to show membership of the National Governing Body. This brings with it a guarantee that the instructor has reached the required standard and is backed up by the necessary support to ensure that the coaching skills and all issues relating to the operation of a club including child safeguarding, insurance, equal opportunities, data protection etc are maintained.

Until venues and schools require the production of recognisable qualifications before hiring "black belts" or allowing them the use of their premises, the situation is unlikely to improve. This is why we are pushing the S & RA to promote the use of the NGB logo as a "kite mark" of standard.

The Committee was encouraged to note that certain local authorities were now requiring more information and that checks were being developed in Aylesbury(through regular meetings with Kai Shin Kai) Epping (Aikido Development Society in conjunction with Active Sport Epping) and Plymouth & Wales,(through Shin Gi Tai)

Coaching

- scUK - Please note that scUK has now changed its name to UK Coaching.
- BAB Coaching Units: The Board's ultimate aim is to provide full units, at all Coaching levels, and in conjunction with this process the Coaching Development Officer is reviewing the units currently still being offered by the new UK Coaching to identify those that might offer a suitable alternative.
- Coaching Courses - The CDO is proposing to organise 2 Coach Level 2 and 2 Coach Level 3 Weekend Courses, in 2018, in different parts of the country (Reading & Solihull) to improve accessibility.
- Coach Tutor Day - This is planned for 18th November in Solihull.

Alex Goodwin Appeal

Mrs Shirley Timms (BAB Secretary)

Since the Board first got involved in the Appeal, which resulted in our Aikido family responding magnificently, with money raised from donations and events raising some £3000 I have maintained contact with the families fundraising link.

Jeff, Alex's father, Chief instructor of British Takemusu Aikido Federation, had to return to the UK in order to go back to work as a firearms officer in Warwickshire Constabulary, leaving Alex to continue his treatment, but returning when possible.

Alex had his final surgery to replace a temporary metal femur with a telescopic metal femur, which can be adjusted using magnets to match his natural state of growth. It has been a gruelling process and set of surgeries but he continues to smile and remain positive, despite the bad days that come too (a true aikidoka). He has also completed all of his cancer treatment including chemotherapy and radiotherapy, his hair has even started to grow back, and he has returned home- which is brilliant news.

So far the treatment has been successful however due to the extremely rare and ultimately aggressive nature of the cancer he has been diagnosed with, he will need to have continuous follow up appointments in the US over the next five years.

This is why fundraising continues to be so essential and Jeff has written a book documenting his incredible journey which was launched at a book signing at the end of August. All proceeds from the sale of the book will go to Alexander's Journey, the fund supporting his on-going treatment (copies can be obtained from:

<http://www.rainydaybooks.com/AlexandersJourneyUK>.

BRITISH AIKIDO BOARD NATIONAL COURSE 2017

7th October 2017 - 9.30am to 4.00pm



Venue

Brunel University Sport Centre, Kingston Road, Uxbridge UB8 3PH

Telephone: 01895 265305

Instructors

Brian Burrows 7th Dan	Shun Poo Kan
Bob Macfarland 6th Dan	Brighton Ki Society
Daren Sims 5th Dan	National Aikido Federation
Tony-Russell-Ward 4th Dan	British Tomiki Aikido Federation
Martyn Tyas 4th Dan	Kai Shin Kai

Course Fees

On the day £25.00
Advance booking £20

*Non-BAB members: £30.00 on the day
£25.00 Advance booking*

Instructors holding CL2 £10.00
Instructors holding CL3 Free

Booking forms obtainable from BAB website

Refreshments are available

Accommodation

Lancaster Hotel (on Brunel University site): Telephone: 01895 268006

Those attending should make their own arrangements direct

Aikido and the senses

Mark Hardwick



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

The sensei requires everyone to sit on the mat and pay attention while he/she demonstrates a joint locking technique. It doesn't look all that difficult, and it seems very effective, as the compliant uke appears to be under complete control. The explanation of how the technique is applied is very clear. It is demonstrated two or three more times, after which everyone pairs off and has a go at it. You carefully go through the process of applying the technique, but it just doesn't work. You try again, carefully following the instruction...no improvement. You check that you have done everything correctly as shown, your partner helps by saying something like 'I think that finger should go there'...but it still doesn't feel quite right.



The development of technique over time starts with observing a visual demonstration and following verbal instruction, but ultimately the perfection of a technique requires more than this, and improvements are acquired through constant practice. In undertaking this practice other senses are enlivened, and the technique becomes the beneficiary of sensory information other than that received through the eyes and ears. Eventually the technique works, but it looks a lot like it did when it didn't work. However the feel of the technique is entirely different. This is very difficult to understand, and also to explain.



All sensory information is received by the central nervous system in the same way, regardless of which sensory organ provided it. Electrical signals are sent to the central nervous system (which consists of the brain and the spinal cord) from nerve endings in the eyes, ears, nose, and skin, and these result in the release of chemicals known as neurotransmitters, which pass information from one nerve to the next. The central nervous system then unscrambles all this electricity and chemistry and presents our consciousness with an interpretation of the world around us. It is important to note that this is an interpretation, it

isn't actually real. For example colour (blue, red, green etc.) does not exist, it is just a way of us decoding and making sense of the world.

In order to learn a technique, visual observation and verbal instruction is usually the best place to start for most people. Sometimes this may be all that is needed to make a technique work in a fundamental way. The perfection of technique though requires more than this. It requires the development of the sense of touch, as only in this way can the subtleties of motion required in aikido be understood. This sense of touch informs us of the position and movement of our opponent's body, of our own body, and of the environment in which we are training (e.g. the feel of our feet on the mat). Information obtained through touch is relayed to the central nervous system in the same way as sight and sound – electricity and chemistry.

This sense of touch cannot be easily taught, and is something which takes time to acquire. A lack of ability to correctly apply a technique in the early stages of training should not result in a feeling of inadequacy, instead it should be recognised

that patience and more practice is needed. Even when it feels like expertise is being acquired, slight changes in orientation of tori and uke might make the difference between the technique working and not working. It is therefore important to learn to respond to subtle changes.

To develop the sense of touch it is worth trying to practice whilst the tori is blindfolded. Obviously care is needed and it is not recommended that the uke is also blindfolded, for obvious reasons. Blindfolding will eliminate our dominant sense (vision), and so will require that perceptions of the nerve endings in the skin are attended to.

Whether cues and stimuli are received visually, audibly, or through touch, the responses are the implementation of the aikido movements which have been learned. When the response to an attack is employed and the technique works efficiently, this can result in a sense of satisfaction with our ability to make the correct decision as to which technique to use and to use it correctly. This may seem like a conscious thinking process, but in actual fact the conscious mind would struggle to interpret all the cues and recall the correct movement in time. What really happens is that these processes take place subconsciously, and after it has happened the conscious mind is tricked into thinking that it was actually doing the thinking all along.

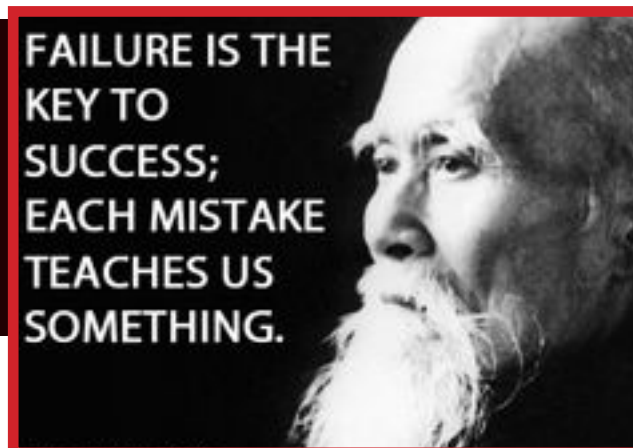
A realisation of this may lead us to accept the role of the subconscious mind, and to cultivate its development, so that eventually aikido movements become instinctive and reflexive. At this point they do not require conscious thought, and furthermore we become aware that there is no conscious thought. We can then learn to trust these 'instincts' and will have reached a stage where the practice of the art relies less and less on conscious application.

Having reached this stage of expertise, movements can be performed with a minimum of conscious interference. This frees the conscious mind to consider other things rather than preoccupy itself with concentration on technique. It also enables a sense of calm in the aikidoka who is now in a position to apply techniques reflexively and instinctively. Movements seem to become faster, more precise, and more efficient.

But even learning to accept the usefulness of the subconscious mind may not be the end of the story. The next question is 'what lies beyond even this instinct and subconscious decision making?'. We may consider whether we, through the practice of a martial art, can begin to understand and control abilities of perception and reaction that would seem to defy all scientific explanation. Our practice may ultimately lead us to an innate level of understanding similar to that of the osprey chick, which makes its first migration alone when only a few months old, without its parents, and without having been shown the route.

"Don't only practice your art, but force your way into its secrets, for it and knowledge can raise men to the divine."

Ludwig van Beethoven



International Aikido Seminar a Great Success

Broadland Aikido Club recently hosted the International Friendship Seminar in Lowestoft, bringing together three international renowned and respected Aikido teachers from around the world, these being Osamu Obata sensei 7th Dan from Canada, Philip Lee sensei 7th Dan from Singapore, Aziz Belhassane sensei 6th Dan from Belgium also teaching was Frank Burlingham sensei 6th Dan from the local Broadland Aikido Club.

The event was held at Ormiston Denes Academy. Sports Centre, Lowestoft, NR32 4AH, proved to be a big success and was attended by around 80 plus students from around the U.K. and the world. Also in attendance were two high ranking 7th Dan senseis Shane Riley sensei and Philip Smith sensei who head up their own associations in the U.K. Attendees came from Belgium, Canada, Malaysia, Russia, Singapore, Sweden, also three students drove from Edinburgh Scotland in order to attend.

This event which started in Lowestoft in 2010 initially rotated around Lowestoft, Toronto and Singapore; recently Brussels has also become a venue. Next year Singapore will host the 9th International Friendship Seminar along with celebrating 30 years of Aikido Shinju-Kai.

The event was open to the public to view free of charge. Broadland Aikido club trains Tuesday & Thursday evening and Sunday morning at Nirvana Fitness Centre, Pinbush Rd, and welcomes new members at any time, contact Frank Burlingham on 01502 515062 or email: frank.burlingham@virgin.net Alternatively please see our website at: www.broadland-aikido.co.uk.



L to R: Senseis, Shane Riley, Frank Burlingham, Osamu Obata, Philip Smith, Philip Lee, Aziz Belhassane



Philip Lee sensei
from Singapore
teaching



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.

Trigger's Broom & My Aikido

Mark Shraga

I was recently reminded of a wonderful scene in the TV show Only Fools and Horses. The scene in mind featured the character called Trigger talking about getting an award for having the same broom for 20 years. For those who don't know the scene this is what happens:

Trigger, Del, Rodders, Sid and Boycie chatting in Sid's cafe.

Trigger has just been presented with an award for saving the council money.

Trigger: "And that's what I've done. Maintained it for 20 years. This old broom has had 17 new heads and 14 new handles in its time."

Sid: "How the hell can it be the same bloody broom then?"

Trigger: "There's the picture. What more proof do you need?" (Trigger proudly shows a picture of his broom to the others)



Whilst this is clearly a gag that derives its humour from the deadpan straight guy persona of Trigger. He clearly identifies so closely with the 'idea' of his broom that he doesn't get that with all the changes he has made to it, it has long since ceased to be the same broom.

Something about this stuck in my mind. It reminded me of what continuous learning feels like. The constant making and unmaking of mind and body over time. Generally experienced as a sense of being continually crap at what you do, triggered by criticism from a mentor or senior, or our own internal voice.

In Aikido, every stage of the way from white belt to black belt is a lot like the process of sketching with a pencil; you start with the broader outlines then work towards finding greater accuracy and a clearer representation of the thing you are working on. It's all still Aikido and it's all still you, but with every iteration subtle adjustments are made and newer versions of both you and your Aikido emerge.

Even at the point of achieving a black belt in Aikido the mountain that had been ascended turned out to be a hill with several higher peaks ahead. A year and a bit since my own 1st Dan grading and I am only now starting to get comfortable with being a continually corrected and changing being. I count this as the most tangible and valuable achievement on my Aikido journey to date.

In the areas of my life in business and when training others in the working environment this piece of awareness has really helped. I have had a greater appreciation for how other people experience feedback and why the learning experience is tough at times for everyone. The main thing is that whilst the broom is always changing, it survives the changes refreshed and ready for the tasks ahead. The key difference for us is that, with every unmaking we are remade with greater potential for mastery and self-knowledge than ever before.

The take away then is that we should be content with the 'idea' of our best version of ourselves as being the thing that is continuous even as we let go of our old sketches of our previous selves. Becoming less defensive, and in doing so becoming more open to becoming the very best version of ourselves that we can. At whatever stage of the journey we are at along the way.

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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Dojo Song
Marianne Crisp
Kai Shin Kai

(To the tune of “I am Sailing” by Rod Stewart)



I am sailing,
I am sailing,
Once again
through the air,
I am sailing
‘Cross the dojo,
I’m your Uke,
I am there

I am flying
I am flying
Like a Frisbee
thrown away;
It’s my calling
to be falling,
To blend with you
here today

Can you throw me, can you throw me
‘Cross the dojo, ‘cross the mat?
Can you take my shomenuchi
And chudan tsuki after that?

Can you throw me, can you pin me,
Very kind but firmly too?
Can you throw me, can you pin me,
- Or will I do that to you?

22 July 2017

Relaxation in Aikido

Richard Small, TIA Europe

I'd like to share some thoughts and learn from those that might offer their own. I'll say a little more on interpreting the term relaxation later but, regardless of its manifestation.

'Relaxation can save your life; stress and panic can take it.'

For example:-

Worry ... paying a price that may never be asked.

Swimming, floating, caught in a rip tide.

Confined space... trapped... relaxed body is smaller.

Boxing.... No endurance without relaxation, no speed without it either.

Car crash... not suggesting you should drink and drive but drunks survive.

Breakfalls... relaxed, don't hold breath. Tension may be injurious.

Note how all the above bear a direct relationship to the all important point of contact. How you interact with it determines the success or not of the outcome. Does that not apply to our Aikido?

Tension, want and resistance are surely enemies of good Aikido.

Success comes from, not adding, but in giving something up, like a great sculptor removing the worthless to reveal the perfection beneath.

Even intention can create tension. The initiation of intent encourages the body to cooperate with that intent and subtly engages muscles. This tension is visible to highly experienced martial artists even though the person they observe may not be aware at all. This can be experienced in most if not all of Ki exercises. The relaxation we really want is a relaxed connectedness, no slack in joints and nothing you have to connect before moving.

So, if you are going to have intention at all, let it be the intention to connect the whole body without tension.

This brings us on to compliance or complicity in practise. How can you practise your art if the attacker goes along with every thing you do – even if your 'technique' is incorrect. If you apply a lock with force, are you not then becoming the attacker and therefore vulnerable to the skilled aikido practitioner. But of course they are not allowed to use it, because it is not their turn.

Should not the attack be as meaningful as a real one within the sensible limits of practise and the receiver lead the attack without force to a place where the attacker's power and balance are so weak that they succumb to the 'technique' without argument or even understanding of how it happened. Using force gives the other person information on power and direction.

If you meet force with force then usually the strongest wins. As we know, this is not the principle we adopt in Aikido, in fact we might advertise the art as one in which a small person can use the power of a larger more powerful adversary against them. At times this appears laughable but with real skill, probably more than most of us will ever find, it must be possible.

So, what do you think about complicity in practise, where the attacker ends up using the essential sensitivity and relaxation that should be the prerogative of the receiver.



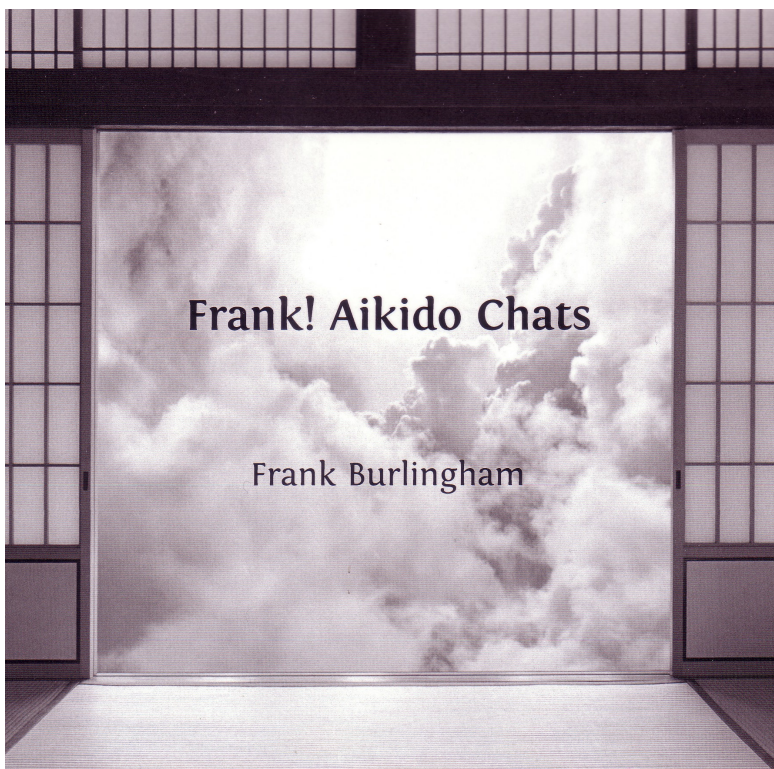
This you tube clip shows the essence of Aikido as taught by the founder himself.

A man we purport to follow yet mostly seem to ignore.

<https://www.youtube.com/watch?v=-qji4YhwK1E>

“ My own view is that if you are true to the essence of aikido you must both take away the strength and (using balance and blending) make the technique work. ‘Softness’ is no excuse for ineffective technique. The technique must always work, no matter how soft your style may be. If your technique fails you must go away and re-think it, not (a) ask the uke to behave differently (as far as I am concerned the uke is always right and should never be blamed for a failed technique) or (b) make it work by adding in strength. It is the constant search for effectiveness without force that makes aikido a continuing challenge even for people like us who’ve been doing it most of our adult lives.” A quote from Huw Collingbourne of Hartland Aikido, North Devon

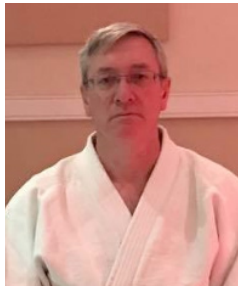
Just Published - Frank! Aikido Chats



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



Aikido and the Makiwara

Dan Gilbert, Fukushima, Shunpookan Aikido North Carolina (Member school of Shun Poo Kan Aikido)

What does a Karate training device have to do with Aikido you ask?

It all depends on how you use it, and what you mean by makiwara training.

The makiwara is often assumed to be a tool unique to Karate that is used to harden your hands. After a bit of research you find it was originally developed in Okinawa and its intent was to provide resistance and feedback. The design of a proper makiwara resists ineffective body alignment, inefficient movement, and poor power projection.

How many Aikido practitioners need to focus on body alignment, efficient movement, and power projection?

Some older articles about the founder's dojo mention that there was a makiwara installed just outside the entrance. Obviously, it was there for a reason.

The majority of people that train with makiwara punch them as you would a heavy bag. You can see plenty of examples of this by a quick search on YouTube. However; there is a group of Okinawan martial art traditionalists that believe that this was not the primary use of the board. (Hard as it is to believe that whacking a chunk of oak with your bare fist is a bad idea...)



This group of martial artists use the makiwara as a very effective resistance training device. You align your body to generate power through the board. You project through the makiwara's resistance with technique not strength. This forces you to fine tune the mechanical alignment that gives the maximum effect for the least effort.

How many times do new Aikido students struggle with the same problem? Upper body strength is no match for full-body alignment and power.

We all have been out of alignment and not able to make a technique work at one time or another. Many tend to revert to strength and just grunt through the technique. Or..... you can correct your alignment so that you are using your body mechanics to generate power through the technique. This is exactly what the makiwara teaches. The makiwara lets you work on many Aikido fundamentals at home, without a partner.

When I have introduced makiwara training into classes I have seen immediate results. You simply cannot move the board if your feet, knees, hips, shoulders and arms are out of alignment. Think about it, how much is a resistance training device that forces your posture to be correct in order to execute techniques worth to your Aikido development?

If you are interested in building your own makiwara I have published an instructable at <http://www.instructables.com/id/Makiwara-Board/>

I welcome comments at SPKNC@yahoo.com



SATURDAY 21st OCTOBER

To help celebrate Bob MacFarland Sensei's 40th Year of teaching Aikido in Brighton.

The students and teachers of Brighton Ki Society are holding two free taster sessions of Ki and Aikido as well as finishing by giving a demonstration of Ki and Aikido all are welcome.

At Brighton Ki Centre, 12 Queen Square, Brighton, BN1 3FD



- First Free Taster Session Ki (Unification of Mind and Body) 13:30 to 15:00
- Second Free Taster Session Aikido (Way of Harmony) 15:00 to 17:00
- Ki and Aikido Demonstration 17:00 to 17:30

Bob MacFarland Sensei's Background Information:

UK Chief Instructor of Shin Shin Toitsu Aikido Bob MacFarland Rokyudan, Joden Ki and Full Ki Lecturer status (Awarded from Ki Society HQ, Japan).

He began his early practice nearly 50 years ago in the late 60's with the old pioneers of Traditional Aikido in the UK Sensei's – Henry Ellis, Hayden Foster and then later Ki Style with the main Ki Aikido Chief Instructors of the UK – Kenneth Williams Sensei, Kenjiro Yoshigasaki Sensei and Calvin Tabata Sensei.

Sensei Henry Ellis commented "I found it very interesting that you had trained with the old pioneers :-) Sensei's Williams - Foster - Ellis, that is something!!".

In addition to his initial grounding in traditional aikido and as a result of his continued practice within the main stream Ki Society HQ (Japan) school for over 37 years Bob MacFarland Sensei has a wealth of knowledge and insights of which to pass on based mainly upon Koichi Tohei's teachings.

List of other weekend courses being offered see link <http://www.bab.org.uk/cms/courses/>

Do come and join in the celebration everyone is most welcome

Further information contact: Bob - (01273) 323315.



Shun Poo Kan 40th Anniversary Course

10:00 - 14:00 12th November 2017



**Shihan Brian Burrows 7th Dan Aikikai
Richard Webb 5th Dan Aikikai
Paul Evans 5th Dan Aikikai
Tim Lee 4th Dan Aikikai**

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

Cost £15 for the day.

**All associations welcome but pre booking is essential. Please email
paul_evans@btinternet.com to book a place. Please bring proof of insurance
to practice Aikido.**



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

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

www.shunpookan-aikido.org.uk



Aikido Kobayashi Dojos UK

Urban Aldenklint Shihan. 7th Dan Aikikai.

We welcome Urban Sensei back to the UK, for another exciting weekend of Taijutsu & Bukiwaza classes. Everyone is welcome to our Autumn seminar, proof of training insurance is required.

20th – 22nd, October, 2017.

Pill Dojo

Bristol.

For further seminar updates, please visit our Facebook event

<https://www.facebook.com/AikidoKobayashiDojosUK/>

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 - 1988)

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

Friday **6th October** 18.00 - 21.00 (*registration at 17.30*)

Saturday **7th October** 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/6oct.html
or email 6oct@aikido-hertfordshire.co.uk

Aikido Circle Sensei Paul Barker (7th Dan)

Day course focused on knife taking techniques from various attacks.

Sunday 26th of November

Start: 12 pm Registration from 11.30am

The Dojo venue:

Bexhill Amateur Athletic Club

Little Common Road

Bexhill-on-Sea

East Sussex

£25 for the day: open to all styles.

**If you are interested please feel free to contact 07527398398 or email
svapnilamin@hotmail.com**



Lewis Bernaldo de Quiros, 6th dan Aikikai

Saturday October 28th 2017 11am – 5pm
(registration from 10.15)

&

Sunday October 29th 2017 10am - 4pm
(registration from 9.30)

At

Charlton Down Village Hall

Herrison Hall, Sherren Avenue, Charlton Down, Dorchester, Dorset DT2 9UA.

More information and booking form available from
www.wellspringsoftheeast.co.uk

Please bring bokken, jo and proof of insurance.