

# Aikido Times

THE OFFICIAL NEWSLETTER OF THE BRITISH AIKIDO BOARD



May 2017



Thank you for a good variety of articles for this issue. It's great to see more BAB members sending items through for publication.

My apologies for those of you who had problems sending emails. They were, in fact, reaching me without problem - but for some reason Tiscali decided

to send "undelivered" messages to everyone! If anything has been missed from this issue then please let me know and I can send out any course information via a MailChimp mailing.

Brian Stockwell, Editor

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## Executive Committee Report by the Chairman

### National Course 2017

This year's course will be held at Brunel University, Uxbridge, Middlesex on Saturday 7th October. This venue has proved very popular in the past because of its easy access to the motorway network. For more information see page 3.

### National & Government Sporting Agency Submissions.

Over the last year the BAB have responded to a number of invitations to comment and make recommendations on matters relating to sport provision in the UK including-

- Sport & Recreation Alliance/Sport England/Central Govt. A wide range of issues relating to child safeguarding including access to information held by police; access to funding for training; clarity of definitions; parity of disclosure from other countries; data protection rules etc
- UK Sport & Sport England consultation on the UK Sports Governance Code.
- 1st4Sport - Endorsement of their proposed new Level 1 Leadership qualification aimed at youngsters.
- S & RA - The promotion of NGB Logos as a kite mark standard.



## **Co-Option**

Grev Cooke who, for many years held the post of Coaching Admin Officer is currently leading a major initiative on the introduction of Aikido in Schools, details of which will be published shortly. For the last year he has sat on the Executive Committee as a Head of Association Representative, but this is a one year appointment, expiring in May. It is essential that this major initiative is fully represented on the Committee and we are therefore delighted to appoint Grev as a Co-opted member.

## **Postcard Marketing**

We recognise that many members within the BAB and those belonging to unaffiliated organisations are unaware of the many benefits available through BAB membership and in some cases there is a gross misconception that all we offer is “cheap insurance”. In a report to the main Board, on Resources, the Executive Committee have recently highlighted the wide range of support/services available and of the need for resources to be provided to fully market the BAB both within the Board and throughout the country.

The Executive Committee have therefore agreed that as a first stage a printed postcard, which would include highlighting what the BAB stands for, services offered and contact details, will be prepared and distributed to Associations, Individual BAB Clubs, Other identified clubs, Sporting agencies etc.

However we do not see this as the solution to our marketing and communication needs and urgently require help from members with the necessary specialist skills and commitment to raise our profile. In particular we recognise the power of social media and someone with experience in using this field of communication would be particularly welcome.

## **Home Office Tier 2 & Tier 5 Governing body Endorsement**

It is a Home Office requirement that any International elite sports person or coach, wishing to work in the UK, in order to make a significant contribution towards the development of their sport in the UK, must be sponsored by an organisation holding a sponsoring licence. However that organisation must first obtain formal endorsement by an approved National Governing Body.

The Executive Committee have already been advised that one association wishes to obtain a licence and are aware that this could be a service of benefit to other member Associations. Application has therefore been made to the Home Office for the BAB to be added to Appendix M to the Immigration Rules which is the approved list of Governing Bodies authorised to provide such endorsement.

## **BAB Finances**

On-going monitoring has been undertaken of our finances and various initiatives including the very successful negotiation of a new 3 year insurance agreement has led to the Board being in the black for the first time for years.

## **On-Line Registration**

The Pilot scheme on the implementation of an on-line system for the registration of monthly membership returns has been successfully trialed by a number of Associations and will now be available to all Associations, though those unable to operate the system, at this time, can continue with the current paper returns, In addition to speeding up the accuracy and processing of registrations the new system will enable the Board to gather a range of useful data.

# BRITISH AIKIDO BOARD NATIONAL COURSE 2017

7<sup>th</sup> October 2017



## Venue

Brunel University Sport Centre, Kingston Road, Uxbridge UB6 3PH

Telephone: 01895 265305

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## 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

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## 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

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## Bernard Harding Memorial Course

On Saturday 11th March 2017 Aikido Gakko Ueshiba, a club based at Morganstown near Cardiff held a Memorial Course to remember the clubs founder Bernard Harding 6th Dan who passed away last year after a long battle with cancer.

The event was held at the National Sports Centre at Sophia Gardens, Cardiff with over sixty people taking to the mat during the day. The club invited seven instructors to teach on the day who had either trained with or had been taught by Bernard.

Bernard studied aikido for over forty years and created Aikido Gakko Ueshiba club some thirty years ago. In 2011 he founded Bushin Aikikai to continue the technical direction established by the National Aikido Federation under Nobuyoshi Tamura Shihan and Pierre Chassang.

Those attending the course came from as far as Barrow In Furness, Chichester and Bristol as well as Cardiff and the surrounding area. All participants were asked to make a donation rather than paying a training fee and all the money raised was donated to the cancer charities that looked after Bernard at the end of his life. Participants on the day of the course donated over £1,200 to the chosen charities.



# Aikikai Zen Ten Association

## Marianne Crisp, Sandan, and Mike Mitchell, Sandan

We are pleased to announce the formation of a new Association, Aikikai Zen Ten, under Principal Senseis Frank Burlingham, Vince Lawrence and Vince Hammond. Aikikai Zen Ten was established by the merger of Broadland Aikido and Makoto Aikido Associations on 1st March 2017, with an inaugural course in Somerset on 4th/5th March 2017.

In the 2 months since its inauguration, Aikikai Zen Ten ("AZT") already has 10 clubs and an approximate membership of 230, and invites applications for membership.

Frank has long been encouraged to start this Association by many Senior Instructors and International Shihans, and it is worth noting that the BAB Executive has also supported the formation of Aikikai Zen Ten.

The aim of Aikikai Zen Ten is to promote Aikido for everyone, regardless of style or affiliation (politics), and its four governing criteria are 1) that the basic principles of aikido are adhered to; 2) that both uke and tori are safe throughout; 3) that the correct requested technique is applied; and 4) that full control of uke is maintained at all times.

Aikidoka wishing to join AZT will have their current grades accepted, provided those grades were gained in an association recognised by the British Aikido Board or a recognised established independent body which may be outside the BAB.

AZT has its own grading-syllabus, but will still recognise a joining club's syllabus and accept their in-house gradings up to and including 1st Kyu, so long as graded by an Instructor at least 2 grades above the candidate's grade.

AZT's gradings for Shodan (1st Dan) and above will in future be taken at an annual course headed by Frank Burlingham and Vince Hammond of Broadland Aikido Club, and Vince Lawrence, formerly of Makoto Association - this Association has been incorporated into the AZT, and Makoto is now a Club within the AZT. The grading-panel will also include the candidate's Club-Instructor/s.

As a guide to intervals between AZT Dan-gradings, it is expected that this will be the intended grade plus one year; so for example a Nidan attempting Sandan would have completed three years plus one, making 4 years between Nidan and Sandan.

Frank Burlingham has been training in Aikido for 45 years, and holds the ranks of 6th Dan, formerly Institute of Aikido, and 5th Dan, Aikikai Hombu; he has also been Chief Instructor of Broadlands Aikido Club for over 30 years.

He is the Coaching Development Officer for the BAB, and has conducted well over 100 Coaching Courses, resulting in literally hundreds of qualified coaches.



Frank has organised many UK courses and seminars, and has taught and or trained all over the World, including Australia, Canada, France, Greece, Hong Kong, Japan, Malaysia, New Zealand, Romania, Singapore, and the USA.

From 1999 onwards, he has organised eleven Annual Courses, originally called “The Big 3,” which brought together the 3 Aikido Associations of Tom Moss (Yama Arashi, 6th Dan), William (“Bill”) Smith MBE (UK Aikikai, 6th Dan), and Haydn Foster (Institute of Aikido, posthumously graded 7th dan by T K Chiba Shihan, of the Aikido World HQ in Japan).

Frank also organised the first International Friendship Seminar, now in its 8th year, held on a rotating basis between Asia, Europe, and the Americas.

Vince Lawrence, who has been training in Aikido since 1981, is a Principal of Aikikai Zen Ten and the Chief instructor of Makoto Aikido Club, who holds the BAB Coach Level 2, and has been teaching for over 15 years. Vince was a driving force in setting up Aikikai Zen Ten. It was at his suggestion that Broadland Aikido club and Makoto Aikido merge to create Aikikai Zen Ten. Along with teaching adults and juniors at his local clubs, for over six years Vince has been teaching students aged 5 yrs to 18 yrs at the prestigious Taunton School, and has recently started teaching the students of Heathfield School. Vince has trained and taught in many countries including Belgium, Canada, Holland, Greece and Romania.

Vince Hammond, who has been training in Aikido since 1982, is also a Principal of Aikikai Zen Ten, and a 5th Dan instructor at Broadland Aikido Club. Like Frank, he has trained in Toronto under Osamu Obata Shihan 7th Dan, and often accompanies Frank on guest-instructor visits to Athens and elsewhere. He holds a First Aid Certificate, BAB Coach Level 1, and is currently working on Coach Level 2. He also teaches on the annual Weapons Course in Somerset.

Aikikai Zen Ten contact information, current club-memberships, and so on, can be found on the website, [www.aikikaizen.co.uk](http://www.aikikaizen.co.uk); applications for membership are welcomed from individuals, independent clubs, and other associations.

Frank and Both Vinces; we would like to wish you all every success in the growth and development of your open-hearted, open-minded new AikiBaby.

Written by two Aikidoka, from two different associations, who have known Frank for almost 20 years, so our authorship should not be assumed to be endorsement by our respective associations.

We accept responsibility for any errors, omissions and inaccuracies in the above article.

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## 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.

# Joins, locks and throws

## Mark Hardwick



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

*[Editor's note: for ease of reading terminology has been restricted, so please substitute your own organisation's terms as required e.g. nikyo for nikajo]*

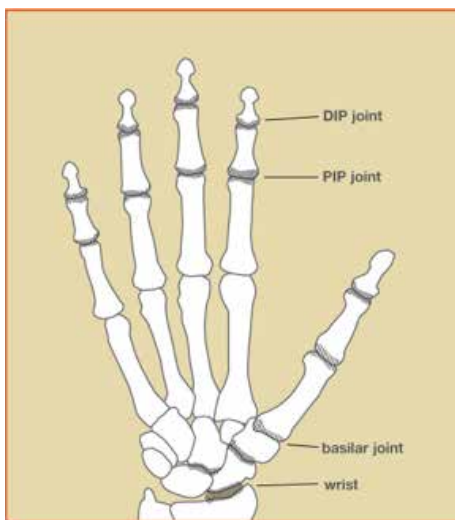
The application of aikido essentially relies on creating imbalances in the opponent (the uke) by redirecting and adding force, and also on joint manipulations to effect locks and throws. This article will focus on this second aspect, explaining how locks and throws work by considering the anatomical structures of joints. An understanding of the structures of joints is important as this can assist in making techniques more effective, and understanding the sensitivity of joints can also assist in avoiding injury to yourself and your training partner.

Joints are the parts of the body where two or more bones meet and [usually] articulate with each other. According to the degree of movement that they allow, joints are divided into three categories:

**Fibrous joints** occur where bones are fixed together (e.g. the fused bones of the skull). These allow no movement and so are not relevant to us.

**Cartilaginous joints** contain large quantities of cartilage between bones, which means that they only allow slight movement. These are the joints in the spinal column between each vertebrae and the next. Although individually they only enable slight movement, when all the joints of the vertebral column are combined, the degree of available movement is considerable.

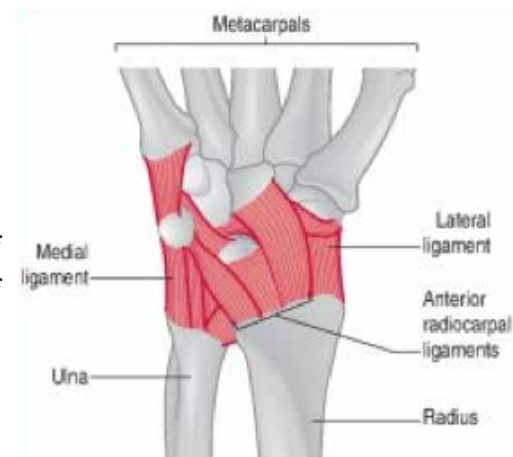
**Synovial joints** afford the greatest degree of movement, and these are the ones which are manipulated to effect locks and throws (i.e. shoulders, elbows, wrists, fingers, and the corresponding joints in the legs). There are six types of synovial joint, categorised according to the type of movement they allow, and these joints can move through either one dimension (such as the knee, which can move backwards and forwards), two dimensions (such as the base of the thumb, which can move backwards and forwards, and also side to side), or all three dimensions (e.g. the hip, which can move backwards and forwards, side to side, and also round and round).



WRIST JOINT SHOWING BONES

Source: assh.org

The tissues present in synovial joints include the ends of two or more adjoining bones, the ligaments which join the bones together, the tendons which attach muscles to the bones, the cartilage which provides a shock absorber between the bones, the bursae which reduce friction in the joint, and synovial fluid which keeps the mechanism lubricated. There are also networks of nerves and blood vessels. The nature of movement in a synovial joint is determined by the shapes of the bones where they meet, and the soft tissue arrangement (muscles, tendons and ligaments) which holds the structure together.



WRIST JOINT SHOWING LIGAMENTS

Source: medical-dictionary.thefreedictionary.com



In aikido, locks on joints, and throws using joints, work in one of two ways. Either the joint is manipulated so that it is moving against its normal dimension of movement (imagine bending finger joints sideways), or the joint is manipulated in its normal dimension of movement, but force is applied so that it moves too far (imagine bending the elbow too far backwards). Usually it is a combination of these two things.

The immobilisation created by a lock can be attributed to two factors. The first of these is mechanical immobilisation, whereby the joint is held in such an awkward orientation that the uke simply is unable to generate sufficient muscular force to overcome the lock and free themselves, for example when the uke is held in a shiho nage.

The second factor is pain. As the nerve endings in the joint realise that there is a danger of injury to tissues in the joint they send pain signals to the central nervous system. This results in the uke asking for mercy!

To illustrate this it is possible to use the wrist joint as an example. In reality, although it may seem that one joint is being manipulated, many of the locks and throws actually work by manipulating more than one joint at the same time. Therefore, although the elbow is often involved in wrist manipulations, and sometimes the shoulder as well, the elbow and shoulder will be ignored so as not to make things too complicated.

The wrist joint is a bi-axial (condyloid) joint. This means that it has two natural dimensions of movement. If you hold your hand in front of your face, palm facing away from you, and keep your forearm still by using the other hand, you will find that you can move your wrist in two planes. It can be moved forward and back (as in waving bye-bye), and it can move side to side (as in cleaning the windows). It cannot move through the third plane as this would require it to spin around (i.e. turn the wrist so that the palm is now facing towards you). You will find that the only way that you can make the wrist rotate like this is by rotating the forearm as well, and so it is a mechanism of the elbow joint.

In executing a nikajo or sankajo, the wrist is forcibly bent so that the fingers extend towards the elbow, and the wrist is twisted slightly at the same time. Although the wrist can bend in this dimension, it cannot bend very far, and so the wrist is locked when it is at its maximum range. The application of the twist at the same time puts the uke in such an awkward position that it is not possible to move the wrist against the force of the lock as this would require more muscular force than is available. Severe pain can be inflicted if the lock is applied with more force or more rotation.



The fact that joints, when placed in certain positions, cannot generate much force explains why the application of aikido techniques does not require a great deal of physical effort, as long as the correct position is achieved.

Nikajo and sankajo are examples of techniques which move the wrist joint in one of its normal planes of movement (forward and backward), and this is given further effect by adding the twist, which partly moves the joint in its second plane (side to side) and partly in a third plane (round and round) – the plane through which the wrist is not designed to move.





An example of a throw which forces the wrist against its dimension of movement is kote gaeshi. In this technique the wrist is forced to spin round, which of course it cannot do. As a result, the uke is forced to take defensive action by allowing the whole body to fall in the direction of the lock, and so he/she ends up on the ground.

The same factors which make joint manipulations so effective in disabling or throwing opponents (ukes) are, at the same time, what makes them dangerous, with a potential to cause serious injury in training. Of all the anatomical systems, the joint system is one of the most vulnerable. Not only are joint tissues easily injured, but once injured the damage could be permanent if structural tissues such as ligaments are torn. Necks of course are the most vulnerable joints of all, and so neck locks and throws are not advocated.

It is unlikely that bones would be broken by a joint manipulation, as the weakest point of a bone is usually well away from the joint. Instead the more likely injuries are dislocations, ligament tears, or strains and sprains. Ligament damage can be extremely serious and ligaments do not always repair. Stretched ligaments could leave a joint loose and unstable. Ligament tears, especially complete ruptures, may need surgical reattachment.

Injuries to joints can occur in training when techniques are applied too forcefully. It is impossible to give a mathematical formula for how much force is required, but it is often much less than you might think.

Whilst the practice of aikido is immediately evident in the application of technique, it must not be forgotten that the role of the uke (the person being held or thrown) is equally important. The uke is not just a victim to be flung around, but is an essential feature of the practice of an artistic technique. The uke will be the first to know when a technique is painful, and so the timing of the submission to a lock is critical. Too late and there is a chance of injury (or at least sustained pain), too early and the person applying the technique (the tori) may think their technique is effective when it actually isn't.

The same goes for throws. Falling from a joint manipulation should be a defensive move on the part of the uke, without which injury could occur. However this is not an excuse to fly around the dojo in a spectacular fashion regardless of the effectiveness of the technique, and the timing of the fall is again critical. Too late and there is a risk of injury to a joint. Too early and the tori applying the technique may think that it is effective, but really the fall might simply be the result of some voluntary gymnastics.

Falling, like applying technique, is also cultivated through experience. The fall must occur at the right time (i.e. when a correct technique has been applied and moderate resistance has been offered), and it must also comply with the direction of movement which the technique requires. If the uke falls the wrong way due to unfamiliarity with a technique, then injury could occur.

A knowledge of the configurations of different synovial joints is useful for understanding what is happening when a technique is being applied, and also for avoiding injury. Any good 'anatomy and physiology' text book should include a section on synovial joints.

### ***Editors Note: suggested resources:***

<https://alison.com/course/Diploma-in-Human-Anatomy-and-Physiology>

<https://openstax.org/details/anatomy-and-physiology>

My study of aikido never ceases to fascinate and amaze me. The further down the road I travel, the more mystical it seems to become, yet at the same time, it's simpler too. It is a world full of paradoxes. Perhaps I can illustrate this by discussing three particular aspects of this, which form a focus for my own study:

- It's vital to look honestly at yourself and work on your own stuff, if you are to stand any chance of improving the way you work with others.
- The less that you get in the way of an attack, the better and more creative your aikido will become.
- We only learn techniques to ultimately let go of them. (They are not what aikido is about, they are only the vehicle to carry it).

The first of these is pretty fundamental, and whilst my own teachers haven't used these words, the first things I learnt on the mat, didn't involve anyone else. These were the four principles for coordinating mind and body taught by Koichi Tohei Sensei:

- Centre
- Extend
- Relax
- Keep weight underside

This was a pretty good clue that I needed to sort myself out before I could hope to be effective when working with a partner. (Of course I didn't understand that then). These principles, when applied successfully bring about optimum performance. However, many students struggle to apply them effectively when just standing still, let alone when someone is grabbing them, or worse still is charging at them.

In other words, most of us have a lot of work to do to sort ourselves out before we worry about how to work well with others. Yet paradoxically, the best way to look at ourselves is to see how we work with others. Most teachers will tell you that you can't hide on the mat, and your true self is open for all to see.

When you do practice with a partner, their job as uke is to help you do this. They follow your movement and intention to accurately reflect what is going on with you. If they do this properly, then when your technique breaks down, feels a bit lumpy or just doesn't seem to be as effective as you know it should be, then the blame falls squarely at your own door. You were too tense, you weren't centred, you disconnected from your partner, you tried too hard, or maybe you were too timid. Perhaps even more bizarrely, often the greatest insights about ourselves are to be had, when we uke for someone else and feel what is going on with them.

In a similar vein, most people's instinct when attacked is to try to stop it. In fact, this is the last thing you should do. This always creates a clash and there is not much harmony in that. Also, a good uke will feel your intention and counter with another form of attack. After all, someone with serious intent to hurt you, won't give up when their first attempt has failed, and you might not have as much time and space to work out what they will try next. The reality is that in the attempt to stop the attack, it is quite likely that you will leave yourself open to an attack that you can't stop.

At first hand, it doesn't seem like a good idea to let the attack develop, in fact it looks weak, but when you think about it, it gives you the advantage, as firstly it's your decision to let the attacker attempt to strike you, and secondly you know

where their mind is at. Under these circumstances it is ok to let them have hold of your wrist or whatever, as long as you remain, centred, grounded, aware and co-ordinated. In other words, an attacker may have hold of a part of you, but they haven't got hold of you. In this state, we are able to move in an appropriate way that keeps us safe and leaves our attacker vulnerable and ultimately leads to their defeat, (not our victory), if they persist.

From the attacker's perspective, they expect to overwhelm their victim straight away or to be met with resistance. If they are met with no resistance, but equally no collapse, it almost always leads to over-extension on their part and consequently vulnerability. At this point, they either fall over or seek to come back into balance and to attack again. It is this energy and desire to attack you that leads to their downfall, in a very literal sense. The key point to understand here is that nage does not apply technique, they simply create an environment where technique can happen. Here's the thing to get you head round, the very act of trying to perform a particular technique on your attacker, is an attack in its own right, and creates the conditions for a good uke to get back on track, and to reverse the situation. Understanding this helps us understand why O Sensei said:

**“Masakatsu Agatsu... True victory is victory over oneself.”**

So this begs the question as to why nearly all aikido schools, including my own, base much of their training on teaching techniques and in many cases measure progress by how many techniques their students know and how efficiently they are performed. It is not the focus of this particular article to consider this, although I think it explains why aikido is largely split between those who see aikido purely as a martial art and those who see it more as a way of life. For my part, I have come to an understanding that technique is just a vehicle to carry the powerful principles that are at the heart of good aikido. Those ideas serve us well not only on the mat, but also in life generally. Yet increasingly, I am of the opinion, that we learn technique initially, only to throw it away when we are ready. More and more I find that technique just happens rather than being something I have decided to do and certainly that is when I feel that I am at my best.

So aikido is all about self-development, but it's hard to do this without working with others. It's at its optimum, when instead of trying to do a technique, we enter the flow and allow it to happen and finally we spend years learning techniques only to throw them away in the end. Weird stuff this aikido, but so fulfilling when you get somewhere close to practising it as I think O Sensei intended.

## 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.

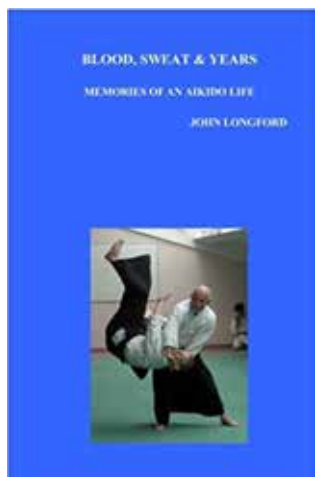
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## Book Review: “Blood, Sweat and Years” by John Longford

Brian Stockwell, Editor



Sensei John Longford has been training in aikido since 1980, and this self-published book is a personal account of his life and times as an aikidoka.

This 170 page paperback comprises a chronology of John’s journey in aikido – from the very early days in Cambridge with Sensei Tony Sargeant (then a shodan) via a grading at The Hut (with Sensei Foster) then passing through accounts of overseas trips leading the current journey’s end as Dojo Cho at Cambridge Aikido.

As with many books that tell a personal story one has to accept that its appeal will inevitably be limited to those who belong to the same “world” – in this case the world of aikido. There are lots of accounts that will resonate with readers who have, for example, endured their first encounters with ukemi or waited nervously for their turn to take a grading. Any aikidoka will find sections that they will recognise from their own training adventures (such as being called out as uke at a seminar and never quite knowing what is going to happen to you!). More senior aikidoka will certainly recognise many of the names liberally sprinkled throughout the book, as well as the mentions of broken bones, bruises and other injuries!

I think it is hugely important that we have books like this. One, because it allows the writer to “set in stone” their personal journey and to leave it as some form of legacy to those who come behind. It is important because it recognises huge personal achievements and allows the writer to send thanks to those who have helped along the way and enriched the journey. It’s great for friends and family to get a broader picture of what the writer has done. And, for the aikido community, it either opens a door to a world we are already familiar with – or allows others to get a glimpse of someone else’s aikido family.

I am sure we have all been at events where we can reminisce and share stories with like-minded friends – and that’s what it feels like reading this book. It will spark memories for many readers (“... Oh yes, I remember when that happened to me” or “I remember attending that seminar”). Dojo leaders and senior instructors will also enjoy hearing about enthusiastic students who turn up for beginner’s training – they sign up, order their kit and say they can’t wait for the next lesson... and then you never see them again! So often we think this only happens to us, in our dojos!

As John says right at the start of the book, it’s not meant to be a literary gem that will be awarded prizes or get in to the bestseller lists. But it’s a heart-felt and genuine account of one person’s journey in aikido. And let’s face it, most of these aikido journeys are eventful, funny and sometimes even life changing (perfect fodder for book writing).

I hear a lot of people say “Oh I could write a book about my life” but few do because it is actually quite a hard task. So, as with his aikido training, John has stuck with it and put in the hours to produce this highly personal and detailed account.

You will have to read it right to the end (p164) to enjoy one of my favourites “jokes” in the entire book (and, if I have read it correctly, one I agree with wholeheartedly!).

The book can be purchased through amazon:

<https://www.amazon.co.uk/Blood-Sweat-Years-Memories-Aikido/dp/1542813220>

Price £6.99

## 50 YEARS



Sei Rye Sui  
School of  
Aikido  
& Club



## Celebration

of Aikido

Sensei John Harding Invites **You**

Sat 3<sup>rd</sup> and Sun 4<sup>th</sup> of June 2017

*Teaching over the weekend*

John Harding  
Roger Payne  
Alex Megann  
Vince Sumpter  
Gareth Jones  
Jon Stokoe

He will be celebrating his 50 years in Aikido the first weekend in June 2017  
The Course will be attended by many high ranking Sensei. The venue will be New Milton Leisure Centre 3<sup>rd</sup> and 4<sup>th</sup> of June

Sleeping accommodation will be provided at the dojo free.

All you will be required to take is a sleeping bag and pillow.

Cost is £40 for the weekend and a Tai Buffet will be provided.

New Milton Scout HQ, Caird Avenue, New Milton, Hampshire BH25 5PH

for more info contact j Stokoe on [j.stokoe@blueyonder.co.uk](mailto:j.stokoe@blueyonder.co.uk)

TO NEW MILTON Leisure Centre

TO NEW MILTON LEISURE CENTRE

***Koretoshi Maruyama***  
***Sensei***  
***2017 European Seminar***

***@ Kendal Judo Club, Kendal,***  
***Cumbria LA9 7EN***  
***8th-10th July***



英国合気道唯心会

<http://www.takagashiradojo.co.uk/maruyama-2017-seminar>



***Student of O Sensei for 13 years***  
***Chief Instructor of Ki Society 1972-1991***  
***Founder of Aikido Yuishinkai, 1996***



# Upcoming Events



## **Aikido Seishin Kai Seminar Weekend With Sensei Donovan Waite**

**7<sup>th</sup> Dan Shihan**

**Saturday 16/09/2017 11am till 4pm (Register 10am)**

**Sunday 17/09/2017 10am till 3pm (Register 9am)**

**Ormiston Horizon Academy**

**Turnhurst Road – Tunstall**

**Stoke-on-Trent**

**ST6 6JZ**

**Price:**

**£80 for 2 days**

**£45 for 1 day**

**(£75/£40 if paid before  
16/07/2017)**

**More info:**

**[mark@aikidostoke.co.uk](mailto:mark@aikidostoke.co.uk)**

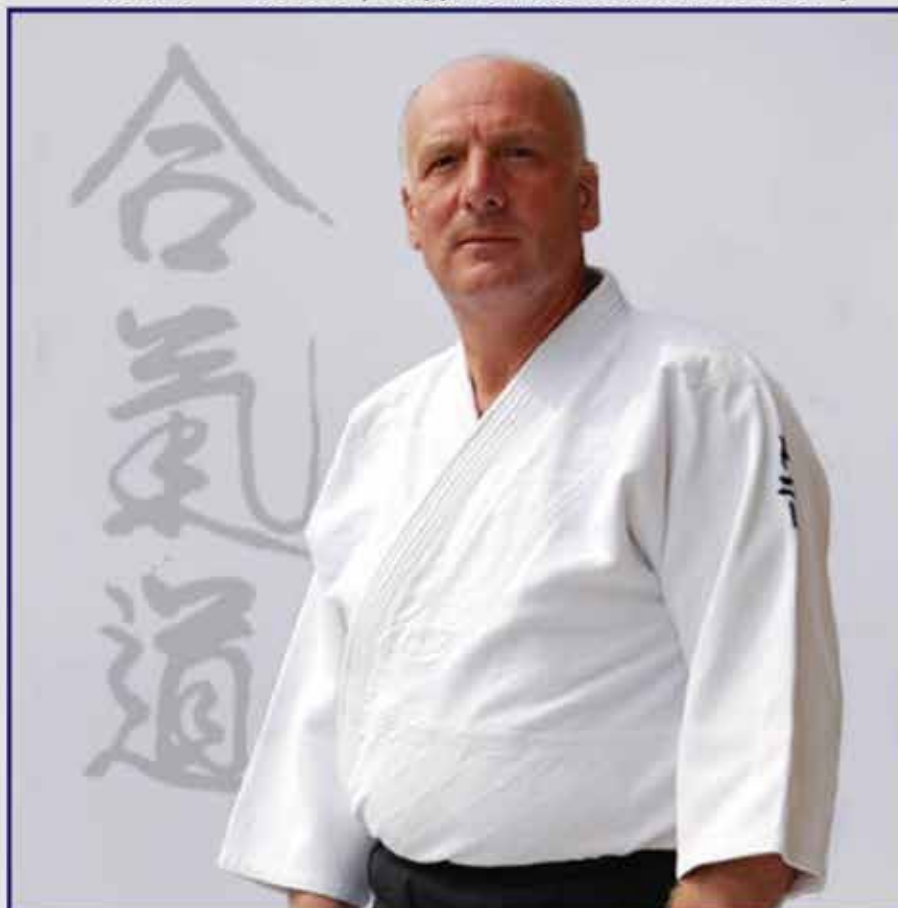
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## Reading Zenshin Aikido Club Anniversary Seminar

10th June 2017

University of Reading Sports Centre  
10:00 - 16:30 (Registration from 09:30)



### Tony Sargeant Sensei

6th Dan Aikikai

Head of Takemusu Iwama Aikido Europe

£30 for the day

All styles welcome

for full details & booking form please visit  
[www.aikido-reading.co.uk/seminar](http://www.aikido-reading.co.uk/seminar)



# Upcoming Events



**Course Sunday June 25th 2017  
10:00 – 14:00**

**Trysull Pavillion, Woodford Lane,  
Trysull, Wolverhampton, WV5 7HP**



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

[www.shunpookan-aikido.org.uk](http://www.shunpookan-aikido.org.uk)

All associations welcome please bring proof of insurance to practice Aikido.

# Mimuro Sensei



**Sunday 6th August**  
**12.30 - 4.30**

**Marple 6th Form College Buxton Lane, Marple, Stockport SK6 7QY**

**Mimuro Sensei (7th Dan, Hombu)**

Director of The Yokohama International Aikido Club

Technical Director of Lancashire Aikikai

Studied for more than 20 years with the late Seigo Yamaguchi Shihan.

Advance payment: Lancashire Aikikai members £25, visitors £30

Cost on the day: £35

Advance booking is highly recommended. Places are limited.



Further details and booking form

[www.marpleaikido.org.uk](http://www.marpleaikido.org.uk)

[info@marpleaikido.org.uk](mailto:info@marpleaikido.org.uk)

0161 449 7474 0161 427 8842



## Aikido in Hertfordshire are proud to announce a seminar with



**DANIEL TOUTAIN** SENSEI

Direct student of:

Morihiro **SAITO** Sensei 9<sup>th</sup> Dan Aikikai (1992 - 2002)

Nobuyoshi **TAMURA** Sensei 7<sup>th</sup> Dan (1978 - 1988)

Masamichi **NORO** Sensei 7<sup>th</sup> 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](http://www.aikido-hertfordshire.co.uk/6oct.html)  
or email [6oct@aikido-hertfordshire.co.uk](mailto:6oct@aikido-hertfordshire.co.uk)



## Broadland Aikido Club

Presents

### The 8<sup>th</sup> International Friendship Seminar



Osamu Obata  
Shihan  
7<sup>th</sup> Dan



Philip Lee  
Shihan  
7<sup>th</sup> Dan



Aziz Belhassane  
Shihan  
6<sup>th</sup> Dan



Frank Burlingham  
Sensei  
6<sup>th</sup> Dan

合気道

15<sup>th</sup> / 16<sup>th</sup> July 2017

Sat 15<sup>th</sup> Registration 11am – Classes 11.30am – 5pm  
Sun 16<sup>th</sup> Registration 9.15am – Classes 10am - 3.30pm



Ormiston Denes Academy  
Yarmouth Road  
Lowestoft  
Suffolk  
NR32 4AH

Please bring Jo / Bokken and Proof of Insurance

**PLEASE BOOK EARLY TO ENSURE YOUR PLACE**

**Payment received before 31<sup>st</sup> May 2017**

Adults £50 weekend / £30 one day  
Children £25 weekend / £15 one day

**From 1<sup>st</sup> June 2017**

Adults £60 weekend / £35 one day  
Children £30 weekend / £15 one day

**Send payment to:**

Frank Burlingham  
9 Low Farm Drive  
Carlton Colville  
Lowestoft  
Suffolk  
NR33 8HQ

Phone: 01502 515062 or 07949 803064

Email: [frank.burlingham@virgin.net](mailto:frank.burlingham@virgin.net)

[www.broadland-aikido.co.uk](http://www.broadland-aikido.co.uk)



## Aikido Kobayashi Dojos UK



### Summer Seminar

August 11<sup>th</sup> – 13<sup>th</sup>, 2017

National Sport Centre, Sophia Gardens, Cardiff.

We welcome Hiroaki Kobayashi Shihan 7<sup>th</sup> Dan Aikikai back to Wales, for a full weekend of Aikido tuition. Hiroaki Sensei will be teaching all aspects of the Aikido curriculum, including Taijutsu, & Bukiwaza. We will be offering a fully structured weekend of training and relaxing evening meals with fellow students and Hiroaki Sensei. We welcome all students from all organisations, who hold valid training insurance.

Please check out our Facebook page for future updates

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

Email: [aberaikido@btinternet.com](mailto:aberaikido@btinternet.com)



## SATURDAY 21<sup>st</sup> 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

Activity	Time
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.



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 36 years Bob MacFarland Sensei has a wealth of knowledge and insights of which to pass on based mainly upon Koichi Tohei's teachings.

***Do come and join in the celebration everyone is most welcome Further  
information contact: Bob - (01273) 323315***

Details of regular classes see website <http://brightonkisociety.org.uk/>

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