

Shizentai 10

British Aikido Association
英国の合気道協会

自然体

Winter 2017



3rd European Junior & Youth Championships 2016



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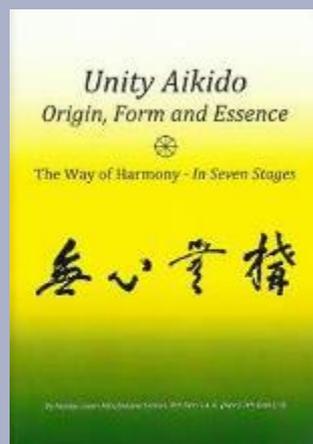
What's in the next issue?



Continuing our technical series featuring the Koryu Dai Ichi, Part B, Tachi waza, demonstrated by **Shaun Hoddy 6 Dan**, with supporting notes.



Last section of the Goshin Ho Shodokan 4th Dan syllabus, with supporting notes, demonstrated by **Paul Bonett 5 Dan**



Unity Aikido: Origin, Form and Essence

A review and exploration of **Hanifa Leoni Macfarlane's** new book which explains her insightful interpretation of the Tomiki 'Way'

Advertisements



Daitō-ryū Aiki-jūjutsu

Aiki Connections 2017 with Howard Popkin and Joe Brogna
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 Genryukan Aikido, Belgrave Rd, Dover, Kent, CT17 9RA.
www.daitoryu.co.uk/aiki-connections-2017



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To Volunteer and to get further information please contact the Tournament coordinator:
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Sussex & Greenwich Shodokan Aikido Present
 Special International Shodokan Aikido Federation Seminar 2017

Nariyama Tetsuro 9 Dan
Sakai Shinnosuke Omori Ryuichi Endo Sekio




Thomas Tallis Sports Centre 17 August 10:00—15:30
 Kidbrooke Park Road, Kidbrooke, London SE3 9PX

10—11:00 Sakai Shinnosuke Sensei 11—12:30 Nariyama Shihan
 13:15—14:20 Omori Ryuichi Sensei 14:25—15:30 Endo Sekio Sensei

For more information contact Paul Bonett bonettpa@gmail.com

VOLUNTEERS NEEDED!




English Institute of Sport—Sheffield



3rd European Junior & Youth Championships 2016



3rd European Junior & Youth Championships 2016

Results

Under 8's Results

Randori-no-Kata

- 3rd - Grundy & Rigby (Garforth)
 2nd - Nicholson & Barker (Manchester)
 1st - Parker & Meherhomji (Leeds)

Tanto Kakarigeiko

- 3rd - Kilburn & Nicholson (Manchester)
 2nd - Grundy & Rigby (Garforth)
 1st - Parker & Meheromji (Leeds)

Ninindori

- 3rd - Nicholson, Kilburn, Banks (Manchester)
 2nd - Grundy, Rigby, Romanska (Garforth)
 1st - Parker, Meheromji, Bundred (Leeds)

Tanto Tai-Sabaki

- 3rd - Hana (Leeds)
 2nd - Meheromji (Leeds)
 1st - Ockendon (Leeds)

Best Individual

Zac Cummins (Bradford)

Under 10s Results

Randori-no-Kata

- 3rd - Palmiero Evans & Rome (Manchester)
 2nd - Ryan & Clare (Dublin)
 1st - Cox & Bundred (Leeds)

Tanto Kakarigeiko

- 3rd - Cox & Bundred (Leeds)
 2nd - Grundy & Oosterveen (Garforth)
 1st - Palmiero Evans & Rome (Manchester)

Ninindori

- 3rd - Banks, Nicholson, Katic (Manchester)
 2nd - Cox, Bundred, Yang (Leeds)
 1st - Palmiero Evans, Rome, Ryan (Manchester)

Tanto Tai-Sabaki

- 3rd - Fox (Sheffield)
 2nd - Palmiero Evans (Manchester)
 1st - Ryan (Dublin)

Best Individual

Luca Palmiero Evans (Manchester)

Under 13's Results

Randori-no-Kata

- 3rd - Bishop & Masterfano (Garforth)
 2nd - Shchepikhin & Ponomarenko (Belgorod)
 1st - Hartshorne & Kellet (Garforth)

Tanto Kakarigeiko

- 3rd - Mishnova & Toporova (Belgorod)
 2nd - Godsman & Cummings (Bradford)
 1st - Chebotarev & Kryukon (Belgorod)

Ninindori

- 3rd - Toporova, Mishnova, Khmaladze (Belgorod)
 2nd - Hartshorne, Kellet, Wynn (Garforth)
 1st - Chebotarev, Kryukon, Starikov (Belgorod)

Tanto Tai-Sabaki

- 3rd - Chebotarev (Belgorod)
 2nd - Khmaladze (Belgorod)
 1st - Starikov (Belgorod)

Best Individual

Arina Ponomarenko (Belgorod)

Under 16s Results

Randori-no-Kata

- 3rd - Wainwright & Sheard (Leeds)
 2nd - Keyworth & Cairns (Garforth)
 1st - Ryan & Conroy (Dublin)

Tanto Kakarigeiko

- 3rd - Goodall & Pilling (Leeds)
 2nd - Wainwright & Sheard (Leeds)
 1st - Dodd & W Millar (Leeds)

Ninindori

- 3rd - Millar, Dodd, Shallashillin (Leeds)
 2nd - Ryan, Khymich, Conroy (Dublin)
 1st - Pilling, Wainwright, Sheard (Leeds)



Tanto Tai-Sabaki

3rd - Wainwright (Leeds)
 2nd - Khimych (Dublin)
 1st - Saakyan (Belgorod)

Open Kata

3rd - Sheard & Wainwright (Leeds)
 2nd - Barmby & Walker (Garforth)
 1st - Dodd & Millar (Leeds)

Best Individual

Waswa Millar

Under 19s results

Randori-no-Kata

3rd - Pilling & Cox (Leeds)
 2nd - White & Shergill (Leeds/Bradford)
 1st - Conroy & Eastwood (Dublin)

Tanto Kakarigeiko

3rd - K Bolton & Rowe (Leeds/Garforth)
 2nd - Skliaruk & Smolokurova (Kursk)
 1st - White & Shergill (Leeds/Bradford)

Ninindori

3rd - Skliaruk, Smolokurova, Maslenikova (Kursk)
 2nd - Shergill, White, Firth (Leeds/Bradford)
 1st - Bolton, Gander, Rowe (Leeds/Garforth)

Open Kata

3rd - M Bolton & E Gander (Leeds)
 2nd - Skliaruk & Smolokurova (Kursk)
 1st - Shergill & White (Leeds/ Bradford)

Womens Tanto Randori

3rd - Smolokurova (Kursk)
 2nd - Bolton (Leeds)
 1st - Gander (Leeds)

Mens Tanto Randori

3rd - Eastwood (Dublin)
 2nd - Firth (Leeds)
 1st - White (Leeds)

Best Individual

Ed Gander (Leeds)

Overall Club Champions

(160 entrants representing 14 clubs)
 4th Place Dublin
 3rd Place Belgorod
 2nd Place Garforth
 1st Place Leeds



Report

The Third Junior and Youth European Championships were held at the English Institute of Sport, Sheffield between Friday 28th and Sunday the 30th of October 2016 and attracted over 160 competitors.

Both the Russian and Irish contingents turned up in force giving a good account of themselves and taking many honours.

The opening ceremony took place at the 'Valley Centertainment' cinema complex and was followed by a screening of 'Dr Strange', Marvel's latest Super hero movie. This was followed by two days of continuous competition overseen magnificently by Sarah Fletcher ably supported by over 35 judges, referees and officials.

All the young people who took part demonstrated the true spirit of Aikido and enjoyed every moment win or lose.

For the first time the event was divided into five categories, giving more young people the opportunity to compete on equal grounds. We had the standard **Juniors** with the under 8s and under 10s age groups, the **Youth** groups under 13s and under 16s years and the addition of the **Cadet** age group under 19s.

Once the events were completed, on time, the finale took place with the presentation of awards to the Hilton Hotel Sheffield. The entertainment was twofold, a variety of circus acts entertained at the tables and Morgan Murphy, Chris White and Harris Aldridge provided some excellent music – they were the stars of the show.

Following the formality of awarding medals was over the young people settled down to enjoy the rest of the night exchanging tales of what might have been and making a host of new friendships.

The Fourth European Junior and Youth competition is to be in Belgorod, Southern Russia in 2018 hosted by our good friend Oleg Beketov.

Bob Jones



BAA Junior Championships

North Richard Dunn Sports Centre, Bradford, 11 March 2017



Results

Under 8s

Basic Kata

1 st Parker & Meherhomji	Leeds
2 nd McHale & Shalaan	Leeds
3 rd Kelly & Laughety	Leeds

Tanto

1 st Parker & Meherhomji	Leeds
2 nd Wiggans & Ghafoor	Leeds
3 rd Nicholson & Banks	Renshinkan

Ninin Dori

1 st Parker & Meherhomji & Ghafoor	Leeds
2 nd McHale & Shaalan & Shaw	Leeds
3 rd Nicholson & Banks & Kilburn	Renshinkan

Best Individual *Zixun Yang*

Best Team *Leeds*

Under 10s

Basic Kata

1 st Cox & Blundred	Leeds
2 nd Baxter & Clubbs	Bradford
3 rd Wynn & Barmby	Yon Ju Hachi

Tanto

1 st Cox & Blundred	Leeds
2 nd Rome & Palmeiro-Evans	Renshinkan

3rd Banks & Nicholson

Renshinkan

Ninin Dori

1 st Blundred & Cox & Blundred	Leeds
2 nd Rome & Palmerio-Evans & Chan	Renshinkan
3 rd Babbington & Sanderson & Clubbs	Yon Ju hachi

Best Individual

James Ockenden

Best Team

Leeds

Under 12s

Basic Kata

1 st Bishop & Masterfano	Yon Ju hachi
2 nd Wynn & Barmby	Yon Ju Hachi
3 rd Clubbs & Fairburn	Yon Ju Hachi

Tanto

1 st Palmiero-Evans & Owen	Renshinkan
2 nd Godsman & Cummins	Bradford
3 rd Wynn & Barmby	Yon Ju Hachi

Ninin Dori

1 st Bishop & Mastrostefano & Grundy	Yon Ju Hachi
2 nd Palmiero-Evans & Owen & McBride	Renshinkan
3 rd Clubbs & Fairburn & Cummins	Yon Ju Hachi

Tanto Avoidance

1 st Masjrosafano	Yon Ju hachi
2 nd Godsman	Bradford
3 rd Cox	Leeds

Best Individual *Magenta Bareham*
Best Team *Yon Ju Hachi*

Under 14s

Basic Kata

1st Hartshorne & Kellett Yon Ju Hachi
 2nd Keyworth & Sutton Yon Ju Hachi
 3rd Palmer & Kerrigan Leeds

Tanto

1st Hartshorne & Kellett Yon Ju Hachi
 2nd Palmer & Kerrigan Leeds
 3rd Keyworth & Sutton Yon Ju Hachi

Ninin Dori

1st Kellett & Hartshorne & Wynn Yon Ju Hachi
 2nd Ishaq & Palmer & Kerrigan Leeds
 3rd Hewitt & Robinson & Fox Leeds/Sheffield

Best Individual *Morven Cameron*
Best Team *Yon Ju Hachi*

Under 16s

Basic Kata

1st Wainwright & Goodall Leeds
 2nd Millar & Millar Leeds
 3rd Barmby & Walker Yon Ju Hachi

Tanto

1st Millar & Millar Leeds
 2nd Wainwright & Goodall Leeds
 3rd Barmby & Wackler Yon Ju Hachi

Ninin Dori

1st Chevney-Thornton & Wainwright & Goodall Leeds
 2nd Millar & Shallashillin & Patel Leeds
 3rd Barmby & Walker & Keyworth Yon Ju Hachi

Open Kata

1st Millar & Millar Leeds
 2nd Barmby & Walker Yon Ju Hachi
 3rd Chevney-Thornton & Staton Leeds

Tanto Avoidance

1st Millar Leeds
 2nd Barmby Yon Ju Hachi
 3rd Wainwright Leeds

Best Individual *Jess Walker*
Best Team *Leeds*

Team Points

1 st	Leeds	54 points
2 nd	Yon Ju Hachi	35 points
3 rd	Renshinkan	12 points
4 th	Bradford	10 points
5 th	Sheffield	1 point

Judges

R Hartshorne, T Cox, M Aldridge, M Pratt, M Goodall,
 R Shergill, K Shergill,

S Evans, J Walker, M Bolton, J Parker, E Gander, C Jenner,
 M Jenner, K Bolton, E Gander.

Report

The first Junior event of the year really kicked off the calendar with a bang. 120 competitors from across the North of England came together in Bradford for a full day of competition. The first competition managed by myself in the role of Youth Development Officer since vacating the post back in 2000 and the event has really come a long way. With the advent of the flag system for kata, to better align to senior and international formats and the inclusion of tanto avoidance, the day had a real competitive feel.

I am always encouraged by the wealth of skill right from the under eights through all age groups.

Leeds Central Aikido won the overall trophy, adding to their impressive history at junior level but were pressed closely by Yon Ju Hachi and an impressive showing from Renshinkan. That smaller teams like Bradford and Sheffield are also coming away with medallists, does demonstrate that there is something to take from the day for all clubs, no matter how small or inexperienced.

I would encourage all club coaches to support future competitions and if anyone out there feels that they can't, then do get in touch with me and let's understand the hesitation.

If I was to sum up the day in one sentence it would be: Yet another day that demonstrates that juniors are the life blood of the Association.

Garrett Baxter

Youth Development Officer BAA

BAA Senior National Championships

26th March 2017 – Thomas Tallis Sports Centre

Results

BAA Nationals Results 2017

Participating Clubs: Leeds Central (Lds), Tanseikan (Tnskn), Bradford (Bfd), Dublin Tomiki Aikido (DTA), Cambridge Shodokan (CS), Sheffield Kyogikan (SK), Greenwich Shodokan (GS), Scotland Shodokan (SC), Kingfisher Aikido Club (KAC)

39 players (senior and cadet participants)

Junanahon – Kyu Grade

1 st	M.Eastwood/E.Conroy	DTA
2 nd	A.Lloyd/V.Konneh	Tnskn
3 rd	J. Ryan/B.Higgins	DTA

Open Kata – Kyu Grade

1 st	K.Millar/W.Millar	Lds
2 nd	V.Konneh/A.Lloyd	Tnskn
3 rd	E.Conroy/M.Eastwood	DTA

Goshin No Kata - Open Grade

1 st	A.Rigby/S.Pearce	Lds/Tnskn
2 nd	J.Ang/M.Cresswell	SK/CS
3 rd	K.McClean/P.Dempsey	DTA

Cadet Tanto Taisabaki (14-17 yrs)

1 st	Waswa Millar	Lds
2 nd	Eoghan Conroy	DTA
3 rd	Lauren Sheard	Lds

Men's Tanto Randori - Kyu Grade

1 st	Vamba Konneh	Tnskn
2 nd	Rob Millward	KAC
3 rd	Jer Ryan	DTA

Junanahon – Dan and 1st Kyu

1 st	P.Carr/D.White	Lds
2 nd	A.Rigby/S.Pearce	Lds/Tnskn
3 rd	J.Bird/C.Reaney	KAC

Open Kata – Dan and 1st Kyu

1 st	R.Shergill/C.White	Bfd/Lds
2 nd	P.Carr/D.White	Lds
3 rd	M.Bolton/E.Gander	Lds

Ninin Dori – Kyu and Dan Grade - Combined

1 st	Shergill/Rigby/Carr	Lds
2 nd	McClean/Eastwood/Conroy	DTA
3 rd	K Bolton/Gander/Murphy	Lds

Women's Tanto Randori – Open Grade

1 st	Laura Beardsmore	Lds
2 nd	Natuley Smalle	Tnskn
3 rd	Pam Dempsey	DTA

Men's Tanto Randori – Dan and 1st Kyu

1 st	Fred Kamara	Tnskn
2 nd	James Bird	KAC
3 rd	Paul Carr	Lds

Senior Team Trophy* 2017 = Leeds Central

1st Leeds Central (25.5pts), 2nd Tanseikan (18 pts), 3rd Dublin (12pts)

*(Senior Team Trophy includes cadet points)

Cadet Team Trophy* 2017 = Dublin Tomiki Aikido

1st Dublin Tomiki Aikido (7.32 pts), 2nd Leeds Central (7.0)

*(Cadet Team Trophy excludes any over 17 years player points)

Championships 2017



BAA 'North of the River'

Basildon Sporting Village 2017



Shaun Hoddy and his club the Shoshinkan, hosted the first BAA 'North of the River' seminar on the weekend of the 18th/19th March at the Basildon Sporting Village in Essex.

As many BAA members will remember the 'South of the River' seminar, located at the Saga

headquarters in Folkestone and hosted by Phil Eyers and the Genryukan was a popular course, attracting many BAA members.

Due to the BAA programme of schools and seminars, it was found that SOTR and the BAA Autumn School were timed too close together in the year, to make them both fully attended and financially viable. The BAA therefore asked Shaun if he would transfer the timing of the event to March and to another venue that might attract more BAA members with a broader geographical reach. Shaun generously agreed to host the event and the 'North of the River' (the River Thames for those who are wondering) was born.

The Basildon Sporting Village is a modern sports centre, origi-

nally built as a training centre for the London Olympic games and now a hub for many sports in Essex. Easy to reach from Kent, London via the M25 and from further North, it should prove an ideal venue for the future.

This first outing in the new venue was coached by Ken Broome 7 Dan, Paul Wildish 7 Dan and Shaun Hoddy 6 Dan, all long serving sensei with considerable experience behind them. The coaching plan reflected the breadth of the BAA's curriculum,



Ken Broome 7 Dan



Shaun Hoddy 6 Dan



Ken Broome 7 Dan



Shaun Hoddy 6 Dan

taking in the Goshin ho, Koryu Dai Go and an introduction to the original 15 Kihon Waza taught by Senta Yamada when he first introduced Tomiki Aikido to the UK.

Paul Wildish Sensei, kicked off with an exploration of Goshin ho techniques, taught not in its usual sequential form but through the sequence of the Junanahon. Each Junanahon technique was matched by katate dori waza, aigamae and gyakugamae taken from the Goshin ho. The coaching concept was to make students aware of how Goshin ho techniques can be understood

and developed from kihon waza principles with which they are more familiar. When learning the patterns of the Goshin ho they should understand the techniques are therefore applications of fundamental learning.

Shaun Hoddy Sensei brought his considerable knowledge of the Koryu Kata to bear on teaching the Koryu Dai Go. Shaun Hoddy Sensei learnt the Koryu Kata directly from Dr Ah Loi Lee, who herself, in earlier days, was a student of Hideo Ohba Shihan and his close stu-

dent Takeshi Inoue Sensei.

The Koryu Dai Go repeats many techniques from previous Koryu Kata, principally from the Koryu Dai Ichi and Koryu Dai Yon with additional techniques from the Koryu Dai Ni and Dai San. The Kata also introduces some new applications, not appearing in the previous forms. This kata is intended to be practised with greater speed and dynamism than previous sequences, showing a development of skill and performance without loss of technical accuracy.



Paul Wildish 7 Dan



Andy Wisbey 5 Dan & Ken Broome 7 Dan



Ken Broome 7 Dan



As with all these Koryu Kata. Hideo Ohba Shihan had in mind competitive kata embu when developing these forms, intending that they should provide an opportunity for older players to take part in competitions, long after they had retired from randori shiai. While this was Ohba Shihan's original intention, kata embu has developed into another aspect of the competitive experience prac-

tised by Tomiki Aikidoka of all ages and experience.

The BAA continues to uphold and practice these forms for the other aspect of their invention by Ohba Shihan, in that they represent a link with the techniques and the spirit of the aikido that he and his mentor Tomiki Shihan learnt at first hand from Morihei Ueshiba, the

Founder of aikido, before the Second World War. Shaun Hoddy Sensei is one of the most knowledgeable and skilled practitioners of these kata within the BAA and continues to promote and develop their practice.

On the Sunday, Ken Broome Sensei taught, by request, the original 15 Kihon Waza that he himself was taught by Senta



Paul Wildish 7 Dan



Shaun Hoddy 6 Dan

Yamada in the 1960s. Not only did students get a practical history lesson in the development of Tomiki Aikido but a challenging comparison with our current basic practice.

What was interesting was to evaluate and practice techniques whose principles of kuzushi took entirely different directions from the 17 Kihon Waza that is our current practice. However, it became clear that although these techniques seemed to provide an easier application of kuzushi, in a randori situation they might result in injury. Nevertheless, everyone enjoyed Ken Broome Sensei's exploration of these techniques, demonstrating his own connections with the beginnings of Tomiki Aikido and the valuable and extensive knowledge he has acquired. He of course taught the lesson in his usual inimitable style bringing good humour to the day.

The seminar was well attended by clubs from Essex, Kent and London, both by seniors and juniors. Although the juniors did not practise with adults and were vigilantly supervised, they did share much of the course content with the senior players. Despite the highly sophisticated nature of some of waza and their technical difficulty, these juniors were undaunted. Representing the Shoshinkan these junior members of the BAA were a credit to Shaun Hoddy's club and their watching parents. They maintained a highly disciplined and unfaltering concentration on the practice of aikido throughout two days of intense practice. When many young person's concentration would falter in such circumstances, these juniors maintained their enthusiasm. With kids like these the future of Tomiki Aikido should be assured.



Senta Yamada Pt. 4

the 'father' of UK Tomiki Aikido

Paul Wildish



Senta Yamada & John Waite at John's Sydenham Kikusui Kai dojo in the 1980s

“When John Waite and his wife Pepi touched down at Narita Airport just outside Tokyo, it was to

be the fulfilment of an ambition that had taken some seventeen years to realise. John in com-

mon with so many martial artists had always wanted to visit and train in the homeland of his twin

obsessions, Judo and Aikido. More than that, it was to be a renewal of friendships maintained over many years and thousands of miles.

The most poignant reunion was to be with a slight, unassuming Japanese gentleman waiting to welcome them in the airport lobby. For John, it was perhaps the most moving moment of the visit, to be greeted personally by his old teacher, mentor and friend, Senta Yamada, 6 Dan Aikido, 6 Dan Judo and the man who brought Tomiki Aikido to Britain.¹

When I wrote these opening paragraphs in a magazine article for *Combat* magazine in 1984, I was not yet to realise the importance of the relationship between John Waite and Senta Yamada, or the part that John Waite Sensei was to play in reconnecting Yamada to the British Tomiki Aikido story and the BAA.

As was described in Part 3 of our Senta Yamada series, it is likely that Yamada's departure from England in 1965 was at the urging of his spiritual mentor, Jikoson Sama of the Jiu Kyo, one of Japan's *shinshukyo*, or new religions. His departure was abrupt and unexpected, leaving in its wake a considerable sense of lost among his students and collaborators. The unexplained nature of his departure and his lack of subsequent visits to the UK, led to a certain neglect of his importance and standing as Britain's first Tomiki Aikido missionary. Many BAA aikidoka, recruited after his return to Japan, were to learn Tomiki Aikido with little reference to Yamada and as Tomiki's technical structure and methodology matured, it seemed his teachings had little contemporary relevance.

While the Tomiki Aikido pioneers,

such as John Waite, Archie Bush, John Gay, Rex Benlow, John Wilkinson, Bill Lawrence, Loi Lee and others held him in close esteem and remembered the foundations of their practice as he taught them, many later Tomiki Aikidoka were to become more influenced by younger Japanese teachers. Following on from Yamada's departure, the BAA was to be assisted in its early coaching development by such figures as Riki Kogure, Tsunamitsu Naito, Takeshi Inoue, Tetsu Ehara and Itsuo Haba. With them they brought the 'new' 17 technique/ junanahon kata, changes to *unsoku* and *teगतana go dosa* and of course developments in practice of *randori* and *shiai*.

John and Pepi Waite visited Yamada in Japan in 1983 and were treated to a privileged tour

as Yamada's connections opened many doors that would have been denied to them. A highlight of their trip was a visit to the famed dojo of the Emperor's police guard, secluded behind the walls of the Imperial Palace in Tokyo. John Waite and Senta Yamada were to bond again during the trip and forge a new connection that would soon bring Yamada back to England.

In 1984, Yamada Sensei came to Britain at the invitation of John Waite, to open John's new Tomiki Aikido and Judo club at the Sutton Martial Arts Centre in SW London. Yamada brought with him a new name for the club, the Kikusui Kai and an association with other clubs in Japan and Australia, with the aim of promoting the principles of peace and understanding through the practice of aikido. The club was to bear the symbol of Kikusui, the



The opening ceremony seminar taught by Senta Yamada 6 Dan Aikido, 6 Dan Judo, at the newly christened 'Kikusui Kai', Sutton Martial Arts Centre, London in 1984. Jikoson Sama's gift to the club of the Rising Sun silk flag can be seen in the background.

personal 'mon' of the legendary samurai Masashige Kusunoki, from that time onwards, eventually growing to a group of clubs within the BAA, practising with Senta Yamada as their mentor for both judo and Tomiki Aikido.

The choice of Masashige's 'mon' by Yamada's Kikusui Kai group becomes clear when one understands Senta Yamada and his religious mentor Jikoson Sama's devotion to the person of the Emperor as part of their faith. Masashige Kusunoki was a 14th



Masashige Kusunoki's banner bearing his 'mon'

Below the Kikusui Kai badge



century partisan of the Emperor Go-Daigo in his struggle to reassert Imperial authority and wrest control of Japan from the Shogunal Regent Hojo Takatoki and



Senta Yamada teaching at his club in Fukuoka, Japan.

his samurai Bakufu ('tent') government. As personal loyalty of this kind to the Emperor was unusual in this time for Emperors were puppets, manipulated by samurai Shoguns, Kusunoki has come to be regarded in Japan as the epitome of Imperial loyalty. His last act in obeying his Emperor unquestioningly was to lead out his army against overwhelming Bakufu forces, dying defiantly and heroically in the Battle of Shijo Nawate. A famous triptych print by Utagawa Kuniyoshi (1798-1861) depicting his last stand, can be seen in the Victoria & Albert Museum and testifies to the fame and regard in which he was held by later generations. Yamada also brought with him a gift from Jikoson Sama to John Waite's club of a silk banner, bearing the symbol of the rising sun of Japan. The symbol was intended not to be seen as not just that of the Japanese national flag but as a symbol for God and the establishment of peace



Seminar at Tooting

for the world.

Before Yamada's arrival in London, he had been the guest of honour at a similar opening ceremony in Australia, where he had opened the Aikido Study Centre in Melbourne, led by John Gay Sensei who had also been an early student of Yamada's in London before he migrated to Australia. The late John Gay and Hanifa Leoni Macfarlane, the present head of Unity Aikido in Tasmania, were friends and supporters of Senta Yamada through years and understood the quality and perspective of Yamada's approach to Tomiki Aikido.

After this initiating visit to England and the launch of the Kikusui Kai friendship group of clubs in the UK, Senta Yamada was to become a frequent visitor to the Kikusui Kai and other Tomiki Aikido and judo clubs around the country. This was to be particularly the case where club leaders had been taught by Senta Yamada and remembered him with respect and affection.

As we have described in Shizentai 9, 1984 brought a profound change in the circumstances of Yamada Sensei's life following



Two sensei juxtaposed . Report of 'UK Seminars in Tomiki Ryu Aikido given by Yamada Sensei & Nariyama Sensei' - *Budo News International* No 1, Spring 1988

the death of Jikosen Sama, who had guided his spiritual life for many years. Whatever the consequences he was to face in filling this space in his spiritual and private life, it did seem to coincide with a greater engagement in the budo world beyond Japan. In this enterprise John Waite was to be his champion and promoter within the BAA, arranging teaching visits to all parts of the UK and Ireland. While many of the older sensei who he had taught, enthusiastically responded to his visits and were eager for their students to experience the insights that he had to offer, it must be said that the BAA as an organisation did not make as much of his return as it might. During this period Nariyama Sensei was beginning to visit the UK, bringing with him the system of training which became known in the UK as 'Shodokan' aikido. This system of training was the joint project of the 'two Shihans', Fumiaki Shishida and Tetsuro Nariyama who inherited the technical leadership of the Japan Aikido Association upon the death

of Tomiki's close disciple and successor, Hideo Ohba. Nariyama's teaching, with its dynamic technical character and effective execution, was attracting much attention and stood in marked contrast to Senta Yamada's older style and softer presentation. The system developed by the 'two Shihans' Fumiaki Shishida and Tetsuro Nariyama, both agile younger men, was becoming the JAA orthodoxy and presented itself as the embodiment of Tomiki Shihan's teaching in the latter part of his life. As such this was the future, while to many younger aikidoka Senta Yamada seemed to represent the past.

This difference in approach was further characterised by Senta Yamada's teaching methodology, which invariably was a lesson of principle, illustrated by technical application in both judo and aikido forms. In this Yamada closely followed the practice that Tomiki had developed, the idea that aikido should be seen analytically as 'judo at a distance' involving the same principles and biomechanics discovered by Jigoro Kano, but applied through kansetsu waza, the use of wrist locks, floating throws and elbow controls rather than closer grappling applying leverage and sweeps. Senta Yamada, like his mentor Tomiki Shihan, had also been a deshi of Ueshiba

Osensei and a talented student of Kano's Kodokan Judo, for him Tomiki's design of teaching aikido through the principles of judo made irrefutable technical and philosophical common sense which he could demonstrate through his own practice. It would be true to say that given the reappraisal of Tomiki and Ohba's earlier teachings now under way within the JAA, the BAA and Europe, had we paid more attention to Yamada's teaching when the opportunity presented itself we may have learnt many 'inside' technical insights that would have given us a fuller picture of Tomiki Aikido.

While we must say that, despite John Waite's efforts to get Yamada exposure throughout the BAA, the BAA's leadership, while holding Yamada in high esteem, did little to promote or assist his visits. Nevertheless, through John Waite's efforts, Yamada returned in 1988 to the UK and taught at John's club in Tooting and at the Yawara Centre. At that time Yawara was the UK's only permanent Tomiki Aikido dojo and was led by Loi Lee Sensei, another early student of Yamada. Both seminars were reported in the short-lived magazine, *Budo News International* No 1, published by members of Loi Lee's European Aikido Association. In the article, Rob Lawrence describes Yamada's teaching methodology and practice:





Senta Yamada in Sri Lanka

“The similarities and direct parallels between Dr Kano’s original teaching and the theories of Professor Tomiki were made self-evident in both demonstration and design. Those of us who attended the seminar at John Waite’s dojo in Tooting were privileged to witness Yamada Sensei perform the Koshiki No Kata² – a graceful and flowing demonstration of soft power, which was both effective and beautiful to watch.

This principle was amplified upon the teaching to follow. There was a very strong emphasis on fast and fluid centring of the body about the hips.

Relaxation was the order of the day – an emphasis that gave a surprising speed and timing to the techniques being practised. Unaccustomed to performing sutemi waza, the body ached a bit; but most of us were recovered enough to take part in a follow up session at the Yawara Centre.

This was a smaller and more intimate gathering – the renewing of an old friendship that goes back a long way....”

Yamada was to continue to visit the UK. In March 1998 he visited London giving seminars at the Kikusui Kai in both its venues at Tooting and Sutton and renewing

and old judo association with a seminar held at Cambridge University. Senta Yamada was highly regarded by Cambridge University’s judo fraternity and was President of Cambridge University Judo Club. This visit also saw him fly to Ireland to give an aikido seminar in Dublin. During his stay with John Waite he was able to take time out and make a flying visit to Italy before returning to London



Senta Yamada teaching at Tooting Leisure Centre with John Waite in the foreground

and then catching a flight back to Japan. Accompanying him on this trip were Mr Hamatsu and Mr Yamasaki.

In 1999 Yamada sensei was back again, this time as Guest of Honour at the ‘Festival of Budo’ staged to celebrate the 40th Anniversary of the British Aikido Association at Tooting Leisure Centre in South London

on the 30th September. The event was reported by extensively in the local press and Yamada Sensei’s demonstration was filmed and televised by ‘Cable 17’ a local cable TV channel. Organised largely at the initiative of John Waite, the event drew many visitors to the demonstrations from BAA clubs throughout the country and was a very successful event. Yamada’s Sensei’s address to the Festival is re-published in full in this issue following on from this article.

In April of 2000, Yamada was again back in London and Sheffield and then again in 2002, accompanied by his student Mr Hamatsu. For a significant number of BAA clubs Yamada Sensei, despite their high regard for the teaching of Shishida and Nariyama and their engagement with their interpretation of techniques, represented a more profound ‘softer’ expression of Tomiki Aikido that they wished to uphold. Yamada became their ‘sensei’ and the embodiment of a continu-

ity they wished to maintain alongside the innovation and change stemming from younger JAA teachers. Yamada’s concept of Budo was very concerned with the formation of character and personal self-realisation and was unconcerned about the sport aspects of Tomiki Aikido, concentrating on what happened in the dojo and using randori as a meth-



Senta Yamada's funeral display in Fukuoka, Kyushu, Japan

od of discovery rather than a vehicle for 'winning' and competitive success. For many BAA clubs, then and now, this focus of Yamada suited the nature of their own practice and gave them encouragement, support and confirmation that they were pursuing a legitimate pathway. In this way, Yamada Sensei has left a continuing legacy within the BAA that beholds us to value, review and remember lest it is lost.

That Budo should inform one's character and be a spur to the pursuit of peace was also demonstrated by the charity work he engaged with. John Waite described his many travels and engagement with the world in an obituary he wrote shortly after Yamada's death:

"Yamada sensei travelled all over England, Europe, Australasia, and America teaching both Aikido and Judo, while at the same time developing people's awareness of the needs of those less fortunate in the third world. In addition, he travelled to many third world countries. One of these was Bangladesh, where he personally transported medical supplies to enable three of

his students to provide free medical treatment for the less fortunate in their area.

He also travelled to Sri Lanka where, in addition to setting up a dojo and teaching aikido, he helped people to study and develop organic farming – a project which is still carrying on to this day. His many contacts throughout the world enabled him to carry on this work. I am sure his influence will continue for many, many years to come."

In 2002 John Waite and his wife Pepi, immigrated to New Zealand where they set up a new dojo in Wellington and continued teaching Tomiki Aikido. Their long-standing relationship was maintained with visits from Yamada continuing up to the end of his life. Senta Yamada Sensei, the 'father' of UK Tomiki Aikido died on Sunday the 8 August, 2010 at Hara Doi Hospital in his home town of Fukuoka, Kyushu after a prolonged illness. John Waite said this on his teacher:

"Throughout our 52-year relationship, there has always been a strong bond of love and affection – something I will treasure for the rest of my life. I will en-

deavour to teach my students with this same spirit."

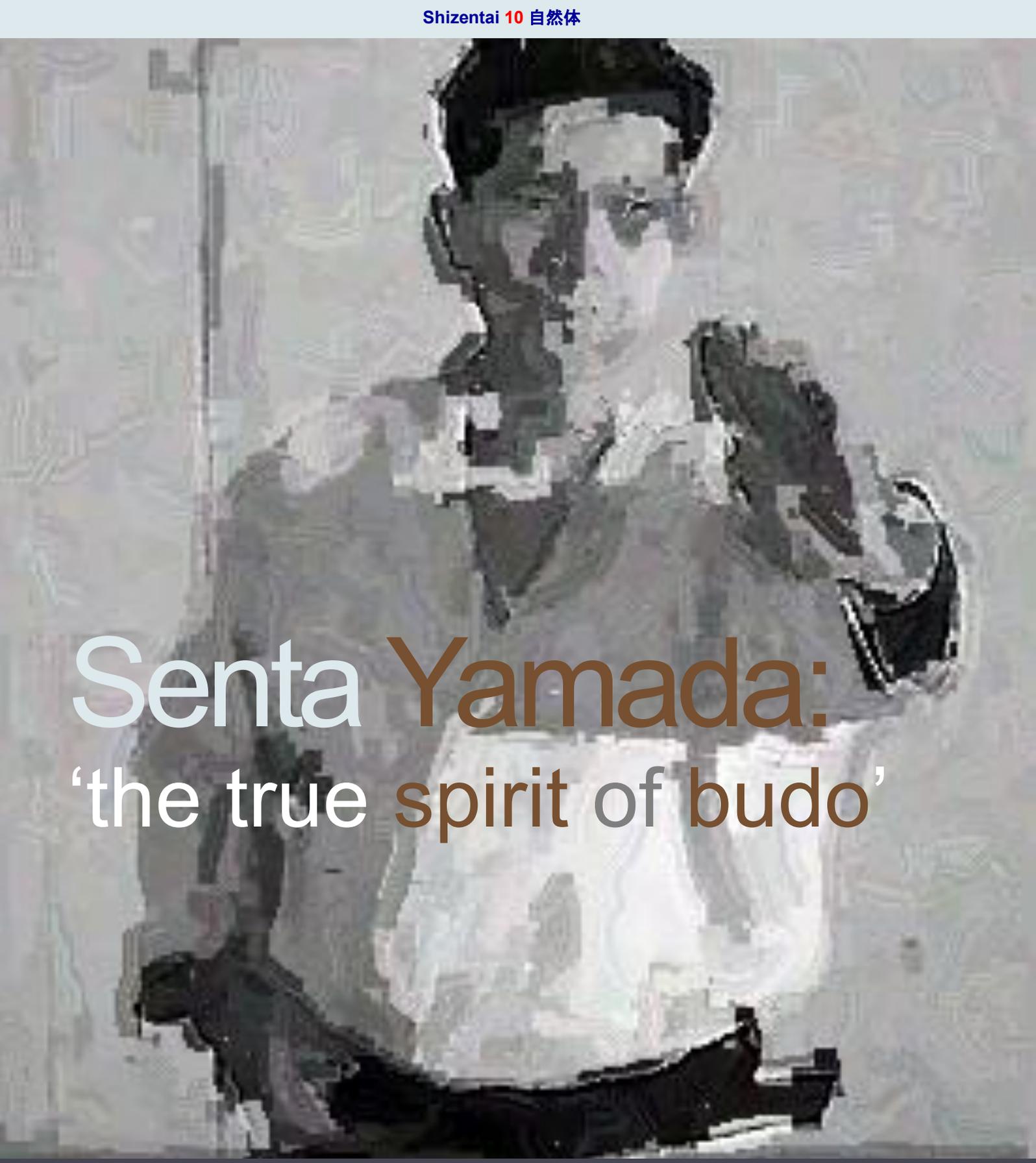
The BAA can be proud to have been associated with a man of such great character, humility and compassion. In his life, he exemplified the pursuit of the true spirit of Budo and serves us with an example that we should strive hard to emulate.

¹ "A 6 Dan Reunion", Paul Wildish, **Combat**, Vol 10, No 11, October 1984

² Editor's note: Kodokan Judo's most profound kata



Senta Yamada's grave in Fukuoka



Senta Yamada: 'the true spirit of budo'

Looking back forty years: Senta Yamada in his own words

In September 1999, the BAA staged a 'Festival of Budo' at Tooting Leisure Centre to celebrate its Fortieth Anniversary. Senta Yamada was the BAA's 'Guest of Honour', having made the journey from Japan especially for the event. Yamada Sensei gave a demonstration of Judo and Tomiki Aikido for the event and penned this piece looking back on the 40 years since he first arrived in the UK.

Since ancient times in Japan, the practice of Budo has been important in the personal development of human beings.

We use Budo as an inclusive term to describe the spirit and practice of Judo, Aikido and other martial arts. Through practising the physical skills of offence and defence, a true harmonisation of body, mind and soul can be achieved.

This was the true aim of Budo, not just winning competitions. Budo was not a matter of fighting for its own sake, on the contrary, it was more about the promotion of mutual respect and a peaceful way of life.

We can make a comparison here with the ancient Greek system of Pancratium, whose practitioners developed not only their fighting techniques but every kind of skill and accomplishment. In ancient Greece, the Olympic Games, at which these skills were demonstrated, were part of a religious festival, not just a sporting event.

Traditionally, in the world of Budo, an over display of winning prowess was considered to be very vulgar. When I started Judo, in about 1930, the traditional attitudes were still very apparent. I remember that we used to

Budo was not about fighting for its own sake; on the contrary, it was more a way of promoting mutual respect and a peaceful way of life.

have contests at religious festivals and the people watching were very serious and discreet in their behaviour. There were no raucous celebrations of victories.

After the Second World War, during the period of the American occupation, the situation changed dramatically. The Americans, seriously, considered Budo and the practice of martial arts generally as a contributory factor leading to the promotion of a warlike spirit, so they prohibited these activities. However, by that time Judo had already spread to Britain, France and many other parts of the world and became well established.

I remember when I first visited Britain forty years ago, (in 1959) I was very pleased to see that the traditional, true form of Judo, which was disappearing in Japan, still remained alive and thriving in Europe. In Japan, there was a strong desire to dispel the misunderstanding about Judo, which led to the American prohibition, so the emphasis was placed on Judo as a sport rather than means of personal development.

There were some positive aspects to this. Judo first became an Olympic sport in 1964 and its popularity spread all over the world. Once Judo was regarded as a sport it was obviously rational to introduce weight divisions. However, for some practitioners the main aim was to get a gold medal at the Olympics, so the personal development aspects of Judo were neglected to some extent.

Budo was not about fighting for its own sake; on the contrary, it was more a way of promoting mutual respect and a peaceful way of life. I should point out here that martial artists of the past were not physically weaker than those of today. These early Judo people highly skilled practitioners. Size was not the criteria. Even the lightest of them were strong, dedicated and devoted students and could throw heavier built opponents with ease. They continually analysed their own capabilities and were also socially adept.

In the world today, everything is changing drastically. Budo is no



The front cover of 'Tomiki Aikido', the BAA Southern Area Newsletter for October/November 1999, which featured the BAA's Fortieth Anniversary celebrations and Senta Yamada's article.



Senta Yamada & John Waite
Long term friends & collaborators



At Stonehenge: Senta Yamada Archie Bush Rex Benelow John Gay John Waite Tomiki Aikido pioneers

exception. The advances of science help make the world smaller and whether we like it or not, it forces us to realise the importance of mutual prosperity.

After the Second World War, in which two ideologies faced each other, there was an increase of conflict between justice and raw power. Misery and wars increased, still creating some unfortunate situations.

Meanwhile, some European countries have taken the initiative in a search for world unity, ending unnecessary competition. The European Union is an example of this. However, if leadership is lacking, an ideal organisation will not be formed, making it clear that the world could face destruction in an instant.

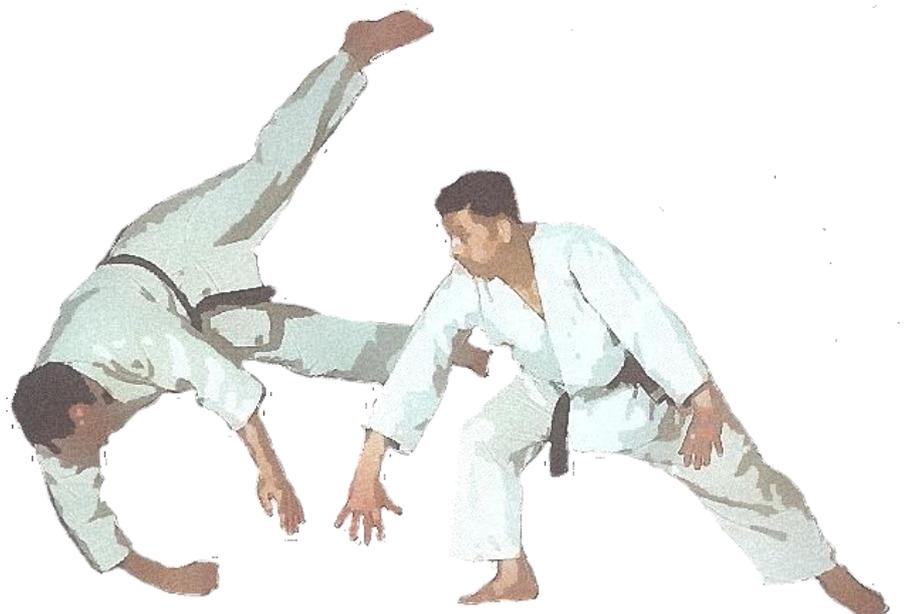
It is about time to realise that neither ideologies nor power, nor organisation on its own can cre-

ate an ideal world. We should try to understand that our egoism is part of the problem that stops us from attaining a peaceful world.

It is easy to blame others as the cause of our difficulties, while we neglect to make an effort to overcome our own faults and

weaknesses. So far, egoism has destroyed initiatives and organisations, which could have led to a world in peace. Our enemy is our own selfishness.

The true aim of Budo is to overcome egoism, not just to defeat our opponent. The teachings of Jesus, Buddha and others all





agree with this. However, it is sad to see that even religions have been tainted by human egoism, which has resulted in promoting wars in the name of God.

Consequently, I am extremely pleased to learn that mainly in England and France, there is a strong desire to teach and practice Budo in the traditional way.

Of course, Budo begins with the study of practical techniques to use against an opponent but this is not just to achieve victory in the contest but to battle with our own egoism.

It was my good fortune that, right from the beginning, I learnt Aikido directly from Ueshiba Sensei himself and I was very grateful for his special training. He taught me that if you win by force, you will one day lose by force. It is bound to be like that.

You cannot overcome your enemy by force. The true aim is mutual respect (love) and shared appreciation of the skill that you and your opponent are practising, which goes far beyond mere competitiveness. This is the only way to win your enemy over and to live without enemies. This is the way to pursue true freedom and happiness of the world without unnecessary rivalries.

Of course, I acquired a great ideal of knowledge and many practical skills from Ueshiba Sensei but during my training with him I no-

ticed that I would experience sudden and surprising insights into the true spirit of Aikido. These insights made a profound impression on me but were difficult to express in words. When I tried to do this, Ueshiba Sensei would say, very happily, "that's Aikido."

Ueshiba Sensei and also Kano Sensei, the founder of Judo, would both say "Achieve victory over yourself before you achieve victory over others",

Ueshiba Sensei and also Kano Sensei, the founder of Judo, would both say "Achieve victory over yourself before you achieve victory over others", I am sure that this approach is the true

spirit of Budo. With its emphasis on harmonious personal development.

This kind of approach is needed to make world peace.

As mentioned before I have been impressed by the positive moves to develop the true spirit of Budo, which involves maintaining strong links with traditional practices.

Fortunately, from Dr. Kano's Judo and Ueshiba Sensei's Aikido I was able to learn many techniques and important principles.

And finally, from Tomiki Sensei I could learn his teaching system of Aikido too, as taught to him by Dr. Kano in Judo.

I will always be most grateful to these three Sensei and I hope I can continue their good work for world peace.

I also hope that in the near future, a book on their lessons will be produced. On this occasion of the fortieth Anniversary, I would like to extend my gratitude for all the kindness shown to me.

I applaud the efforts of all those who are setting a good example for us all.



L to R James Austin, Bob Austin, Adrian Tyndale, Senta Yamada, Arthur Austin and members of Kodokan Aikido Club and the Kikusui Kai in London.

Koryu Dai Ichi 1 Shaun Hoddy

Part A: Suwari waza—oshi taoshi (ude kujiki osae) (1)



1.1



1.2



1.3



1.4



1.5



1.6



1.7



1.8



1.9



1.10



1.11



1.12

This is the first part of our new series of technical 'aide memoire' intended to support Tomiki Aikido practitioners in their study of the Koryu no Kata. The Koryu no Kata (kata of 'ancient' or 'traditional' forms) were devised by Hideo Ohba and originally intended to enable older aikidoka and women to take part in competition, which at the time of their devising was entirely randori based and largely reserved for fit, young male students. This form of competition gained popularity in its own right and is practised by both gender as 'embu kyogi'. Now these kata are recognised as
(continued on page 24)

Part A: Suwari waza—tentai oshi taoshi (ude hineri osae) (2)



2.1



2.2



2.3



2.4



2.5



2.6



2.7



2.8



2.9



2.10



2.11



2.12

(from page 23) as being of important value in their own right, outside of the context of embu kyōgi. The preservation and practice of Koryū Kata provides a direct link to the pre-World War II 'aiki-budo', then being taught by Morihei Ueshiba to Kenji Tomiki and Hideo Ohba, both personal students of Ueshiba at that time. The technical character of 'aiki-budo' was much closer to the Daitō Ryū Aikijūjutsu, which Ueshiba had learnt from Sokaku Takeda, than the flowing circular style that characterises the Aikikai and its affiliates today. The other decisive influence that we can recognise in the design and performance of Koryū no Kata, is that of Jigoro Kano's Kodokan Judo. These are kata,

Part A: Suwari waza—tentai (oshi-taoshi) tekubi osae (3)



3.1



3.2



3.3



3.4



3.5



3.6



3.7



3.8



3.9



3.10

that exemplify simplicity, intended to demonstrate principle rather than the demonstration of elite performance, despite their origins as potential competition sequences. As such they are accessible to all age groups and levels of fitness and can continue to be practised well into advancing years. Within this simplicity is contained a wealth of discovery and understanding about the requirements of posture, timing and the breaking of an opponent's balance. The Koryu Kata were abandoned by the 'two shihan' who succeeded to the leadership of the JAA after Ohba's death, in favour of the Goshin ho for senior dan grade promotion. The BAA continues to uphold and value their practice, whilst also embracing the Goshin ho in its syllabus. *Paul Wildish, Editor*

Part A: Suwari waza—ryote-mochi - (zenpo ryote dori) sumi-otoshi*



4.1



4.2



4.3



4.4



4.5



4.6



4.7



4.8



4.9



4.10

Koryu Dai Ichi 1

Part A: Suwari waza—ryote mochi kokyu nage - (zenpo ryote dori gedan ate) (5)



5.1



5.2



5.3



5.4



5.5



5.6



5.7



5.8



5.9



5.10



5.11

Uke	Tori
Part A: Suwari waza—oshi taoshi (ude kujiki osae) (1)	
<p>Rise on toes and block strike with right hand to protect face. 1.3 With balance broken, turn to left and perform a breakfall. 1.5–1.8 Indicate submission when kime is applied. 1.12</p>	<p>Rise on toes and strike at Uke with right handblade (tegatana) to face (shomen tsuki) 1.2. Grasp Uke's right wrist with right hand (junte dori) and Uke's elbow with left hand 1.3. Push forward and down on Uke's elbow with left hand to break balance to Tori's right corner 1.4–1.6. At the same time move forward raising left knee to shikko forward, controlling Uke with both hands to the mat (tatami). Control Uke on mat with pressure on elbow and wrist 1.7–1.8. Shikko forward on right knee sliding Uke's arm across mat to rest in a 30–45 degree angle to Uke's body. Apply kime, kujiki osae, to Uke's elbow in a relaxed, controlled manner. Maintain zanshin.</p>
Part A: Suwari waza—tentai oshi taoshi (ude hineri osae) (2)	
<p>Rise on toes and strike at Tori's face with left handblade (tegatana). 2.1–2.2 Perform front falling breakfall rotating around Tori 180 degrees. Indicate submission when kime is applied. 2.11–2.12</p>  <p style="text-align: center;">2.11—2.12</p>	<p>Come up on toes, almost simultaneously with Uke. Block Uke's strike with left handblade (tegatana) to Uke's wrist and right open hand controlling his elbow 2.2. Step forward (shikko) 45 degrees on right knee to Uke's left corner and pivot/hip turn (tentai) 180 degrees, 2.3–2.4, simultaneously applying pressure on Uke's elbow and controlling Uke's wrist (junte dori) until he spirals to the mat (tatami) 2.5–2.7. Bring Uke's left arm back across your body and raise it palm up 2.8–2.9. Step forward with left knee between Uke's head and shoulder. Scoop under Uke's left forearm and bring it to your chest and hold tight with the bend of your right elbow 2.10. With your released left arm, forming tegatana with your handblade, palm up, make a graceful arc across his shoulder to rest controlling the inside of his elbow 2.11. Lock Uke's arm in ude hineri osae, gently turning your head and body to your left 2.12.</p>
Part A: Suwari waza—tentai (oshi taoshi) tekubi osae (3)	
<p>Rise on toes and strike at Tori's face with right handblade (tegatana). 3.1 When balance is broken forward place left forearm on the mat (tatami) and perform a breakfall (ukemi) 3.7–3.8</p>	<p>Rise almost simultaneously to meet Uke's attack and block his right hand with both hands. 3.1–3.2 Grasp the back of Uke's hand with your right hand and lock the inside of Uke's wrist with your left hand. Take a grip on his wrist with thumb up and left index finger where Uke's pulse can be felt and grasping tightly with 5th and 4th fingers. Step (shikko) forward onto left knee outside of Uke's right and pivot (tentai) to the outside 90 degrees until Tori and Uke face the same direction. 3.2–3.4 Raise Uke's elbow and push forward and down by applying pressure to Uke's wrist, simultaneously raise your left knee and come forward and down (shikko). Lock Uke's wrist—tekubi osae. 3.8–3.10</p>
Part A: Suwari waza—ryote mochi - (zenpo ryote dori) sumi otoshi* (4)	
<p>Rise on your toes, reach forward and grasp both Tori's wrists (junte). 4.2 When Tori makes tegatana and pushes towards your chest push back and begin to rise. 4.2–4.3 When your balance is broken, perform rolling breakfall to your right side, keeping grip on Tori's wrists. 4.3–4.5 Remain supine, controlled by Tori until pressure released and the next technique in the kata is initiated. 4.6–4.8 When pulled by Tori follow into seiza for the next technique facing Tori. 4.9–4.10</p>	<p>Relax posture in seiza backwards, pulling hands slightly backwards. On the inside of Uke's grip, point then cut tegatana against Uke's wrists and thrust upwards towards his left upper chest with right tegatana and down towards your left corner with left tegatana. 4.3 Simultaneously turning to your left, shikko backwards on left knee and throw sumi-otoshi by pressing tegatana on Uke's wrist to the outside of your left knee. 4.3–4.7 As Uke falls follow through in shikko and pin Uke to the mat, left tegatana on his right wrist and right tegatana resting on Uke's chest. (At a senior level, gently cut with tegatana towards his carotid neck artery to control Uke). 4.5–4.7. [NOTE this technique continues without pause into ryote mochi/shomen ryote dori kokyu nage] Using your tegatana to control the inside of Uke's wrists, pull/direct him up and back into seiza as you (Tori) shikko backwards with right knee into beginning seiza posture to face Uke. 4.8–4.10</p>
Part A: Suwari waza—ryote mochi kokyu nage - (zenpo ryote dori gedan ate)** (5)	
<p>When pulled by Tori follow into seiza for the next technique facing Tori, keeping grip on Tori's wrists. 5.1–5.3 Come on to toes and push down on Tori's wrists to attempt to pin. 5.4 Rise to feet as Tori lifts you. 5.6–5.7 Stretch forward when pulled and when balance broken perform zenpo kaiten ukemi (forward rolling breakfall) on left side. 5.9–5.11</p>	<p>Using your tegatana to control the inside of Uke's wrists, pull/direct him up and back into seiza as you (Tori) shikko backwards with right knee into beginning seiza posture to face Uke. 5.1–5.3 When pressed by Uke point tegatana upwards and thrust towards his chest. Simultaneously come up on your toes and using breath and stomach control lift Uke to his feet and stretched onto his toes, breaking Uke's control of his posture. 5.4–5.6 Separate your arms a shoulder's width apart stretching Uke and bend backwards drawing your hands behind you to further break Uke's posture. 5.7 Sweep down with your right hand to place on his right ankle. Simultaneously keep your left hand high and pull Uke as you lift his leg in an arc over your head to throw him. 5.8–5.9 Turn clockwise to follow Uke as he falls, maintaining chudan posture with right tegatana and left hand by your left side. 5.10–5.11</p>

* Loi Lee Sensei in her book 'Tomiki Aikido: randori & koryu kata' names this technique ryote mochi sumi otoshi, given the mechanics of the throw rather than aigamae ate. ** Loi Lee Sensei in her book 'Tomiki Aikido: randori & koryu kata' names this technique ryote mochi kokyu nage, I have also given the standard Dai San JAA /SAF descriptor.

Glossary: **suwari waza**—when both Tori and Uke are kneeling **oshi taoshi**—push down **ude kujiki**—arm crush **tentai**—a body turn pivoting on one foot/knee, the other foot/knee making a sweeping movement **ude hineri**—inward arm twist **osae**—pin down **tekubi**—wrist **ryote mochi**—grasp of two hands with two hands **Aikikai** usage **zenpo ryote dori**—grasp of two hands with two hands from the front **Tomiki Aikido** usage **kokyu**—breath, **nage**—throw **Text notes:** Paul Wildish, Editor

Goshin ho 2 1-5 Paul Bonett

'Goshin ho are 'self defence techniques'. So, they need to be approached realistically with appropriate timing (either sen no sen, go no sen, sen sen no sen), distance (maai), eye contact (metsuke), awareness and budo poise (zanshin) and either hard or soft power (goho or juho) plus using the power of movement (ido ryoku). You should attempt to learn these accurately and not be satisfied with an approximation of the technique. Do not rely on your strength but on your feeling an aikido skill. This is what an examiner will want to see at a BAA Dan grading.'

Aigamae katate dori (uke grips tori's right wrist with his right hand)



1. Shomen ate. Tori and uke right foot forward. As uke grips right hand to right hand, tori sharply rotates own wrist 180 degrees from thumb uppermost to little finger uppermost; as uke grips, tori quickly moves to right front corner at 45 degree angle to uke, simultaneously keeping own tegatana arm pushed forward to uke's centre at waist level, creating severe wrist lock on uke. Then tori slides hand from waist level to uke's chin, then pushes forward from back leg, causing uke to fall back.



2. Gedan ate. Tori and uke right foot forward. Uke grips same way and tori rotates wrist the same way too. Tori then immediately moves left at 90 degrees to uke, as in left un-soku move, dropping weight, creating lock on uke's wrist and pushing wrist up and away, then breaking

uke's balance. Immediately, tori moves left hip forward to contact uke's right hip and moves forward to throw uke, back breakfall.

Gyakugamae katate dori (uke grips tori's right wrist with his left hand)



3. Shomen ate. Tori left foot forward, uke right foot forward. As uke grips tori's left wrist (tori has hand closed), tori firmly opens fingers, creating kuzushi, simultaneously moving to right front corner, facing uke at 45 degrees, right foot forward, leaving left gripped wrist low to break posture and pin uke on right foot momentarily. Tori's right shotei to side of uke's chin/face. Then move forward deeply and throw uke.



4. Aigamae ate. Same posture as shomen ate. Same attack and tori has same hand movement. Simultaneously moves forward strongly and deeply into left posture, outside uke's right side. Tori keeps left hand near left knee so uke loses posture. At same time, tori places right shotei on uke's chin/side of face so tori has two points of kuzushi on uke. Without

stopping, tori moves forward with right leg heading slightly through uke's line, ensuring right arm remains in firm tegatana position and uke is thrown.



5. Gyakugamae ate. Same posture as before. As uke grips tori's left wrist, tori moves sharply to left unsoku movement but facing right (90 degree to uke's posture). Immediately drop posture keeping

left gripped arm firm in tegatana shape, and left knee close to tatami, back straight. This breaks uke's posture. As they try to recover, slide left foot forward past uke's right side, regain original; higher posture and move forward strongly, throwing uke with gyakugamae ate, left hand facing backwards using datsu ryoku power (soft arm feel).



Coaching Young People

Part 7

Bob Jones

Working with groups of young people and managing their expectation.

The understanding of how young people work in groups provides a basis for the development of a positive learning environment.

Some theories to conjure with

Tuckerman working with a team of social psychologists in the 1960s developed a model of **“Phases of team working”**. This involved a four-stage development and growth of a team.

The model clearly illustrates the initial stage of **“Forming”** (usually for a specific purpose) this stage helps set the parameters of the group and gives them a purpose. Sometimes groups are specifically chosen to complete a task such as a Ninin Dori team, where the coach attempts to select young

people who they feel can work together, have a similar grade and are about the same size. General Aikido classes are randomly, self-selected by young people who walk through the door. Larger groups will tend to break down into sub groups, so for example the young people who enter competitions will tend to work together, naturally or by coach design. To maintain the interest of all young people these groups should be discouraged to prevent “cliques” developing. Coaches should also encourage the changing of partners during class practice.

During the second stage the **Storming** section, groups of young people attempt to find their role, their position in the group that can lead to a degree of conflict if not managed correctly. However, this phase is short lived and groups usually settle down into, what is **Nor-**

mality for the group. This is the pre stage to the group understanding each individual role within it and its overall purpose. Once this is achieved then the **“Performing”** stage will begin. If the group can be maintained, just as in the Ninin Dori example, then performance can be improved over time.

Any new young person entering a class or joining an existing team may lead to the whole process being repeated and therefore valuable development time may be lost. There will always be an element of a fifth stage **“Mourning”**, where group members feel the loss of one of the members or class. It is not uncommon, if one young person leaves a group others may follow. This loss must not be underestimated as close bonds and friendships can be made within any group. Disturbance may lead to, at least in the short

term, loss of performance and development in the remaining members.

To help maintain the class, regular games, especially those that promote working together, should be played thus creating interaction between all the club members.

Kurt Lewin in the 1940s argued that young people come to a group with very different dispositions, backgrounds, skills, knowledge and understanding but if they share a common objective, they are likely to act together to achieve it. The group has to move from individuality and self-interest to interdependence to become an “Intrinsic Whole”

There are several potential causes for groups to become dysfunctional including: -

1. Lack of engagement by group members (one of the group has their mind on other things or is not fully committed to Aikido)
2. Lack of clarity in group aims and objectives (the coach and young people are not clear as to direction and achievement criteria)
3. Lack of trust between group members (one of the Ninin Dori team fails to turn up at a competition)



4. Lack of mutuality (input is always from the coach and not the group itself) they do not have ownership.
5. Lack of integration, group conflict, differences of opinion.
6. Rigid leadership or lack of leadership can lead to dysfunction.
7. Lack of skill, knowledge, understanding and ability, team members not prepared or up to the task for example in Ninin Dori having two brown belts and one white belt in the same team may lead one of the high-

er grades to perform below par.

Group Structures are therefore important in class development, with group membership being crucial. In most cases class membership in Aikido is voluntary which should limit the number of participants who have a negative attitude toward the class goals. However there are often young people who go through a period of negativity or withdraw from a specific activity (such as competition). The Coach has a responsibility to strike a balance and encourage not force young people



to engage. Many of those who do not turn up at competition are maybe demonstrating these anxieties.

The coach also has the responsibility to ensure that the overall goals of Aikido and their particular class are expressed in terms the young people understand. There are many conflicts as to the purpose of Aikido, Self-Defence, Fitness and Exercise Class, Competitive Sport, Philosophical Pathway and Youth Club are all possible scenarios.

Another important aspect of group development is the concept of Leadership, the primary role of which is to keep group members informed, manage skill

development and manage relationships within the group. Leadership is not a divine gift, it has to be learned. Groups rarely respond to dictatorial leadership styles, there will always be an element of resentment and therefore under performance if they are consistently being commanded and told what to do. The converse of this is weak leadership where a poor message is being transmitted to the group, leading to apathy from the team members.

Yalom (2005) and Anderson (1985) cite 'the rule of the golden mean' in regards to Group function: 'too much or too little of this leader behaviour resulted

in lower positive outcomes."Too little leadership function results in a laissez-faire group which struggles and too much control creates a stilted, overly structured authoritarian group (Defibaugh, 2009). Flexibility will contribute to more positive outcomes of the group members."

(Taken from Mostafa Amir Sabih essay on Group Work Theory Analysis)

Group Interventions

Intervention theory and practice is a particularly important area of group work. Interventions may be undertaken for a range of different reasons, such as:

- to maintain the group's structure, boundary (ground rules) or

Team Role		Contribution	Allowable Weaknesses
Plant		Creative, imaginative, free-thinking. Generates ideas and solves difficult problems.	Ignores incidentals. Too preoccupied to communicate effectively.
Resource Investigator		Outgoing, enthusiastic, communicative. Explores opportunities and develops contacts.	Over-optimistic. Loses interest once initial enthusiasm has passed.
Co-ordinator		Mature, confident, identifies talent. Clarifies goals. Delegates effectively.	Can be seen as manipulative. Offloads own share of the work.
Shaper		Challenging, dynamic, thrives on pressure. Has the drive and courage to overcome obstacles.	Prone to provocation. Offends peoples feelings.
Monitor Evaluator		Sober, strategic and discerning. Sees all options and judges accurately.	Lacks drive and ability to inspire others. Can be overly critical.
Teamworker		Co-operative, perceptive and diplomatic. Listens and averts friction.	Indecisive in crunch situations. Avoids confrontation.
Implementer		Practical, reliable, efficient. Turns ideas into actions and organises work that needs to be done.	Somewhat inflexible. Slow to respond to new possibilities.
Completer Finisher		Painstaking, conscientious, anxious. Searches out errors. Polishes and perfects.	Inclined to worry unduly. Reluctant to delegate.
Specialist		Single-minded, self-starting, dedicated. Provides knowledge and skills in rare supply.	Contributes only on a narrow front. Dwells on technicalities.

purpose.

- to open up new possibilities or avenues of explorations.
- to guide the direction of the group away from – or towards – certain themes.
- to interpret the assumptions, attitudes or behaviour of the group.
- to initiate a particular course of action e.g. to remind members that the group is about.
- to model a way of dealing with a particular dilemma or situation.

(Taken from P Trevithick Knowledge and Base of Group work)

Team Roles

Belbin offers a model for a range of team roles including Plant, Resource Investigator, Co-ordinator, Shaper, Monitor, Evaluator, Team Worker, Implementer, Completer-Finisher and Specialist

Abraham Maslow created a pyr-



amid of motivations. At the bottom are physiological drivers such as food. Next comes safety and health followed by belonging. The final section is esteem and respect for others and finally self-actualisation such as morality. Which in many ways reflects the philosophical development and ethos of Aikido.

Indeed there are many theories that support Group Work and Team Building, Briggs-Myers

personality testing, John Adair's Leadership Theory and Carl Jung's behaviour theory.

What is important in Aikido is that everyone in a team feels valued and that they all make a contribution to the whole.

Aspects of Group Dynamics

Group Norms can be defined as Unspoken and often-unwritten set of informal rules that govern individual behaviours in a group. Group norms vary, based on the group and issues important to the group. Without group norms, individuals would have no understanding of how to act in social situations.

Aikido does provide some natural rules as part of the general coaching, the "Rei" for example. These rules help set the boundaries for young people providing a context for learning and help maintain standards and consistency over time.

Group Environment relates to the atmosphere or climate within which the group develops.

It is part given through practising Aikido and part developed by the young people themselves. Coaches should attempt to provide a hard working, disciplined environment, which is perceived as fair and enjoyable. The environment is therefore a construct between Coach, individual member and whole group characteristics.

External Drivers on individuals and groups

There are, besides you as the Coach a number of influences that can determine the direction of a group. These would include parents, peers, teachers and the media. All these people can exert influence through giving information, support, motivation,



ideology and at times bias. As a coach you have a responsibility to ensure that the way you coach has a positive impact on young people.

Motivation for participation in sport

Sports Coach UK materials would indicate that the most important element of young people engaging in any sport is the element of fun and enjoyment. This is followed by the development of self-esteem, learning, development of friendships, pleasing, both self and others and finally winning. Although fun is top this does not mean that young people come to Aikido classes simply to play games. For many young people practising Aikido is fun. The Coach should always remember they are there to develop skills, knowledge, understanding and performance.

A thorough understanding of group theory and its application can provide for well-organised and structured sessions providing young people with the correct balance will provide for a fun class, which allows young people to excel and achieve.

Daitō-ryū Aiki-jūjutsu

Phil Eyers

When asked about what they know about Aikido's parent art, some readers may be of the understanding that Daitō-ryū Aiki-jūjutsu is;

"Just like Aikido, but just performed harder or more brutally".
or

"Just like Aikido, but with lots of added striking".

These statements are not entirely without merit as of course, Daitō-ryū could indeed be performed this way. But this is more likely to be interpretation at club, school or personal level in exactly the same way Aikido is subject to.

However, the statements are inaccurate and often lead to the assumption that "doing aikido harder" or "adding some atemi" turns Aikido into Daitō-ryū. This could not be further from the truth.

For a prime example of this mis-

conception, search YouTube for the difference between Aikido and Aikijutsu.

Looked at in reverse, it would be similar to saying "Aikido is just Daitō-ryū done softly, and with a lot less techniques". The inaccuracy of this statement is apparent immediately.

So how does one define Daitō-ryū? Let us look at the Wikipedia page for the art;

"Daitō-ryū Aiki-jūjutsu is a Japanese martial art that first became widely known in the early 20th century under the head-mastership of Takeda Sōkaku."

Now a look in more detail;

"Aiki-jūjutsu can be broken into three styles:

1. Jujutsu (hard); 2. Aiki-no-jutsu (soft); and 3. the combined Aiki-Jujutsu (hard/soft)."

These three distinctions are

very important, and understanding what they mean is key to understanding Daitō-ryū.

1. Jujutsu is the waza. The well-known DVDs from Kondo Katsuyuki (Mainline Daitō-ryū Branch) produced for public consumption are primarily Jujutsu forms.

In practising all forms of Aikido, everyone is exposed to Jujutsu. When we practise Randori-no-kata or the Koryu-no-kata we are generally doing Jujutsu.

2. Aiki-no-jutsu is a method very specific to Daitō-ryū. It is 'hidden', the secret highly effective soft stuff you may or may not get taught.

"Aiki contains the Okugi (Inner Secrets). Aiki is to throw the opponent using their own strength."
– **Takeda Tokimune**

"Aiki is to remove power from the opponent, a technique for making them non-resistant."
– **Takeda Sokaku**

3. Aiki-jujutsu is the end product. The result of employing the skills from Aiki-no-jutsu, to perform Jujutsu waza.

Now what significance does Daitō-ryū have for Tomiki Aikido? Tomiki Kenji began studying Daitō-ryū Aiki-jūjutsu with Ueshiba Morihei in 1926, and was awarded 8th Dan in 1940. Ueshiba Morihei's official association with Daitō-ryū continued



Okamoto Seigō Sensei with Howard Popkin

right up until 1937. After Ueshiba broke away from Takeda Sokaku, he used "Aiki Budō" as one of the names for his new style before finally settling on "Aikido" in 1942.

So Tomiki Kenji learned Daitō-ryū from Ueshiba Morihei. In 1933, Ueshiba published the manual "Budo Renshu", which was compiled by Tomiki Kenji.

The Tomiki Aikido Koryu dai Ichi contains much of the waza from Budo Renshu.

In 1954 Tomiki Kenji published "Judo Taiso - a method of training Aiki-no-jutsu through Judo principles".

The link back to Daitō-ryū Aiki-jūjutsu is clear. The physical principles that support Daitō-ryū are the very same that Aikido (of all styles) was built upon.

So Daitō-ryū has much to offer students of Aikido in terms of history, and technical repertoire.

In the same way that Aikido styles and schools differ, Daitō-ryū branches differ. The large syllabus of waza remains across most branches, but how they operate is frequently different. Where one branch may concentrate on Jujutsu, another may focus on Aiki-no-jutsu. Just like with Aikido, what students experience at one school is likely to vary wildly from those at another. Daitō-ryū has traditionally been very conservative when it comes to what is taught, with schools often refusing to perform public demos, or to show anything to outsiders. Takeda Sōkaku spent over 50 years of his life teaching Daitō-ryū. He kept meticulous records of everyone who learned any-

thing from him. His record book (eimeiroku) covers 45 years of his teaching career and contains 30,000 names.

It is said that Takeda Sōkaku would not teach the same technique twice for fear of it being "stolen". We have also heard from multiple sources, the assertion from Takeda that the "real techniques" should only be taught to one student in a thousand.

The first Daitō-ryū teacher to openly teach Aiki-no-jutsu at open seminars was Okamoto Seigō. Okamoto Sensei was the top student of Kōdō Horikawa, the longest serving student of Takeda Sōkaku. Okamoto Seigō passed away in 2015, just before what would have been his 90th Birthday.

Howard Popkin and Joe Brogna are based in Long Island, New York, USA. They strive to continue the legacy of their teacher Okamoto Sensei. They will be in the UK teaching Daitō-ryū Aiki-jūjutsu at the Aiki Connections 2017 event on July 8th and 9th at the BAA club, Genryukan Aikido in Dover.

For more details and to book tickets visit <http://www.daitoryu.co.uk/aiki-connections-2017/>

"It isn't easy to describe what he does, and in spite of there being no language barrier (well hardly any!), light bulb moments occurred when he was explaining at the same time as I was feeling him apply it to me." - **Robert Cowham** (5th Dan Aikikai)

"What Howard teaches is not



Okamoto Seigō with Howard Popkin

about magic, it's not about peace and love, it's just: body mechanics, physics, psychology, etc..... being applied in a very specific way: a way that works. He wants you to learn it. If you have the chance you should take it." - **Vicente Bosch** (2nd Dan JAA)

"I highly recommend taking an opportunity to challenge your own skills and grow your own Aikido by attending a Popkin & Brogna seminar!" - **Bob King** (6th Dan TAA) Chief Technical Director, Tomiki Aikido of the Americas.

"Popkin Sensei is technically very able, he is soft/relaxed and when you grab him, you know your balance has been taken and there is nothing you can do about it. In my opinion, this is high level martial arts and great skill." - **Neil Saunders** (5th Dan Yoshinkan Aikido)

(My thanks to Chris Li of Aikido Sangankei Hawaii for his assistance with this article.)



Howard Popkin Sensei

International Dojo



横浜スポーツ合気道クラブ JAA Yokohama Sport Aikido Club



The entrance to the dojo

Yokohama Sport Aikido Club



Yoshiomi Inoue Sensei 7 Dan JAA

Yokohama Sport Aikido Club Noge is the home dojo of Yoshiomi Inoue 7 Dan, JAA. Inoue Sensei visited the UK in the summer of 2016 and taught at the BAA's Summer School (see Shizentai 9). He opened his dojo in 2014 and although the dojo is modest in size it is large in heart, animated by Inoue Sensei's un-failing good humour and enthusiastic spirit. As those who attended his sessions at the BAA Summer School will testify, he is a master of relaxed aikido that masks a dynamic effectiveness. Grab his wrist and suddenly you will find your posture broken and your body heading for the mat.

Yoshiomi Sensei teaches small classes at the Noge dojo, as befits the available space, for both adults and children. On any visit to train in Japan it would be an ideal venue on your itinerary, where you would benefit from Inoue Sensei's deep knowledge and understanding of the elements of Tomiki Aikido. An advantage of course, is that Inoue Sensei speaks English and well able to communicate the subtle

inside aspects of his style.

Dick Todd, Harvey Goodman and Steve Powell visited Inoue Sensei's Yokohama Noge Dojo on their trip to Japan in February 2015 and found a warm welcome and stimulating training. (see Shizentai 6 pp 11—13). If any BAA members wish to train in Japan with Yoshiomi Sensei and in other JAA dojo, contact the BAA Chairman, Paul Wildish, chairman@aikido-baa.org for more information and an introduction.

Inoue Sensei's dojo can be found at the following address:

Yokohama Sports Aikido Club Noge Dojo

231-0064 Yokohama-shi, Yokohama-shi, Kanagawa-ken Noge-cho 3 - chome 155
<https://yokohamasac.wordpress.com/>

The dojo is located in the basement of an apartment block. The dojo is a 5 minute walk from Keikyu Main Line Hino Itocho Station and a 7 minute walk from JR Sakuragicho Station .



International Voices



Mike McCavish Sensei

An aikido life

Interview by Shizentai Editor Paul Wildish 7 Dan with Michael McCavish 6 Dan, our new BAA member.

Q. Michael, can you tell our readers a little about how you got into the martial arts?

M. Well my first introduction to martial arts was at the age of 9 some 46 years ago. I was born in Africa, Sierra Leone to be precise, and as a result of various levels of unrest and violence my parents had sent me to a boarding school in the UK where I befriended the school grounds man who was also a Shotokan Karate instructor. He was my first teacher.

Q. Was Karate the only other martial art that you practiced besides aikido?

M. Actually no. I have a keen interest in martial arts in general. I hold a 3rd degree in Taekwondo

and have also received some instruction in Jujitsu, Thai boxing, Judo, Shaolin Kung fu and the Russian art of Systema.

Q. I have heard rumors that you have also done quite a few other strange things. Can you tell me about some of them?

M. (laughs) I am not sure what you mean by strange exactly. It is true however that I have travelled to 58 countries and that I have searched high and low for truth or truths. For example I went through a phase of running in the mountains; I used to run in the Himalayas in flip flops! I even got altitude sickness once running from Pokhara to Annapurna base camp in Nepal. I have lived with Tibetan monks in India, Thai monks, Shaolin monks in China and had out of body experiences whilst doing Zazen meditation at *Ei Hei Ji* temple in Japan. I managed to

get myself locked in Machu Picchu in the High Andes so that I could meditate there alone all night.

Q. How was that?

M. (laughs) ...It was cold!!!!

Q. Someone told me once that you lived with head hunters, is that true?

M. Actually yes but it was not for very long just a couple of weeks. It was in the Borneo rainforest. I just wanted to see what human society was like before all the complications of the modern world.

Q. I see. Well if not strange then certainly unusual.

M. I guess so.

Q. What first interested you in Aikido?

M. Actually I had seen an aikido demonstration in the UK whilst at

university and decided to travel to Japan to add some aikido to my other martial arts skills.

Q. *So initially your idea was just to pick up some aikido skills to supplement your other martial arts skills?*

M. Yes, in fact I only intended to stay in Japan for one year but that was about 30 years ago!

Q. *How did you end up at Nariyama Shihan's dojo in Osaka?*

M. Really I think it was just fate! I had been searching Japan for a good full time dojo. I had a friend living in Osaka so I started looking in the Kansai area. But, try as I might, no dojo offered the kind of everyday training that I was looking for. I was getting quite frustrated and was thinking of heading on to Australia when by total coincidence I was led to a dojo which turned out to be literally doors away from my own accommodation. As I entered the dojo at about 2 pm I could hear the sound of extreme training going on; I got my first glimpse of Nariyama Shihan throwing around some of his ukes. I knew immediately that I had found what I was looking for and my thoughts were confirmed when I discovered that the dojo was open every day of the week and training was 2 sometimes 3 times a day.

Q. *If you only intended to stay for a year what made you stay so long?*

M. Well mainly of course I just got addicted. The level was so high and there was always more to learn. I felt that I wanted to know everything that Nariyama Shihan knew.

Q. *Did you manage?*

M. I wish I could say so but no. I can honestly say that I am still constantly learning. Nariyama Shihan is constantly helping to improve my aikido.

Q. *But you travel a lot these days teaching aikido don't you?*

M. Yes, that's true. My aim is to try to help Nariyama Shihan spread the system of Shodokan aikido which was founded by Kenji Tomiki Shihan.

Q. *Which countries have you taught in?*

M. I have taught in several countries; Holland, U.S.A, Switzerland, Philippines, Spain and of course Japan and the U.K. Next year I have been invited to New Zealand and Brazil.

Q. *Recently you joined the B.A.A does that mean you are moving back to the U.K?*

M. Well yes in a way; for several years now I have been spending more and more time in the U.K. and I have been using London as my base whilst I am here.

Q. *Why did you choose to join the B.A.A?*

M. Oh there are many reasons actually but the simplest explanation is that I have a great number of friends already training in the B.A.A. In London I am officially a member of Tanseikan Aikido club, a B.A.A club which as you know is run by Vanda Fairchild and David Fielding who are more like family than friends so it just seemed natural. Over the years I have been asked to teach at B.A.A squad sessions including recent

invitations by Laura Beardsmore and Paul Carr. They have always been very kind and made it a pleasure to work with them. There are a lot of Shodokan clubs already in the B.A.A run by good friends like Steve Evans sensei and Paul Bonett sensei. Generally the B.A.A is well run and I support the values of it's leadership.

Q. *Michael sensei, you are clearly passionate about aikido, what do you think is the future for our style of aikido and where do we fit in in the aikido world?*

M. Well that's a very interesting question. I have given this a lot of thought. By "our style of aikido" we basically mean the style of aikido as taught by Tomiki Shihan. Whether we call the style Shodokan Aikido or Sport Aikido or Tomiki Aikido etc. the important thing in the near future is that we work together to protect the legacy of Tomiki Shihan's teachings. This is why I am a wholehearted supporter of the WSAF. I am very much looking forward to the First World Championships that will be hosted by the WSAF and at the moment am actively promoting that tournament which will be held in London next August. When it comes to where do we fit in? I think we should leave that for another time as that would be a whole article in itself. For now I hope to just help raise the standards of our aikido practitioners and have lot of fun doing so!!!

Q. *Sounds good. All I can say is good luck and welcome to the B.A.A.!*

M. Thank you Paul.

International News

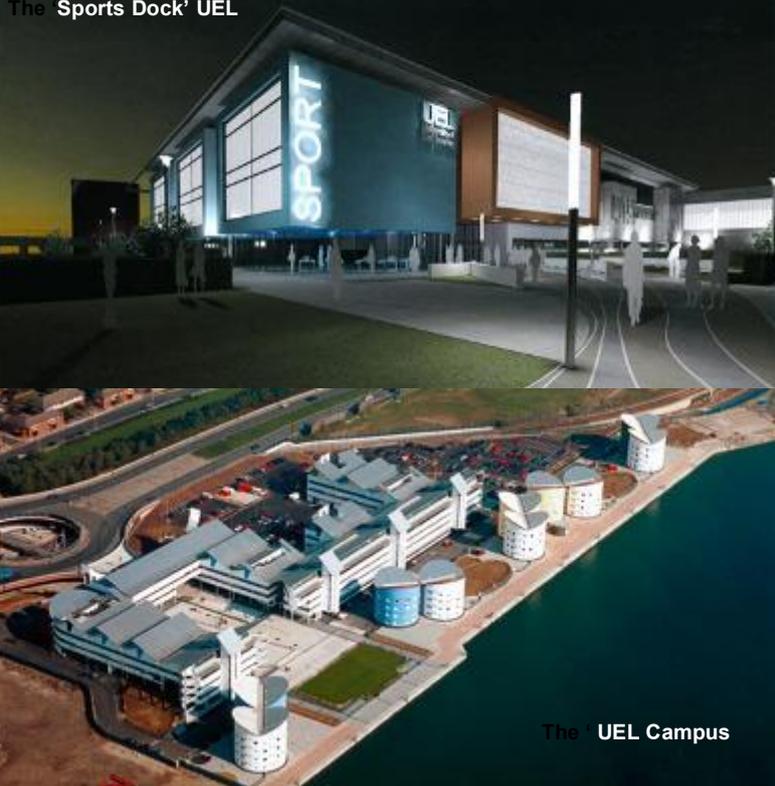
WSAF Junior, Youth, Cadet and Adult
First World
Sport Aikido
Championships
 University of East London, Sports Dock
 London, E16 2RD, UK 18-20 August 2017

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www.wsafaikido.org

The 'Sports Dock' UEL



The First Junior, Youth, Cadet and Senior World Aikido Championships 2017
 Hosted by Worldwide Sports Aikido Federation

Date Friday 18th to Sunday 20th August 2017

Venue University of East London
 "Sports Dock"
 LONDON
 E16 2RD

Timetable of Events

Thursday 17 th August 2017	19.00, Exact times and location to be confirmed	Competitor Registration and Welcome, Knowledge Dock Judge and Referee Session
Friday 18 th August 2017	07.30 to 09.00	Late Competitor Registration Registration at Sports Dock in the Amaechi Lounge
Friday 18 th August 2017	10.00	Eliminations at Sports Dock – all participants
Saturday 19 th August 2017	09:00	Eliminations and Junior and Youth Finals at Sports Dock
Saturday 19 th August 2017	19:00	Junior and Youth Awards and Celebration (Lecture Theatre – West Building)
Sunday 20 th August 2017	09:00	Eliminations / Cadet and Senior Finals & Masters Demonstrations
Sunday 20 th August 2017	19:00	Cadet and Senior Awards & Celebration Event (Lecture Theatre – West Building)

Competition Fees

- Competition fee for Junior, Youth, Cadet £25.00 GBP per person (under 18 years)
- Competition fee for Adults £40.00 GBP per person

WSAF Sport Aikido Championships



The First Junior, Youth, Cadet and Senior World Aikido Championships, London 2017

Hosted by the Worldwide Sports Aikido Federation
Registration: Awards Banquet: Celebrations

Thursday 17th August 2017 - Registration and Welcome

- All competitors must register for their events between 7pm and 10pm at the Knowledge Dock, University of London Campus. Light refreshments will be served including a soft drink. Refreshment tickets are £10.00 per head

Judges and referees meeting will commence at 8pm for 1 hour in the dojo.

Friday 18th August 2017 – Registration

- Final competitor registration and team changes between 07.30 and 09.00 at the Sports Dock – Amaechi Lounge (First Floor).

Saturday 19th August 2017 - Awards and Celebration Event

- Presentation of medals for Junior and Youth sections of the event to take place in the Lecture Theatre (West Building) adjacent to the Knowledge Dock, University of London Campus, starting prompt at 7.00pm. Buffet food will be provided and drinks can be purchased from the bar. Tickets are £15 per head

Sunday 20th August 2017 – Awards and Celebration Event

- Presentation of medals for Cadet and Adult sections of the event to take place in the Lecture Theatre (West Building) adjacent to the Knowledge Dock, University of London Campus, starting prompt at 7.00pm. Buffet food will be provided and drinks can be purchased from the bar. Tickets are £20 per head.

Car Parking

- Car Parking must be pre-booked and is at a cost of £5.00 per day per vehicle.

Refreshments

Café "Munch" will be open at the following times:

- Friday 8am-9pm
- Saturday 9am-6:00pm
- Sunday 9am-6:00pm

Please note that outside of these times there is NO food or refreshments available on The University Campus, however a large local supermarket is within walking distance.

The account for payment:-

Bank: HSBC
Branch Pontefract
Sort Code: 40-37-04
Account Number: 11459422
IBAN: GB51MIDL40370411459422
BIC: MIDLGB2149H

WSAF Agent Account Name: British Aikido Association Ltd

Please send all competition entry forms to Vanda Fairchild
Please send all accommodation requests to Bob Jones

For Further Information Contact:

Vanda Fairchild (Senior Competition)
Email: AikidoUk@aol.com
Mobile: 07957 403 578
WSAF WC 2017
46 Le May Avenue
London
SE12 9SU
UK

Or

Garrett Baxter (Junior, Youth, Cadet Competition)
E Mail: garrett.baxter@btinternet.com
Tel 00 44 (1274) 673914

Or

Bob Jones (General Administration)
Email: jonesbinw@btinternet.com
Tel: 00 44 (1943) 863857
2 Heather Rise
Burley in Wharfedale
Ilkley
LS29 7RA
UK

All participants will be responsible for the provision of their own insurances and could be asked for proof of adequate cover in case of accident and sport injury.

Key Dates

Closing date for accommodation and payment 1st April 2017
Closing date for competition entries 7th July 2017
Closing date for competition fees 1st August 2017

Please note that if the correct competition registration fee is not in the British Aikido Association account by the 1st August 2017, your registration will be cancelled.

For further information and all entry forms please see :- www.wsafaikido.org



The First Junior, Youth, Cadet and Senior World Aikido Championships, London 2017

Hosted by the Worldwide Sports Aikido Federation

Accommodation and Directions

Accommodation is available at East London University Docklands Campus. Rooms can be booked for use during the championships from Thursday 17th to Monday 21st August 2017.

All rooms are single bed with en-suite bathrooms at a price of £42.00 GBP per night per person. Check out will be at 10am on Monday 21st August.

Unfortunately the University does not have family or double room accommodation; however other hotels are available locally. Breakfast and additional meals can be sourced locally and within the University Campus. Please note that there are limited food outlets on campus. Shared kitchen with cooking facilities and dining area included in university accommodation. No supermarket on campus (15 minutes walk from campus).

Any room damage will be chargeable, details of the scale of charges are available on the WSAF Website

Please send application for accommodation no later than Saturday 1st April 2017, as after this date accommodation at the University cannot be guaranteed.

Address: University of East London, Docklands Campus, 4-6 University Way, London, E16 2RD



Travel Information

By public transport, the Docklands campus is served by the Docklands Light Railway (DLR), with trains running every 5-10 minutes. The campus is directly outside Cyprus Station. Bus routes serving Docklands include: the 101, 173, 262, 300, 366, 376, 474 and N551.

By road, the campus is accessible via the A12, A13 roads, and the A406 London circular. Some onsite parking is available for officials and competitors.

London City Airport (with destinations to Europe) is only a 15-minute drive. www.londoncityairport.com/destinations

A Campus Map is available at:-

https://issuu.com/olivertelford/docs/campus_map_leaflet_proofed_updated

For additional information please see the University website at:- www.uel.ac.uk

The account for payment:-

Bank: HSBC
Sort Code: 40-37-04
Account Number: 11459422
WSAF Agent Account Name: British Aikido Association Ltd

Please send accommodation application to

Bob Jones (General Administration)
Email: jonesbinw@btinternet.com
Tel: 00 44 (1943) 863857

2 Heather Rise
Burley in Wharfedale
Ilkley
LS29 7RA
UK

Competition Fees

- Competition fee for Junior, Youth, Cadet £25.00 GBP per person (under 18 years)
- Competition fee for Adults £40.00 GBP per person

Additional Information

Information regarding the Awards Celebrations and associated costs and access to meals and cost will be published shortly.

Key Dates:

Closing date for guaranteed campus accommodation and celebrations by 1st June 2017
Closing date for competition entries 7th July 2017
Closing date for competition fees 1st August 2017

2017 International Aikido Festival in Akita, Japan

12th International Competitive Aikido Tournament

2017 International Tomiki Aikido Festival in Akita
The 12th International Competitive Aikido Tournament

2017 秋田国際合気道フェスティバル
第十二回国際合気道競技大会

Kakunodate in Akita, the birth-place of Tomiki Sensei and Oba Sensei.
富木、大庭両師範の生誕地で会いましょう



Date: 30 August 2017 - 3 September 2017
Venue: Tazawako Sports Center
73-75, Aza Shimotakano, Tazawako Obonai, Senboku-shi, Akita 014-1201, Japan

2017年8月30日(水)～9月3日(日)
競技会場：秋田県立田沢湖スポーツセンター
〒014-1201 秋田県仙北市田沢湖生保内字下轟野 73-75

主催：特定非営利活動法人日本合気道協会
協賛：仙北市合気道連合会、合気道徒手協会、関東合気道協会
周東学生合気道競技連盟
後援：秋田県、仙北市

入場無料
※空席・当日都合等により変更になる場合がございます。
また、本大会の収益の一部は、田沢湖スポーツセンターの運営に充てられています。
※この大会は、ボランティアの協力によって開催されています。
※この大会は、ボランティアの協力によって開催されています。

お問い合わせ E-mail: info@aikido-kyokai.com URL: http://aikido-kyokai.com

Guidelines for 2017 TAIN International Aikido Festival/Tournament

1. Purpose

We would like to introduce the Japanese culture to our Tomiki Aikido friends from abroad. This event will aim for a high-level competition, to learn aikido techniques each other and promote friendships through the session and competition of tournament. This event's venue is the place where Kenji Tomiki Shihan and Hideo Oba Shihan were born and, who found and studied "Competitive Aikido". We'd like to make an opportunity to exchange friendships with local people in Akita and Tomiki Aikido friends from abroad.

2. Festival name

2017 International Tomiki Aikido Festival in Akita
/The 12th International Competitive Aikido Tournament

3. Date

30th August 2017 (Wednesday) - 3rd September 2017 (Sunday)

4. Venue

Tazawako Sports Center
73-75 Aza Shimotakano, Tazawako Obonai, Senboku-shi, Akita 014-1201, Japan
Tel: 0187-46-2001 FAX: 0187-46-2003
http://www.tazawako-sports.com

5. Sponsor

(NPO) Japan Aikido Association

6. Supporter

Senboku-shi Aikido Kakunodate Association,
Aikido Yokote Association, Kanto Aikido Association,
Kanto Students Aikido competition Federation

Sponsorship

Akita Prefecture and Senboku-shi

7. Schedule

30 August 2017 (Wednesday):

16:00- Registration (at Tazawako Sports Center / Hotel Morinokaze Tazawako)
19:00-19:30 Keynote speech (please come to the Restaurant Villa after you took a meal)
19:30- 21:00 Welcome party at Restaurant Villa (about 200m away from the sports center)

31 August 2017 (Thursday):

09:00 - Opening ceremony /Group photo
10:00-16:00 Aikido Workshop/Aikido Session by Shihan
16:00-17:00 Dan grading examination
17:30-18:00 Rule orientation/ International referee workshop
18:30- 20:00 TAIN/ITAF Meeting (Meeting room at Hotel Morinokaze Tazawako)

1 September 2017 (Friday): The 1st Day

09:00 - 12:00 Qualifying for Embu (17 techniques/Dai-san/Free Style)
13:00 - 18:00 Qualifying for Men's group, Mixed Team Event, Men's Individual Tanto Randori

2 September 2017 (Saturday): The 2nd Day

09:00 - 13:45 Qualifying for Individual Men's and Women's Tanto Randori
13:45 - 18:00 Qualifying for Women's Team Tanto Randori/Men's Team Tanto Randori

3 September 2017 (Sunday): The 3rd Day

09:00 - 10:00 Aikido performance/experience
(By Okegawa Free School and etc. /Senboku-shi Sports Junior Groups)
10:00 - 11:30 Competition Semifinals
11:30 - 12:30 Toshi-randori tournament by selected competitors (newly adapted event)
13:00 - 16:30 Finals /Shihan Embu
16:30 - 17:00 Closing Ceremony
18:30 - 20:00 Awards Ceremony and Party
(At the Restaurant Villa about 200m away from the Sports Center)

4 September 2017 (Monday): Optional Sightseeing Tour in Senboku-shi

08:30 Departure time
09:00 - Tazawa Lake Pleasure Boat /Katajiri, Tatsuko Statue
11:00 - Kakunodate Bukeyashiki (Samurai Residences)
/Tennei Temple (visit Tomiki Shihan's grave)/Lunch
13:20 Arrive at Kakunodate Station
(Akita Shinkansen Komachi No22, departure at 13:50 → arrival at Tokyo Station at 17:04)
* We may change the date of the competition and the schedule depending on the total numbers of attendants.

8. Activities

Randori (regardless dan grade)

Randori Men's Team (5 members)/Individual

Randori Women's Team (3 members)/Individual

Embu Competition (mixed pairs) (open to anyone regardless sex)

17 techniques with tanto for black belt and without tanto for non-black belt
Koryu goshin (Dai San) from suwari-waza to tachi-waza (regardless dan grade)
Free style (open Kata with one uke) for two (2) minutes (no weapon) (regardless dan grade)

* The final Embu will compete by the top 4 pairs and the winner of Embu will be determined by the total score of the competitor.

Kongo Dantaisen (Mixed Team Event) (open to anyone regardless qualification)

The first match: Dai-san-no-kata

(Eight sitting techniques/open to anyone regardless dan grade and sex)

The second match: Dai-san-no-kata

(Eight standing techniques/open to anyone regardless dan grade and sex)

The third match: Men's tanto-randori (open to anyone regardless dan grade)

The fourth match: Women's tanto-randori (open to anyone regardless dan grade)

The fifth match: Men's toshu-randori

(Based on the original rule, open to anyone regardless dan grade)

Toshu-randori Invitational Tournament (Newly adapted event)

* For tentative use only, please visit to URL address to reach the Toshu-randori's rule

<http://aikido-kyokai.com/news/new-rule-of-aikido-toshu-randori-vaencia1-point-proposal/>

The way how to select competitors and the video clip will release in November.

(<http://www.aikido-kyokai.com>)

Notes:

Each person is allowed to participate into two (2) embu competition.

The competitors for the Kongo Dantaisen are allowed to participate in randori and embu.

The referees responsible for randori are not allowed to participate in randori and the referees responsible for embu are not allowed to participate in embu competition.

9. Participation fee

A. Participation fee for the event (Yen 3,000/person) for all attendants
(Competitors and officials).

The fee include all Aikido seminars and a booklet.

B. Competition

Men's Team (Yen 15,000 for local team and Yen 7,500 for overseas team)/team
Women's Team (Yen 9,000 for local team and Yen 4,500 for overseas team)/team
Individual (Yen 3,000 for local team and Yen 1,500 for overseas team)/person
Embu (Yen 6,000 for local team and Yen 3,000 for overseas team)/event, pair
Kongo Dantaisen (Yen 15,000 for local team and Yen 7,500 for overseas team)/team

C. Lunch Yen 720/meal (The reservation for lunch is required in advance)

The cost for breakfast and dinner is included in accommodation fee)

D. Party Yen 1,000 for Welcome Party/Yen 5,000 for Farewell Party

E. Optional Sightseeing Tour Yen 6,000 / Yen 3,000(6~12 years old)

2017 International Aikido Festival in Akita, Japan

12th International Competitive Aikido Tournament

for local members and overseas members (same price)

*A meal for vegetarian is available. (Please describe it on the entry sheet.)

10. Accommodation

We will accept your reservation in advance either the Hotel Morinokaze Tazawako, 6.8km away from the venue, or Japanese style accommodation located at Tazawako Sports Center along with your entry sheet. However you should book yourself for an accommodation besides Tazawako Sports Center and the Hotel Morinokaze Tazawako, and in case of the deadline was closed.

Tazawako Sports Center . . . <http://www.tazawako-sports.com>

Price

Yen 6,000/night (with two meals) 30th August-2nd September

Yen 4,200/night (without dinner) 3rd September

Room

Large size tatami room with 10 participants is available **without bath/toilets and no smoking/alcohols**.

Services

- The lights-out at 10.00 p.m. • Credit card is **not** accepted.
- Buffet style meals/Free Wi-fi connection with certain limited conditions/**No** particular TV sets in the room/Large size public bathhouse/**No** ATM service.

Hotel Morinokaze Tazawako . . . <http://www.hotel-tazawa.com>

Price

Yen 8,000/night (with two meals) 30th August-2nd September

Yen 7,000/night (without dinner) 3rd September

Room

One tatami room with four (4) participants and certain rooms are allowed to smoke. (Advance reservation is required)

Services

- A courtesy bus service is available.
- Buffet style meals/Credit Card is accepted/Free Wi-fi connection/Alcohols are free at certain area/Kiosk is available/Choose your **Yukata** whatever you like/Outside hot spring is located.
- **English speaking staffs** are available at Front Desk

Note: It is recommended if all attendants from abroad will book Hotel Morinokaze Tazawako to appreciate and enjoy the Japanese local culture to the full in Akita. The assignment of rooms will be decided by the JAA depending on total numbers of attendants from abroad.

11. Application for attendance

The entry form is attached for filling out and you are requested to send it to us by e-mail message by **Tuesday, 31 January 2017**. We will close the deadline of the payment on **Tuesday, 31 January 2017**. Please settle the payment either by PayPal or bank transfer by the deadline.

A cancellation fee will be charged as follows

Date of cancellation	Entry Fee	Accommodation	Lunch	Party
~31 March	Free	10%	Free	Free
~30 June	Free	15%	Free	Free
~31 July	20%	20%	Free	Free
~29 August	50%	30%	20%	20%
30 August~	100%	100%	100%	100%

12. Entry Fee and Accommodation Fee

The JAA will send you payment request for your entry fee as well as accommodation fee after we accepted your application.

13. Administration Office

Administration Office for 2017 International Aikido Festival /Tournament in Akita

Address: (NPO) Japan Aikido Association

1-7-6 Shimoshakujii, Nerima-ku, Tokyo 177-0042

E-mail: info@aikido-kyokai.com



TAZAWAKO SPORTS CENTER

秋田県 田沢湖スポーツセンター

〒014-1201 秋田県仙北市田沢湖生保内字下高野73-75

☎ 0187-46-2001

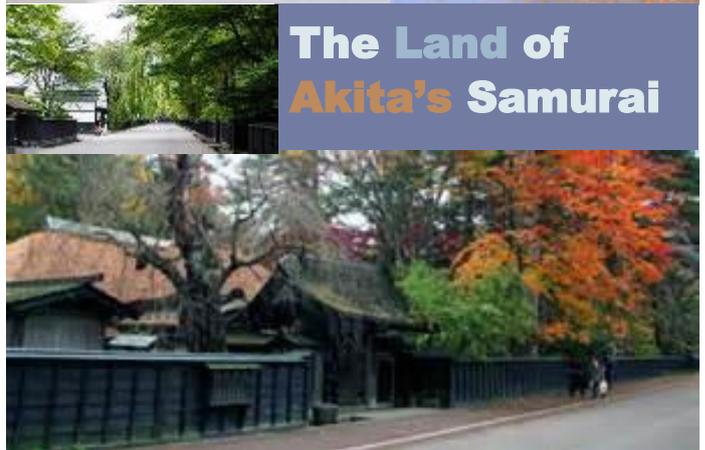
Fax 0187-46-2003

E-mail yoyaku@tazawako-sports.com

<http://www.tazawako-sports.com>



The Land of
Akita's Samurai




DOJO OPEN DAY
 Saturday 6th May 2017

AIKIDO 合気道 - 1000-1230
 KARATE 空手 - 1300-1430
 JUDO 柔道 - 1430-1700

Directions @ www.ichibanleeds.co.uk
 07793487098
@ICHIBANLEEDS
 Ichiban Leeds 332a Meanwood Road, Leeds. LS7 2JF

一番武道



Keep up to date with the BAA Calendar in 2017

- | | |
|--|---|
| <p>07.05.17 National Squad Training</p> <p>14.05.17 BAA AGM and EC</p> <p>27.05.17 <i>BAA Spring School West</i></p> <p>29.05.17 <i>and Dan Grading including Junior & Youth Training</i></p> <p>04.06.17 National Squad Training</p> <p>11.06.17 Senior British Open</p> <p>25.06.17 BAA Junior National Championships</p> <p>02.07.17 National Squad Training</p> <p>28.07.17 <i>BAA Summer School</i></p> <p>30.07.17 <i>and Dan Grading including Junior & Youth Training</i></p> <p>06.08.17 National Squad Training</p> <p>18.08.17 <u>WSAF International Competition UK</u></p> <p>20.08.17 <u>WSAF International Competition UK</u></p> <p>30.08.17 <u>ITAF International Competition</u></p> <p>03.09.17 <u>ITAF International Competition</u></p> <p>08.10.17 BAA EC Meeting</p> <p>04.11.17 <i>BAA Autumn School</i></p> <p>05.11.17 <i>and Dan Grading</i></p> <p>12.11.17 BAA Junior Open South</p> | <p>Walsall (Sports Centre)</p> <p>Northampton</p> <p>Winchester</p> <p>Walsall (Judo Centre)</p> <p>Sheffield</p> <p>Bradford</p> <p>Loughborough (Edward Herbert)</p> <p>Leeds</p> <p>Loughborough (Edward Herbert)</p> <p>UEL, London</p> <p>UEL, London</p> <p>Akita, Japan</p> <p>Akita, Japan</p> <p>Northampton</p> <p>Herne Bay</p> <p>Herne Bay</p> <p>High Wycombe</p> |
|--|---|



Contact: shizentai@aikido-baa.org.uk BAA Website www.aikido-baa.org.uk