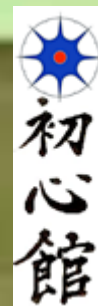




Welcome
to



Essex Aikido Dojo (Shoshinkan)

www.essex-aikido.org
07709044545

Essex Aikido Dojo (Shoshinkan) History

*Essex Aikido Dojo (Shoshinkan) was established in 1975 by Roland Tann
1st Dan Aikido, 1st Dan Judo.*

*Shaun Hoddy Sensei 7th Dan 七段 Tomiki Aikido, 1st Dan 一段 Taiho-Jutsu and Greg
Barton Sensei 5th Dan, (retired) were both founder members.*



*Shaun Hoddy has been a student of Dr Lee Ah Loi Shihan 8th Dan Tomiki Aikido JAA,
7th Dan Iai-do ZNKR, 7th Dan Jodo ZNKR and Ken Broome Shihan 7th Dan JAA since
1980 and has competed both nationally and internationally in both Kata & Randori.*



*Dr Lee is the world's highest ranking female Tomiki Aikidoka and spent time in Japan
studying under the instruction of Kenji Tomiki 9th Dan and Hideo Ohba 9th Dan the
founders of the Tomiki/ Shodokan system of Aikido. Dr Lee is recognised as a world-
renowned authority on Koryu Kata.*



*Shaun Hoddy Sensei has technically graded to the rank of **6th Dan 六段** under the auspice of the **Japan Aikido Association**, he is also a JAA Shihan Dai for the UK.*



JAA 6th Dan 六段 (Menjo)

*In May 2017 Shaun Hoddy Sensei was graded to **7th Dan 七段** by the **British Aikido Association** (recognised by the Worldwide Sports Aikido Federation).*



BAA 7th Dan 七段 (Menjo)

***Andy Wisbey Sensei** started his Aikido Career in 1980 at Westbury Aikido Club. In 1992 he became a member of Essex Aikido Dojo (Shoshinkan) and graded to the technical rank of 6th Dan. (Recognised by the Worldwide Sports Aikido Federation)*

*As a member of the **British Aikido Association** Essex Aikido Dojo (Shoshinkan) is recognised by the **Worldwide Sports Aikido Federation**. The club affiliates directly to the **Japan Aikido Association** & **International Tomiki Aikido Federation**.*

History of Tomiki Aikido



Sokaku Takeda taught Morihei Ueshiba Daito Ryu Aikijujitsu

Aikido is a Japanese Martial Art that has its roots in the combat art of Aiki-jujitsu. Morihei Ueshiba who was a very religious man developed an art that controlled the attacker without causing any undue harm. Ueshiba thought through Aikido the attacker could be guided to the right path.



Morihei Ueshiba the founder of Aikido

Tomiki Aikido (富木合気道)

Tomiki Aikido is a style of Aikido created by Professor Kenji Tomiki that uses a more direct, formulaic method of teaching technique than that used in the more traditional Aikikai schools.

Birth of Tomiki Aikido

In April, 1958 Waseda University approved for the first time, an Aikido club as an officially sanctioned sport club (“Undo Bu”) while no other universities recognized any Aikido clubs as such.



Kenji Tomiki and Hideo Ohba

Instead, all other Aikido clubs were called “Doko-Kai”, meaning a loosely organised club made up with people of the same interest. These unsanctioned sport clubs had neither the prestige nor the status of other sanctioned clubs such as Judo, Kendo, Karate, baseball, soccer, and other major sport clubs.

*One of the strict requirements attached to this official recognition by Waseda University was a stipulation of being able to measure and/or judge the progress and ability of Aikido students. In other words, any clubs belonging to the official Athletic Association must have competition of some fashion. This prerequisite was addressed in detail by Professor **Tomiki Kenji** (富木 謙治, 1900–1979), whose ambition was to make Aikido as internationally popular as Judo.*

*From the very inception, he had his vision to create the method of Randori-Ho (free sparring practice) by adopting the educational doctrines taught by Professor **Kanō Jigorō**, (嘉納 治五郎, 1860–1938) the founder of Judo with Aikido techniques taught by O-Sensei **Ueshiba Morihei** (植芝 盛平 1883–1969)*

Professor Tomiki explained; “I learned the true meaning of really profound martial skills and techniques from Ueshiba-Sensei and I learned the doctrines, innovations and educational methods from Kano-Sensei”.

Unlike the first generation of Ueshiba Sensei's students, who had previously experienced some other competitive martial arts such as Judo, Kendo, Sumo or Karate., the second, third and following generations of students practicing only Aikido, Professor Tomiki felt, would not know how difficult it would be to apply Aikido techniques effectively to equally well-trained opponents when resisted fully or counter-attacked.

With this basic realisation as well as the requirements set by Waseda University, Professor Tomiki introduced competition in order for Aikido practitioners to learn a moment of truth as well as other virtues such as mutual respect, the cultivation of sportsmanship and friendship.

Needless to say, safety was of the utmost importance in his mind, just as it was for Professor Kano when he created Judo out of various Jujutsu styles, so too Professor Tomiki eventually created the seventeen Randori techniques (Junanahon) with strict safety measures and rules for the purposes of competition.

His teaching philosophy encouraged the students' own application and development after having learned the basic Aikido principles. This style of teaching was refreshingly different from the traditional teaching methods in which masters encouraged students to exactly duplicate every single movement as shown. Professor Tomiki encouraged self-driven innovation and development as long as they were soundly based upon the basic principles.

Professor Kano and Professor Tomiki, had the vision to allow their students to develop forward and refine their art. Professor Tomiki did not put huge importance on how many techniques a student knew. Rather, he encouraged students to master the basics and apply these across various applications.

After Professor Tomiki passed away in 1979, Professor Hideo Ohba succeeded him, continuing with his lifelong dedication to Tomiki Aikido. Hideo Ohba experimented with various methods and also grouped a number of traditional Aikido techniques into six Koryu no kata. Ohba Shihan passed away in 1986.



Hideo Ohba 9th Dan Second Chairman of the JAA

Today, Professor Tomiki's legacy is being passed on by Tetsuro Nariyama Shihan 9th Dan Shodokan Aikido Federation and Professor Fumiaki Shishida Shihan 8th Dan Japan Aikido Association and all the other dedicated Tomiki/Shodokan instructors and students all over the world

About the British Aikido Association



*The **British Aikido Association** was founded in 1966 in order to promote and maintain the ethical and technical standards of Tomiki Aikido in the United Kingdom.*

There are BAA approved Clubs & Dojo in all parts of Britain.

*On an international basis the BAA is affiliated to the **European Tomiki Aikido Network** & the **Worldwide Sports Aikido Federation**.*

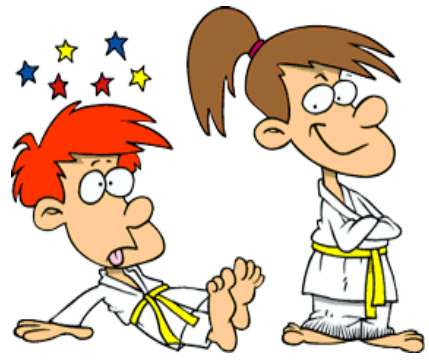
Under the auspices of the BAA international high grade instructors are brought to Britain at regular intervals to further promote and develop Aikido in this country.

*The BAA has a formal grading syllabus and promotion structure. Its grades are recognised by the **Worldwide Sports Aikido Federation**. The BAA sets qualification requirements for examiners, judges and referees and maintains a register of all such officials and the standards they have attained.*



Kids N Joy

AiKido



Aikido is a particularly good discipline for children. The training will help develop many life skills such as physical coordination balance and timing coupled with a calm and controlled attitude.

The difference in Aikido from other martial arts is that it is strictly defensive; therefore, your child can learn how to be effective and safe in hostile situations without having to resort to violence as a reaction.

Children mimic what they learn. If you teach your child how to punch and kick, he or she will want to punch and kick. If you teach your child how to be more relaxed and confident in a difficult encounter, fear and animosity become less important and less automatic in the moment.

Clear thinking and instinctive, precise action replace violence as a response. This is the kind of training on the mat that becomes a wonderful lesson for dealing with all of life's problems that your child will face as he or she grows up.

Much of Aikido training takes place with a partner; this teaches a child how to interact with others, building social skills. A valuable lesson for life.

Aikido classes are taught in a safe controlled environment with well thought out training methods

The classes are comprised of warm-up exercises, basic movements that form the building blocks of Aikido, more advanced techniques, and some more playful exercises meant to enrich the Life skills already beginning to develop.

*As a member of the **British Aikido Association** we have access to both national and international competitions for juniors who wish to compete.*



Successful Essex Aikido Dojo (Shoshinkan) Junior/Youth Squad

Club Fees

New Practice Fees - we have made our fees more flexible to suit individual training needs.

Junior / Youth Aikido

Developing Junior & Youth Aikido in Essex

Per Session Option for those who do not wish to pay Monthly

Junior/Youth Aikido per session Pay as you throw £5.00

Monthly Option

One session per week £16.00 per calendar month (Does not have to be the same day)

Two sessions per week £25.00 per calendar month

Junior Fee covers all students who are in full time education.

Adult Aikido

Per Session Option for those who do not wish to pay Monthly

Adult Aikido per session Pay as you throw £8.00

Monthly Option

One session per week £25.00 per calendar month (does not have to be the same day)

Two sessions per week £36.00 per calendar month

Please note that you can pay for one session per week per calendar month and attend any other session paying the per session fee.

*Unemployed and those in full time education are charged the junior fees
Application for concessionary rates (e.g. students, retired, unwaged, etc)
must include copies of the appropriate documentation confirming status.
Monthly payments are paid the nearest session to the 1st day of the month.
Payments can be made by standing order.*

Bank Payment Details

Account Number: 0005 0005

Bank Sort Code: 09 00 00

Reference: K02652797TOM

Families of two or more who pay monthly by standing order will receive a family discount of 12%

British Aikido Association Licence

Essex Aikido Dojo (Shoshinkan) is a member of the British Aikido Association. Grades issued are recognised by the Japan Aikido Association.

As a member of the BAA all club members are required to hold a BAA licence this includes insurance.

BAA membership Fee's

Adult £35.00 pa

Junior £25.00 pa

Class Details

*Basildon Sporting Village
Cranes Farm Road, Basildon
SS14 3GR*

Tuesday 7:45pm to 8:45pm Youth / Family 10+

Tuesday 8.45pm to 9.45pm Adult Youth 10+

Saturday 2:45pm to 3:45pm Family 5+

Saturday 3:45pm to 4:45pm Adult Youth 10+

Adult Youth 10+ can attend for the full two-hour session at no extra cost.

Instructors:

Shaun Hoddy 7th Dan Tomiki Aikido

1st Dan Taiho-Jutsu

Andy Wisbey 6th Dan Tomiki Aikido

Mark Ammon 4th Dan Tomiki Aikido

Peter Livett 3rd Dan Tomiki Aikido

3rd Dan Gojukai Karate

James Ko 2nd Dan Tomiki Aikido