

Shizentai 1

Newsletter/Journal of the British Aikido Association



Rising Dawn Seminar Dublin



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Editor's page

Welcome to the first issue of Shizentai, the BAA's new newsletter and hopefully with an expansion of historical and theoretical articles, its journal.

Shizentai appears at a time of much dramatic change within the Tomiki Aikido community. Older certainties have been swept away by a deep and seemingly unbridgeable schism within the JAA.

Nariyama Shihan and Shishida Shihan, hitherto the twin technical pillars of the JAA have dramatically quarrelled over the future direction of the Tomiki Aikido project. This division of interpretation by the two shihans and their respective supporters has led to a split in JAA ranks. Nariyama Shihan now heads internationally his own Shodokan Aikido Federation, and within Japan the All Japan Sports Aikido Association. While Masako Tomiki, with the support of Shishida Shihan and others continues with the JAA and TAIN.

The BAA deeply regrets the current situation, believing that both Nariyama and Shishida Shihans have much to contribute to the BAA and the wider Tomiki Aikido movement. In line with BAA policy this publication will campaign for unity at international level to re-establish one unified world championships.

It has been the BAA's belief that we should work towards an Olympic future. This cannot be achieved without a world governing body. We recognise that Tomiki Aikido is small and fractured. However we believe having a long term Olympic goal can help to heal divisions and iron out technical differences in healthy competition. Surely Tomiki Shihan's intention.

While this publication will promote the policy of the BAA, it also intends to be a platform for free debate and interchange between the membership. Give us your news and your views. We wish to foster the BAA as a truly collaborative organisation that is supportive of the fullest expression of its membership's opinions and ideas.

We also welcome contributions from our partners in the Tomiki Aikido movement. This issue sees articles from Itsuo Haba of the JAA and Gitte Wolput of the Belgian Shobukai, one of our ETAN partners. Gitte will also be contributing to our next issue.

Please give us news from all over the world and we will share it as far as we can reach. However, Shizentai will not be a platform for partisan squabbles and we reserve the right to publish only articles that make a positive contribution to the Tomiki Aikido community as a whole. Please read on and hopefully enjoy our first issue.

Editor: Paul Wildish all correspondence and contributions to shizentai@aikido-baa.org.uk
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 website www.aikido-baa.org.uk

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BAA Winter School

BAA winter School North

Saturday 2nd and Sunday 3rd March

Reports



The BAA winter school at the English Institute of Sport, Sheffield provided an opportunity to practice under two world-class coaches Lesley Hepden and Fumika Yamasaki ably supported by Ayaka Nakashima, Vanda Fairchild and Mick Pratt. Over sixty practitioners attended the weekend, which on the Saturday focused on the technical applications of the kneeling and standing sections of the Dai Roku.

The Dai Roku is an interesting and intricate sequence of techniques with underlying subtleties expertly explored by Lesley Hepden. The day was intense but rewarding and all who took part thoroughly enjoyed the content and delivery.

Recognised to be the most complicated and difficult Koryu-no-Kata. This is the only one of two Kata, which includes weapons. It is the only Koryu-no-Kata to include techniques where Tori (or Toshu) are armed with the knife (Tanto).

Candidates should show slow, smooth and flowing kneeling techniques. The speed of the standing techniques should steadily increase and end in a crescendo. The whole Kata should be demonstrated with soft, flowing, gracefully movements.



Fumika Yamasaki & Danielle Jones

Fumika provided an excellent demonstration that was highly informative and enjoyable. The session incorporated many aspects of traditional Aikido within a modern framework. A highlight was Tanto avoidance Ninin Dori style, providing for a dynamic and exhilarating exercise.

Following the course was a BAA Dan and Kyu grading with over twenty-five candidates at all

levels. Adrian Tipling 5 Dan, with Paul Holding 5 Dan and Rob Hartshorne 4 Dan, headed the Dan grade panel. Bob Jones 7 Dan, Mick Pratt 4 Dan and Lee Mazacs 2 Dan undertook the kyu grading. Overall the standard was good and the majority of candidates were successful in their endeavors. The syllabus, whilst maintaining a balance between kata and freeplay, must still be seen as a tool to extract from the candidates a performance that demonstrates that they understand the underlying principles of Tomiki Aikido.

Anyone can read Shakespeare but only a seasoned performer can demonstrate

Congratulations to members who achieved Dan grades on the Saturday at the BAA National Dan Grading including Mark Jenner 2 Dan Leeds, Tom Houghton 2 Dan, EPIC, Jon Paul 2 Dan, Jugokan, John Parker 1 Dan, Leeds.

Fumika Yamasaki

UK Tour by Paul Bonett

Reports



Fumika Yamasaki

This is a brief report on the very well received tour of the UK by Fumika Yamasaki Sensei and Ayaka Nakashima, two students of Nariyama Shihan at SAF honbu in Osaka.

I attended three of their courses: at Dartford Judo Club, Thomas Tallis Leisure Centre in Kidbrooke and at Brighton University dojo.

The distinguishing point of the Shodokan system which Fumika Sensei was here to exemplify in her coaching, is the critical relationship between fundamental principles and practice. Without kihon, kata and randori, our applied techniques and sport randori will be ineffective, thin in content. However if students practice their kihon in a focused way and regularly, they will then develop the same focus in the way they apply their techniques. When it comes to randori there will be lots of ideas in a free-flowing mushin mugamae approach.

A particularly interesting part of the course for me and the students I spoke to, was the way Fumika Sensei explained how to practice the kihon kozo (all the basic techniques) in a meaningful way, using accurate movement and trying to make it perfect. We realise that

perfection is not possible, but there is no need not try.

Her efforts should encourage us in the UK to keep revisiting this approach to training and not think it is something we do when we're with international instructors. People often come to courses like this, pick up the information then on the way back to their dojo, it slips away. Then if you look to 3 months later, it's disappeared from their practice. One of the things that Fumika Sensei did was get us to understand that this approach to training is not 'optional', it's the way to train to get good all round aikido skills and attitude. An example is the great importance of practising the go no sen no kuzushi (8 balance breaking techniques) every class.

There is often talk that we cherry pick what we want and then leave the rest. One of things you realise in this practice is that cherry picking doesn't work as everything fits together - if one part is missing the rest of it is disjointed: like trying to run a car with a cylinder continually misfiring. It sort of works but is 'uncomfortable'.

You probably hope I will talk about actual techniques but I don't think this is necessary. Those that came on the course will know how brilliant they were; nothing fancy, just very tidy!

What they showed is an approach to learning...it is about your own study; not being told what to do all the time, but take it inside and make it an essential part of your training yourself.



Fumika Yamasaki

Suffice to say they taught in London, Sheffield, York, Edinburgh and Brighton. They were very well looked after by all the Senseis and students at all the places they visited. They told me they had the most fantastic time in UK and can't wait to come back.

Rest assured that on their last night in the UK they had a great time. We took them for a meal with about 25 or so people turning up and then took them to a proper traditional English pub for a few beers. They loved it and we got them on the plane the next day back to Japan. Since their return to Japan I have received a very nice email from Nariyama Shihan thanking everyone for the way we looked after his great sportswomen. This course was almost 4 years in turning from a dream to a reality. Let's hope the next one does not take quite so long!

European Aikido Tournament

Switzerland 2012

by Millie Bolton

Switzerland? Well I thought it would all be snow, hot chocolate and Aikido, and I was right!

I had arrived early Friday with my Aiki partner, Ellie, plus sisters, brothers, grandparents, mums and dads, coach and way, way too much luggage, at Fiesch

them had spoken the same language as Pierre, the Swiss coach, but with Pierre's patience and lots of drawings and hand signals everybody got a key and a room. Meanwhile another problem was brewing. A few families had turned up

that I could do my hair. We all went to breakfast together, which was our first team bonding moment when we were faced with salami and yoghurt and warm milk in jugs with chocolate powder in plastic bowls, much like a school canteen.

Twenty minutes later I was very proud to be walking down the path in a sky blue West Yorkshire Aikido top. I swear there wasn't another colour for miles. I felt really comfortable and confident with all my friends around me. I do hope they felt the same.



railway station. The train journey had been a laugh; some mad Swiss conductor had run off the train with my sister's suitcase at one point, (we never found out why), but he did kindly stop the train especially for us. Fiesch itself was beautiful, mountain views, gorgeous quaint chalets, inviting little cafes and of course the Co-op! We were lucky enough to be staying on campus and I was looking forward to a lie in on competition day for a change. Ha! I should have known better. The thing about a team is that there are usually one or two really noisy members.

We had great fun allocating our rooms; well I think it would have been fun for the adults if any of

independently, like us, but the majority of the team were all flying out from Liverpool together and sadly they were still in England, three hours after their flight was due to leave! We were happily reunited at one o'clock in the morning when they all arrived, I was pleased to see them really. Perhaps I just didn't show it.

And the games began.
#Thehungergames

It was a competition morning like no other. The TV went on to reveal Shaun the Sheep in German at 7 am, which truly was one of the most bizarre and unusual moments of my life, but it did free the bathroom of all the boys(mentioning no names), so

Switzerland 2012

Seeing people I knew from the London World Championships calmed any last minute nerves. The familiar faces made it seem just like any other competition. Many people have asked me if I was nervous and I can honestly say I wasn't, being around so many of your friends made it as normal as it could have possibly been and I was grateful. Otherwise I would have been a complete nervous wreck incapable of holding my hand still and definitely not in any position to compete.

From the moment we took the Rei the rest of the day was a blur. Before we went, my own personal ambition, that I didn't tell anyone, was just to make a

European Aikido Tournament

Switzerland 2012 continued

Reports

European final. I don't quite know how but I went to bed Saturday night in three finals which was more than I had ever hoped to achieve.

Sunday morning was quite surreal. It had snowed overnight which just made everything more perfect. The TV had been unplugged (mysteriously), and the adults now owned a kettle, tea bags, coffee, milk and biscuits, creating a much calmer atmosphere. However nothing prepared me for the highs and lows of finals day.

The day began with tanto avoidance. I was a little apprehensive as this was an

U18's category and I'm only 14 and it was boys and girls together. I must say some of those Russians were about 6ft tall, against my meagre 5ft 3". I lost within a few rounds to a Russian girl who was very good but this gave me a chance to cheer my team mates on. I just know how much that helps. Going into the finals afternoon the West Yorkshire team were looking in a good position yet battered and bruised. We had representation in all the finals which I was so proud about but we had picked up our injuries along the way.

The results. It was brilliant. The atmosphere was electric. West Yorkshire achieved many medals in all categories, and I won the trophy for best team. From my own point of view, however, it wasn't about the medals I had won it was about who I had won them with and the support I had received and given. It truly was amazing and I really recommend it. We were a team that included anybody who had wanted to come, this being seven to sixteen year olds and white to brown belts. We couldn't have done it without each other and the cup belongs to everyone. St.Petersberg here we come!

West Yorkshire Gang!



by **Ellie Gander**

On the lead up to Switzerland everybody worked extremely hard and put a lot of effort in to improve their aikido as much as they could.

When we arrived in Switzerland I was a little worried about working with people from different countries because I didn't know how friendly they would be. When we actually began the seminar though, I found that everybody was really nice and was happy to train with

you. It was a great way to start the competition because everybody had a chance to get to know each other before we started competing.

The competition itself was also amazing and the atmosphere was great with everybody cheering and supporting the West Yorkshire team - it definitely encouraged you to keep going and every time you got off the mat there would be a hug or high five awaiting you.

The West Yorkshire team was very successful at the competition and we actually ended up winning the most events. It was an amazing experience and I have come away with some brilliant memories, some friends from all over Europe and I feel much closer to all of the members of the West Yorkshire team. I am very proud to have been part of such a great team and competition and can't wait until the next one!

How to perform at your best?

Use Sport Psychology

by Gitte Wolput

If you go to a championship and there are 100 participants, there can only be 1 champion... However, this does not mean that there can only be 1 *winner*, since winning is not only about comparing yourself to others. It is about comparing yourself to

your opponent), quickly *decides* what to do and gives instructions to your muscles to *execute* this command. In skillful martial artists and wrestlers, this process is very fast. Some even call it *automatic*.

Practice makes perfect! With practice you *hard wire* the execution of movements in your brain, something that psychologists call *motor learning*. The more you practice, the more your body starts to act automatically. Remember: just

Gitte Wolput and the BAA Squad



yourself, about improving your skills and reaching your personal goals. How to get the most out of yourself? How to perform at your best? Sport psychology has some answers.

1. Train your brain!

Have you ever noticed how successful randori players are able to react very quickly when a possibility arises to apply some waza or a strike with the tanto? You might call this *timing*, psychologists call this a very efficient “*information processing*”.

Information processing is the process in which your brain perceives certain *cues* from the environment (e.g. actions from

What do you need to develop (automatic) skills?

Select **which cues** to focus on and **how to react** to them. What possibilities or openings are you looking for and how are you going to exploit them? You might try to manipulate your opponent in resisting with a pulling movement. The pulling could be a cue to do a certain technique, e.g. shomen ate or a variation. Or you might focus on the legs of your opponent. The moment your opponent shifts his weight, might be a cue to do mae otoshi. Don't link to many possible reactions to one and the same cue. If your brain has too many options, it will react slower.

being in the dojo doesn't count as practicetime! To develop skills, you have to practice with 100% commitment and concentration. Don't let your thoughts wander off.

Did you know that you can enhance your performance by *imagining* a sequence of movements, a technique called **imagery**. When you imagine a movement, you use the same parts of the brain as when you really execute the movement (more specifically the premotor regions). The “program” for executing the movements gets hardwired in your brain. Use this effect! Mentally rehearse your cue-response strategy over and over again when you have a

spare moment (in the train, in the bathtub, on the toilet, ...). The more you use imagery, the better!

Sometimes you *think* you react in a certain way, but in reality you don't. Such differences can affect your performance. **Feedback from others** can help you to get *more insight* into your behaviour, which allows you to fine tune the execution program in your head. Also **video feedback**, studying your own movement on screen, can be helpful.

2. Build self confidence!

Another secret ingredient of success? Self confidence. Even if their technical skills and physique are the same, people who believe that they are capable of doing it right, are *more likely* to do it right than people who do not believe that they can succeed. Thinking that you *cannot* succeed is a stressful thought that works in a destructive manner. Thinking that you *can* succeed reduces stress, and therefore makes it

more likely that your performance will be better.

Tips to boost your self confidence:

Self confidence refers to the confidence you have in reaching certain goals. The trick is to **choose your goals right**. If you set a goal that is very hard to reach, the chance that you will experience a **feeling of success** in the short run is quite small. A pity, knowing that successful experiences are a necessity to build up self confidence. To boost your self confidence, set yourself some realistic short-term goals that will provide you with regular, "I can do this!" experiences. Such a goal can be anything, e.g.: breaking a person's balance at least once, not being thrown, making at least 2 tsukiari's, ... If success is not likely to happen with your current goals, set yourself some new, more reachable goals - or try to reach your goal with a less difficult training partner! With time, you can make your goals more and

more challenging. Try to end each training session with a feeling of (at least a little bit) of success.

Dont be so hard on yourself!

If you do something wrong, it doesn't help to tell yourself: you clumsy chicken, you cannot do anything right! Such negative comments have a negative effect on your self image. If something does not work well, don't start insulting yourself. Look at it as a challenge, as an **opportunity for improvement!** Tell yourself: I can do this. If not now, then in the future! Let this be a motivation to keep on practicing!

Coming in the next issue - Shizentai 2

How to prepare yourself mentally the day(s) before a competition?

The day of the competition: how to get "the eye of the tiger"?

New fee increases

In the light of fee increases made by the British Aikido Board it has been necessary for the BAA to adjust some charges which will take effect from 1st April 2013.

1. Junior, Youth and Concessionary rates will increase from £15 to £20 per year.

2. Adult fees will remain the same at £30 per year.

3. Club registrations will remain the same at £25 per year but will be levied per training venue to keep in line with new insurance regulations.

4. Instructors PI Insurance contribution will rise from £10 per person per year to £15 per person per year. The current actual value is £55 per year.

The BAA Executive apologise for the short notice and endeavour to keep the cost of membership as low as practicably possible. We think that the new fee structure still represents good value for money and is still lower than most other associations.

Bob Jones Chairman.

Sugamo Toshu Randori

by Itsuo Haba

On a recent visit with his Sugamo high school students to St Paul's School, Hammersmith and Shaun Hoddy's Essex Aikido Dojo Shoshinkan, Itsuo Haba 7 Dan JAA introduced a new method for teaching Toshu Randori to young aikidoka. Here in his own words he describes his methodology. Video sequences are available on YouTube. Look for 'Sugamo Toshu Randori (Essex Aikido Dojo)'. I believe this article may be of interest to coaches of juniors and youth. Editor

When I thought up this style of randori, the following three points were paramount.

1. Safety
2. Easier performance of aikido techniques
3. Objectivity of techniques and competition

1. Safety

From the point of view of school education, safety comes first. No matter how good techniques are, we cannot accept the competition of aikido under any circumstances unless it is safe..

2. Easier performance of aikido techniques

Under present conditions, it is very difficult to perform techniques in competition. We need a systematic way of making techniques easier to apply. The biggest challenge is how to show the difference between judo and aikido distances and how to avoid grappling deadlock situation between the competitors.

3. Objectivity of techniques and competition

Objectivity is required. Clear "tsukiari" rarely happens, for example. It is most unusual to see clear "tsukiari" decided by all three judges at the same time. In most cases, "tsukiari" is declared by the referee who is closest to the competitor. In addition, too many "shidos" seem to be given ambiguously,



As one player struggles for a technique the other attempts to lift his cap for 'Men-dasshu-ari'.

at least to spectators. Clear victory or defeat must be declared under clear judgement of techniques.

I would like to introduce Sugamo Aikido Toshu Randori in order to meet these three conditions.

There are three main intentions of Sugamo Aikido Toshu Randori.

1. To keep an aikido distance.
2. To make it easier to perform aikido techniques.
3. To perform techniques according to the opponent's movement.

1. The competitor wants to take his opponent's cap off but he does not want to have his own cap taken off. This causes competitors to maintain distance and avoid a grappling situation. The competitor is forced to try techniques the moment he touches his opponent.

2. When the competitor tries to get the opponent's cap, his

elbow naturally goes up higher than shoulder level, his side is open and his posture unstable. This position is similar to an off-balanced posture. As a result, techniques are easier to perform. Elbow techniques such as Oshitaoshi, Hikitaoshi, Wakigatame are easier for the opponent to apply. Not only elbow techniques but also other techniques, especially Gedan-ate, are easier to perform.

3. The competitor is allowed to attack even after his cap is taken off until it is raised high overhead. Therefore during this process there is some possibility that techniques are tried and completed. It is expected to show the theory "Let your opponent cut your skin, then you cut his flesh. Let your opponent cut your flesh, then you cut his bone."

The technique performer also has a chance to make use of his opponent's loss of balance.

Outline of Sugamo Aikido Toshu Randori

by Itsuo Haba



'Men-dasshu-ari' - player gains a point when he lifts his opponent's cap aloft.

Competition

Each competitor wears a cap which his opponent must remove and in the process, they try to perform aikido techniques. The winner is declared by scoring the most points according to the number of effective techniques.

Duration: 2 minutes

Ippon: 4 points

By throwing the opponent down or controlling him with a stable posture.

*"Throwing down" means the buttocks, or more than one part of the body touching the tatami mats: a right hand and a left hand, a hand and a knee, a hand and an elbow.

Wazaari: 2 points

By breaking the opponent's balance and making a part of his body touch the mat, or maintaining an off-balance situation.

When the performing competitor falls down, the maximum decision is "wazaari."

Yuko: 1 point

By breaking the opponent's balance.



In the case of having "Men-dasshu" and a toshu technique, the toshu technique has priority over "Men-dasshu".

*Breaking one's balance means breaking his posture with his foot off the mats.

Men-dasshu-ari: 1 point

By taking off the opponent's cap or "Men" and raising it up overhead.

Foul points: Chui: 1 point

Foul points are given to the opposite competitor.

Detailed regulations

- "Men-dasshu-ari" is called when a competitor takes off his opponent's cap and raises it high overhead.
- Even after the cap is taken off, the competitor can go on attacking until a sequence of offence and defence stops and the referee calls "Mate".
- In the case of having "Men-dasshu" and a toshu technique, the toshu technique has priority over "Men-dasshu".
- When more than one technique is used, the more effective technique has priority over less effective one. When the techniques are equal, the earlier technique has priority.
- When both competitors perform "Men-dasshu-ari", the earlier technique has priority.
- The competitor who drops his cap to the ground loses the right to attack and try techniques until the referee calls "Mate".

New BAA Junior Syllabus

Juniors & Youth

Lee Mazacs

BAA Youth Development Officer

Changes that have recently been made to the BAA junior grading syllabus.

The recent changes to the grading syllabus have created a junior and a youth grading syllabus to be used for all members under the age of 16. Each of the syllabuses can also be found via the BAA website www.aikido-baa.org.uk. Also attached are guidance and regulatory notes for the implementation of each syllabus.

Though these changes are to be implemented and used with effect from 1st January 1st 2013, although some clubs have already trialled the system and are working within the new formats. It is recognised there may be some overlap for juniors below the age of 10 who currently hold a coloured belt. For these juniors it acceptable they hold their current grade and though below the age of 10 continue to grade under the new 'Youth syllabus' hence allowing them to continue holding a coloured belt. It should be noted this syllabus is considerably harder than the current BAA syllabus so if club coach deems it appropriate to grade them under the new 'Junior Syllabus' reinstating a white belt this is acceptable.

From 1st January 2013 any junior who is white belt below the age

of 10, should remain as such and should not grade to a coloured belt until reaching the age of 10 and hence grading under the 'Youth Syllabus'. As of May 1st 2015 no junior below the age of 10 should hold any grade requiring them to wear any belt other than red or white.

Junior Syllabus outlined in brief

- The Junior Syllabus should be used to grade members below the age of 10.
- Until a junior is graded they are to wear a red belt. Once any junior has graded for the first time they should wear a white belt until grading at 10 years of age under the 'Youth Syllabus'.
- A junior should wear the correct number and colour of Mons on their white belt. Once a junior progresses to a new colour of Mons the old coloured Mons should be removed and replaced with the new colour.
- The maximum Mons a junior can hold is 3 blue Mons.

Youth Syllabus outlined in brief

- Any Youth syllabus should be used to grade all members from their 10 birthday and below 16 years of age.
- Once a junior reaches the age of 16 they should grade

under the senior Kyu grade syllabus.

- Until their first grading juniors should wear red belt. From their first grading the minimum grade a junior should hold is white belt. No white tags are awarded to red belts.
- The maximum grade a junior can be awarded on their first grading under the Youth Syllabus is Orange belt, regardless of age or previous grade.
- The maximum grade a junior can obtain under the Youth syllabus is brown belt, no black Mons are awarded under the Youth syllabus.

Don't forget an important date for your diary!

BAA Junior National Championships

Saturday, 29 Jun 2013,
Richard Dunn Sports
Centre

Rooley Ave, Bradford, West
Yorkshire BD6 1EZ

01274 307822

Aikido Youth Award System :

AiKIDo

Juniors & Youth

Lee Mazacs

BAA Youth Development Officer

In brief information about the system

The BAA Aikido Youth Award System is now operational. This system is designed to give junior and youth members of the association a wider variety of awards and achievements.

The system has five initial awards but will gradually rise to a range of 30 awards juniors can obtain. The system is designed to award juniors on a range of skills and values and does not reward juniors on technical ability alone. The scheme will promote values such as commitment, loyalty, leadership, sportsmanship and effort with the goal of producing well-rounded Aikidoka.

1. The bronze award for courses applies to young people who attend official BAA recognised courses. These should be registered in the grading book, a photocopy of which will be required with the application.

2. Sportsperson award is achieved by attending and participating in four BAA recognised competitions, again

the grading book record will be used as evidence.

3. Recruitment badge is attained when an individual recruits five new BAA members, the names of the new members will be logged and have to appear on the central database.

4. The bronze award for membership will be available to claim when a young person has successfully recorded two years BAA membership. Late renewal will disqualify continuous membership.

5. Team Captains award, one team captain can be designated per registered club for 2013. This person can then claim the captain's badge for the year.

Full details of available awards can be found on the BAA website and are all-available to download to display within clubs.

How to apply for an award

To apply for an award a junior must first meet the relevant requirements for the award they aim to achieve. These criteria

are only valid post 1st January 2013. Prior accreditation is not permissible. Once a junior meets the requirements of an award it is their club coaches responsibility to apply for this award. They can do this by filling in the required application form and returning to: -

Lee Mazacs (Youth Development Officer)
77 Halifax Rd,
Odsal,
Bradford,
West Yorkshire,
BD6 1JQ
leemazacs@hotmail.co.uk

Each award is accompanied by a badge which juniors can apply to their Dogi. To obtain a badge a fee of £1 per badge should be supplied with the application form. Cheques should be made payable to British Aikido Association.

Club coaches can apply for multiple candidate awards at any given time. The badges should be placed and displayed on the bottom of the Dogi jacket.

British National Team awarded top honour from the Lord Mayor of Leeds

The team received a civic reception for its exceptional endeavours at the World Championship in 2011.

The Rev Canon Alan Taylor Lord Mayor of Leeds invited the team to the Civic Hall in Leeds for buffet and a guided tour. This was a great opportunity to highlight the hard work of the team and the managers Danielle Jones and Mick Pratt.

This is the third time that the British Aikido Association has been Team World Champions with, since 1989, a total of 74 Gold, Silver and Bronze medal-winning teams. The current team is looking forward to defending their title in Kawasaki City, Tokyo in September 2013.

Bob Jones,
Chairman of
the BAA with
the Lord Mayor
of Leeds Rev
Canon Alan
Taylor



by Bob Jones

JAA News

by Paul Wildish

The JAA on the 1st April announced a revised list of its executive board members and officials. For older BAA members it is welcome to see the re-involvement of familiar faces from the past.

In particular Kogure Sensei and Ehara Sensei spent significant periods of time in the UK and helped the BAA establish itself in its formative days. Kogure and Ehara contributed to the development of randori and shiai within the BAA.

Kogure Sensei also had a part to play in the establishment of Tomiki Aikido in the USA. As a fluent English speaker, Kogure Sensei has a cultural understanding of the UK and the USA gained through his long term residencies in both countries and hopefully will help to facilitate frank communication between the BAA and the JAA.



Teruo Fujiwara explains the old Tomiki Aikido system at Waseda University. Fumiaki Shishida and Shogo Yamaguchi are taking part in the seminar. (Picture thanks to Study Group Tomiki Aikido)

Kogure Sensei was a great 'Sporting Ways'. Hideo Ohba, Tomiki's successor and lifelong collaborator also appeared in that episode. For those who are interested (and you should be) it can be found on YouTube in its entirety.

Kogure Sensei was a great friend of the late Jim Elkin, a much respected former Chairman of the BAA. Both Jim Elkin and Hiroaki Kogure appeared in the BBC's 'Way of the Warrior' Series when it featured Aikido and Kendo as

JAA News continued

We note also that Fumiaki Shishida has particularly designated his role as Senzoku Shihan and in English as 'Scientific Researcher'. This would seem to confirm an ongoing re-examination of Tomiki Aikido's past teaching methodologies and technical theory, a reaching back to move forward. The BAA hopes, having preserved much of Ohba Shihan's teachings through our consistent practice of the Koryu no Kata, that we can collaborate fruitfully with Shishida Shihan and the JAA in this development.

Below we give a full list of the JAA Board and their areas of responsibility. BAA members will also note the roles of Tadayuki Sato Sensei and Yoshiomi Inoue Sensei, both increasingly familiar faces to BAA members over the last few years.

List of Executive Members/Board Members of (NPO) Japan Aikido Association 1st April

Advisor: Hiroaki Kogure
Chairperson: Masako Tomiki (Ms)
Vice- Chairperson: Kenshi Uno

Auditors: Seijun Fujita/Toshio Kawai

Director of Board: Masako Tomiki (Ms.)
Vice- Director: Tetsu Ehara
Senzoku Shihan: Fumiaki Shishida (Scientific Researcher)

Board Members: Kazuo Ishihara, Yoshiomi Inoue, Mitsuo Osugi, Yuichi Kozaka, Kazuo Kotari, Taku Kobayashi, Tadayuki Sato, Yoshio Takemoto, Koki Tomioka, Takashi Mihara, Mitsue Yamagata (Ms)

Educational Division:
Tadayuki Sato (Head of Educational Division)
Instructors:
Yoshiomi Inoue (Head Referee)

Taku Kobayashi (Head Instructor)
Junji Konaka, Norihiro Shimada

International Division: Tetsu Ehara (Head of International Division)

Steering Committee: Shogo Yamaguchi (Head of Steering Committee)

Committee for 2013 International Aikido Festival/Tournament in Kawasaki:
Yuichi Kozaka (Director)
Satoshi Kawai (Deputy Director)

Administrative Division:
Akira Nakayama (Administrative Director)

Accountant:
Yasuko Fujita (Shinsoh Partners Tax Corporation)

Dojo by the Sea Easter School 2013



This Easter saw Thanet Judo and Aikido Club, the 'Dojo by the Sea', hosting another great three days of aikido training. Realised through the initiative of Dick Todd the club brought together Eddy Wolput 7 Dan, Paul

Wildish 6 Dan, Harvey Goodman 6 Dan, Adrian Tyndale 5 Dan and Gitte Wolput to teach throughout the long weekend.

Adrian Tyndale kicked off the school with a session on the Koryu Dai Yon and its difficult and subtle techniques of disturbing balance as well as examining basic movements.

Harvey Goodman taught the weapons sections of the Koryu Dai San (Goshin no Kata). Always welcome as this is never practised as much as it requires to master the techniques.

Paul Wildish taught a session that explored the relationship between maai and timing in kata and randori. Using a combination of kata techniques, Shodokan drills in 'game' formats and structured randori practice.

Eddy Wolput, a researcher of older training methods introduced 8 sotai dosa, exercises practised in the fifties, and the influence of this training method on koryu no kata.

Gitte Wolput taught a session on the practical use of the concept of 'feeling' in randori.

ETAN Championships 2014



Antwerp one of Europe's finest cities

Are you interested in combining a few days of competition aikido, seminars and drinking Belgian beer, or eating chocolate next Spring? Then make plans to attend the next European Tomiki Aikido Championships.

Eddy Wolput will be hosting the 2014 ETAN Championships in Antwerp next Spring. No dates are yet available but look out on

the BAA website or Facebook pages for announcements.

This will be the fourth successive adult championship. The first two competitions were held in Budejovice (Budweis) in the Czech Republic, followed in by Moscow in 2012.

Last year also saw the inauguration of the first ETAN Junior Championship, held in



Eddy Wolput, 7 Dan JAA

Switzerland and reported on pages 5-6 in this issue.

Antwerp is an exciting and interesting city, with plenty of site seeing opportunities, good restaurants and clubs. That is...if you ever get out of the dojo to see them! So make a space in next years diary now.

Study Group Tomiki Aikido

If you are interested in research into the history and technical development of Tomiki Aikido, then do not fail to look out for the Study Group Tomiki Aikido on Facebook. Set up and run by Eddy Wolput it is a mine of information about Tomiki Aikido's past and contemporary developments.

Keep up to date with: BAA Courses & Club Events

May 12 - **BAA Annual General Meeting** Sunday, 12 May 2013
1.00 p.m. Solihull Moors AFC,
Damson Parkway, Off Coventry
Road, (A45), Solihull, West
Midlands, B912PP

May 19 **BAA National Squad Training**

May 25-27 **BAA Spring School, Winchester**, Lesley Hepden 7 Dan, Bob Jones 7 Dan, Paul Wildish 6 Dan, Nicole Anson 3 Dan, Danielle Jones 3 Dan.

Jun 08 **Kata to Randori - Paul Wildish 6 Dan**, 13:00-18:00, Zion Place, Margate.

Jun 09 **BAA National Squad Training**

Jun 23 **Senior Club Championships**

Jun 29 **Junior National Championships**, Bradford

Jul 06 **Adrian Tyndale 5 Dan** 13:00-18:00, Zion Place, Margate.

Jul 14 **BAA National Squad Training**

Jul 26-28 **BAA Summer School North**, Leeds

Aug 18 **BAA National Squad Training**

Aug 24-25 **BAA Summer School 'South of the River'**, Folkestone

Sep 19-23 **10th International Aikido Tournament**, Kawasaki, Japan

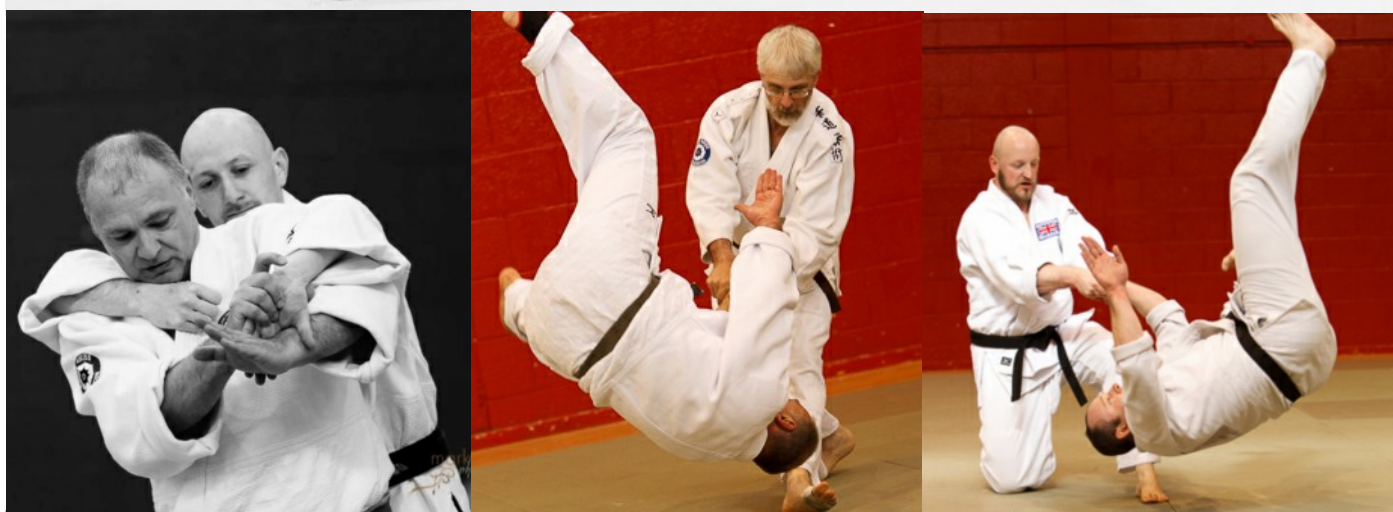
Oct 06 **BAA Executive Committee Meeting**

Oct 26, **Koryu Dai Go - Shaun Hoddy 6 Dan**, 13:00-18:00, Zion Place, Margate.

Nov 9-10 **BAA Autumn School**, Herne Bay Judo & Martial Arts Centre, Station Approach, The Circus, Herne Bay, CT6 5QJ. *Dojo next to railway station.*

Rising Dawn Seminar Dublin

This April Tallaght Tomiki Aikido Ryu, Dublin, hosted a seminar from the 20th to the 21st of April at the Belgard Heights Community Centre with Bob Jones 7 Dan, Shaun Hoddy 6 Dan & Mick Pratt 4 Dan. Here we show you some of the action from the event.



We want your news, reports and articles. Please send contributions to the email address below. Thanks - the Editor.

Contact: shizentai@aikido-baa.org.uk