

Shizentai 3

Newsletter/Journal of the British Aikido Association December 2013



KAWASAKI 2013

2013 International Aikido Festival
The 10th International Aikido Tournament



International Championships Issue!

Reports:

10th International Aikido Festival & Tournament 2013

Kawasaki, Japan

BAA South of the River Folkestone

BAA Autumn School Herne Bay

Juniors:

Junior Open 'South' Competition High Wycombe

December 2013



Editor's page

BAA Success in Kawasaki!

Congratulations to all the BAA National Squad, National Team and all BAA members who took part in the 10th International Aikido Festival and Tournament 2013, hosted by the JAA in Kawasaki, Japan. All of you have shown such resolve, commitment to training, breadth of technical skill and understanding that has all BAA members in awe of your success. You have emphatically demonstrated that the BAA can hold its own against the best of Japan and the Tomiki Aikido world in general. Everyone now knows if you want to win, you have to be able to beat the BAA first!

We are especially proud of our women team members, who fought their way to the top rung of competition winning gold for Women's Team Tanto Randori, matching the men's success in 2011. Congratulations go also to Laura Beardsmore for her gold in the Women's Individual Tanto Randori and to Natuley Smalle for bringing back Bronze in the same event.

Of course the men also deserve our praise for their successes and this issue of Shizentai carries an extensive report on the Kawasaki Championships, which gives a full listing of the impressive medal haul. Appropriately our coverage on the event has been written by the women members of our teams!

We have also once again to give our thanks to Danielle Jones and Mick Pratt, our retiring Team Managers, who have provided the inspiration and dynamic leadership to such a successful run of competition results during their

tenure. Well done Danielle and Mick!

The BAA Executive realises that we can not rest on our laurels, particularly as so many of our best players are considering retirement from competition. This success was hard won and required exceptional leadership skills on the part of our Team Managers. The BAA is therefore seeking new leadership for its National Squad and Team and is advertising on page 17 for interested members to step forward.

The Politics

The events in Kawasaki this year took place against the backdrop of the schism within the Tomiki Aikido family. The BAA in concert with Bob Dzuibla of the Tomiki Aikido of the Americas continues to advocate the foundation of a World Sports Aikido Federation, open to all legitimate interpretations of Kenji Tomiki's legacy.

WSAF aims to bring all together for one common purpose, the pursuit of non-partisan, friendly competition and the sharing of technical expertise. It does not intend to serve the interests of one shihan above another or advocate a particular style or training system but to offer a neutral platform for matching skills, spirit and knowledge.

We will continue to maintain our friendships with both the Japan Aikido Association and the Shodokan Aikido Federation in pursuit of this aim.

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As a consequence of the extensive coverage of the Kawasaki Championships the following articles will be held over until the next issue:-

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Editor: Paul Wildish all correspondence and contributions to shizentai@aikido-baa.org.uk
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BAA 'South of the River' School

Folkestone

Pete Coia



This year's SOTR provided excellent coaching from Bob Jones, Ken Broome, Shaun Hoddy, and Paul Bonnet.

The venue, the Saga Centre in Folkestone, really did match the quality of the coaching. Shaun provided excellent instruction on the Koryu Dai Ni and Ken with the Koryu Dai Ichi. Paul Bonnet

dazzled the participants with aspects of the Goshin Ho.

One of the coaching highlights was Bob's jigsaw aikido session. This neatly involved everybody, both the children and adults, at the same time. As well as helping to understand the components of all aikido techniques. The jigsaw pieces were cards containing the

Japanese names of different attacks, responses, directions, and styles of movement. For example, a set or cards, selected at random, could contain a right handed, one handed sleeve grasp, matching stances, rotation throw, turning away, and cartoon. A group put the jigsaw together into a technique which they then performed – and the all other groups had to guess what the technique was (totoro* migi katate dori aigamae tenkai kaiten nage?). Surprisingly perhaps, the performers and the audience got them all right!

(*TOTORO is a famous cartoon character in Japan and sounds better than miki nezumi !)

BAA Autumn School

Lee Adams

Herne Bay, 9/10 November 2013



This year saw a change of venue for this event that had previously been held for many years at the Thanet Club run By Richard (Dick) Todd.



From L to R: Paul Wildish, Satoru Tsuchiya, Shaun Hoddy and Vanda Fairchild

The Club in Herne Bay (Shogun Aikido Kai) is a purpose built Dojo and is owned by the local Judo Club, and is conveniently situated next to the local train station. The line up of instructors was confirmed as Satoru Tsuchiya 6th Dan (Shodokan) and BAA coaches Paul Wildish 6th Dan, Shaun Hoddy 6th Dan and Vanda Fairchild 5th Dan.

This is the first time Tsuchiya Sensei has taught at a BAA event and the turnout reflected this with some 60+ Aikidoka from across Europe (Czech Republic, Spain and Northern Ireland) on the mat for the first session at 9.30am (early I know but there was a packed agenda). There was a Coach level 1 course run by Paul Holding Sensei who is the BAA Coach development officer.

After the formalities and safety talk the first session was taken by Paul Wildish Sensei, the content focused on the weapons section from the Dai-San and in particular the 'sword taking', each of the five techniques were explored in detail giving the student a comprehensive understanding of the mechanics of the kata.

After a short break Tsuchiya Sensei taught the Goshin Ho, with the content centred on using a relaxed wrist and arm to make the techniques more effective, Tsuchiya sensei

explained that although only 49 techniques are used for grading purposes there are many more available.

Third session Vanda Fairchild Sensei taught Tanto Kaeshi Waza, exploring movement and counters and Tanto Atemi Waza. After lunch we did it all again, Paul Wildish Sensei this time looking at Jo from the Dai-San exploring each technique in detail so to understand the kuzushi.

Goshin Ho again from Tsuchiya Sensei followed by Vanda Fairchild Sensei Tanto Kaeshi Waza.

Mat activity halted around 5pm so the Level 1 coach attendees could be assessed, Followed by the Kyu and Dan Grading, This led to the following promotions:-

<i>James Abernerthy</i>	<i>3rd Kyu</i>
<i>Gary Maiden</i>	<i>1st Dan</i>
<i>Martin Dean</i>	<i>2nd Dan</i>
<i>Kelvin Shiel</i>	<i>2nd Dan</i>
<i>Lee Adams</i>	<i>3rd Dan</i>

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10th International Aikido Festival & Tournament 2013

Kawasaki City, Japan



The BAA challenge in Kawasaki

Danielle Jones

Team managers Danielle Jones and Mick Pratt have led the most successful team in the BAA's history. Both are retiring this year from team management and will leave a class act to follow. We thank them for all the excitement and thrills they have given us. Here Danielle gives us a crisp account of the last international competition of their joint stewardship.

This year was an outstanding year. With the competitive Aikido world split in two following the SAF leaving the JAA last year, and with a number of our previous squad

players unable to attend due to work commitments, we had certain reservations about the competition. However, it was reassuring to realise that there was a good number of participants at the competition, with over 400 competing, including 28 men's randori teams and a very high standard of participants. At the competition itself the BAA team was truly amazing. There was a great sense of team spirit (quite unlike anything we had experienced before). We are immensely proud of the commitment, effort and skill level demonstrated by each and every member of the team, who expertly

represented both the association and the country. Certain members of the team excelled to produce some brilliant displays of Aikido, both in Embu and Randori events, standing out in the world of sports Aikido. The team was complimented by a number of groups and individuals from around the world for its level of skill, technical standard and spirit. We achieved the best results in Japan since being in management, winning medals in eight out of the nine disciplines. It is with deepest regret that this year will be our last in management. The role has brought great value to our lives and it has been a great privilege to



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watch some of the best competitive practitioners in the world grow as Aikidoka, as individuals and as a team.

BAA National Squad

BAA National Team

Training

Leading up to the 10th International Tournament, we held fourteen squad training sessions from January 2012 to August 2013. All the sessions were held at Loughborough University. Between April 2012 and September 2012 we invited guest instructors to coach, including Gitte Wolputt, Phil Newcombe and Marco Crispini. Team selection, which was announced at the August Squad session in 2013, was based on individual performance at these sessions, as well as at the competitions and courses. Each year the squad releases a National Team Pack at the beginning of the training season which outlines entry requirement for each of the National team tiers – National squad, National team, BAA team.



There were 10 competitors who represented the National Squad. These were -

- Mick Pratt
- Danielle Jones
- Jermaine Liburd
- Laura Beardsmore
- Paul Carr
- Natuley Smalle
- Adedoyin Ogunbiyi
- Scott Pearce
- Phil Hargreaves
- Sarah Fletcher

There were 10 competitors who represented the National Team. These were -

- Gareth Bottomley
- Martin Hall-May
- Robert Price
- John Parker
- Seb Jackson
- Daniel White
- Andrew Rigby
- Fred Kamara
- Nathan Lomax-Cooke
- Morgan Murphy

KAWASAKI 2013 the BAA challenge

BAA Team

There were 8 competitors who represented the BAA Team. These were -

Daniel Ramsden
Chelsie Gavigan
Callum Aldridge
Joe Ockenden
Paul Myhill
Wayne Cooper
Leo Smalle
Phil O'Hara

Summary & Future

Throughout the year the team worked extremely hard with the majority of players attending most of the training sessions as well as attending regular club practice and competitions. The team spirit was extremely strong and all players displayed a very positive attitude. The team selection as well as the dedication and hard work of the players resulted in outstanding achievement at the International Tournament.

The tournament presented certain challenges to the team, with new refereeing and judging procedures being announced the morning of the competition. Both embu and randori refereeing changed significantly, with embu being marked on a points system and some significant randori rules being changed. The teams were outstanding and displayed their prowess in adaptability, expertly overcoming last minute changes.

We wish to thank Dominic Cheshire for his support to the team as Team Medic. We also would like to thank Bob Jones and Garrett Baxter who attended as referees. A big thanks to the executive committee for your continued financial support to the team. It means a great deal to players who are able to travel

Team Results

Altogether BAA competitors won 4 Gold, 2 Silver and 5 Bronze medals.

<u>Award</u>	<u>Event</u>	<u>Competitor(s)</u>
Gold	Women's Team Randori	Danielle Jones, Laura Beardsmore, Natuley Smalle & Sarah Fletcher
Gold	Women's Individual Randori	Laura Beardsmore
Gold	Kongodantaisen	Danielle Jones, Daniel Ramsden, Mick Pratt, Paul Carr, Laura Beardsmore, Jermaine Liburd, Adedoyin Ogunbiyi
Gold	Koryu Dai San	Gary Hogg & Steve Hogg
Silver	Open Kata	Mick Pratt & Paul Carr
Silver	Men's Team Randori	Paul Carr, Daniel Ramsden, Jermaine Liburd, Phil Hargreaves, Adedoyin Ogunbiyi
Bronze	Women's Individual Randori	Natuley Smalle
Bronze	Men's Individual Randori	Jermaine Liburd
Bronze	Dan Junanahon	Sarah Fletcher & Andrew Rigby
Bronze	Open Kata	Jermaine Liburd & Daniel White
Bronze	Koryu Dai San	Mick Pratt & Paul Carr

around the world to represent that association. It is always much appreciated.

It is with regret that we will resign from the post of National squad managers following the International tournament in Kawasaki. The role demands a great deal of work and both emotional and time investment, which we feel unable to continue in the future. We believe that as a new generation approaches, attracting younger players to the squad, new management will bring a fresh new outlook with new motivation and ideas. We would like to thank the players who have supported us over the years – without your commitment, dedication and hard work we, as a team, wouldn't have achieved the success we have over

the years. We have been immensely proud to be the BAA National squad managers and to represent such a talented, skillful and brilliant group of people.

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KAWASAKI 2013 BAA Women

Always the Bridesmaids...

Laura Beardsmore



Kawasaki BAA Women's Gold Medallists
 Laura Beardsmore gives her personal account of the frustrations and rewards of being a member of the BAA Squad from a woman's perspective.

When looking at the chronicle of achievements in women's team randori at the last nine JAA International tournaments, it would be hard to avoid noticing the absence of a world title. Where the men's five-man Randori team have succeeded on two previous occasions, the women's team have struggled to cross the finish line. Whether it be absence, injury or the now renowned 'second day syndrome' the gold medal has eluded us.

It would be fair to say the women currently making up the national team have had an injury strewn few years and we are in the hunt for new volunteers to take over the reins. Natuley Smalle with a serious achilles injury, Sarah Fletcher has had ongoing ankle problems, I broke my thumb and Danielle...well what hasn't Danielle injured.

At the turn of 2013, I will have you under no illusion I was definitely going to compete in Kawasaki. Work, life and injury put the massive commitment we all make to aikido into perspective. In particular the dedication it takes mentally and physically to prepare for an International tournament. However a few things helped make

my decision. First Natuley got fit, had a fierce haircut and put me to shame with the intensity and desire to train. I doubt any competitive minded sports person wouldn't feel the stab of "actually I don't want to lose my individual title". Second, Danielle tugged at the heart strings of the 'gold that got away' with regard to women's team, and with Natuley's renewed vigour we all started to become quietly confident that 2013 might be our year.

So 12 squad sessions, multiple club nights and gym sessions with months of penny scrimping along the way we were in Kawasaki. And was it worth it. After a comfortable preliminary and quarterfinal round, we faced the semi final. Having gone 2-0 up Danielle took to the mat to play out the third bout to seal the deal when a quick change of direction caused a toe crunching dislocation. In hindsight, the best decision we could have made as a team was standing our ground and not forgoing our fourth man (Sarah Fletcher) to a Russian team earlier in the tournament.

The final was a tense affair, ultimately it came down to raw determination and desire which thankfully all the girls I am privileged to stand next to have in abundance. You could say we nailed it, but in truth we dug deep and did what we needed and there is no shame in that. Much will be said about Kawasaki, whether it be positive about the team performance or negative about ongoing politics, but it will go down in history as the first International women's team title for the BAA. That alone will hopefully inspire more girls to stick out the junior years to come join us where we have proved women can mix it with the best of them.

International Women's team results

2003 Leeds – England (5th International World Championships)

Silver D. Jones, N. Anson & R. Pratt

2005 Katsuura - Japan (6th International World Championships)

Bronze D. Jones, V. Fairchild & N. Anson

Bronze N. Smalle, L. Beardsmore, & S. Fletcher



2007 Vandalia – USA (7th International World Championships)

Silver D. Jones, N. Smalle & L. Beardsmore



2009 Kyoto – Japan (8th International World Championships)

Silver D. Jones, N. Smalle & L. Beardsmore



2011 London- England (9th International World Championships)

Bronze D. Jones, L. Beardsmore & S. Fletcher

2013 Tokyo – Japan (10th International World Championship)

Gold D. Jones, L. Beardsmore, N. Smalle & S. Fletcher

KAWASAKI 2013 BAA Women

A journey

Natuley Smalle recounts *her* own personal journey to this year's victory in Kawasaki.

Women in Aikido seem to be a hot topic in 2013, and through the years many women have come and gone through the competitive ranks of the BAA. In the last 10 years however, four women have remained a pretty constant presence; Danielle Jones, Laura Beardsmore, Sarah Fletcher and myself. I would say the handing over of the proverbial baton from the previous generation came in Katsuura 2005, with this being the final appearance of Vanda Fairchild and Nicole Anson in randori, where both women's teams took the bronze. Since then between the four of us we have always been on the precipice, with two silvers (Vandalia 2007, Kyoto 2009), another bronze (London 2011) and European titles to boot, but just never quite able to grasp the big one.

Over the years I'd say we've each had our own obstacles to overcome in trying to attain this title. My own journey has not been a simple one, full of peaks and troughs both in my confidence and commitment. Along

Natuley Smalle

the way the girls have helped to keep me going in various ways. Danielle the ultimate third woman, with an uncanny ability to dig deep and find that extra gear whenever our backs are against the wall. Sarah with her unswerving commitment and budo spirit, then Laura, the trail blazer for us all, seeing her dedication in the run up



to the 2009 championships, the successes there and subsequent titles has been nothing short of awe-inspiring.

London 2011, I was convinced that it was ours to take. Fate had other plans; a ruptured Achilles left me devastated and forced me to watch from the sidelines. Not that it mattered the girls fought on with the same level of guts and

determination we have all come to expect, it just wasn't our time. So Kawasaki 2013, with all of us as injury free as we are ever likely to be, with the world championship in our midst, everyone throwing themselves into training with renewed vigour and me personally finding a level of want I never realised I had, surely this time was our time. Not to mention it being Danielle's last as Squad manager and potentially the last time the four of us would ever compete together, we had a lot riding on this one. The road wasn't easy and the final too close for comfort, but at last we did it!

I think the best thing about it is that all four of us played our part during the tournament and all four of us were officially national squad members and we did it on Japanese soil. Ashamedly I have to admit I am glad that fate didn't deny me this feeling in 2013. I hope our journey keeps the topic of women in Aikido, particularly competitive Aikido, alive and inspires the next generation to take over the baton.

KAWASAKI 2013 the action!

Team report

Sarah Fletcher and Danielle Jones

Wow what a competition!

Our journey began on Thursday 19th September. The team gathered at the hotel in Kawasaki for a team meeting before the welcome party. Seeing everyone together, in Japan, in a sea of red shirts, waiting with nervous anticipation for the days ahead, has to be one of the most exhilarating experiences. Walking in convoy through the streets of Kawasaki to the welcome party – everyone knew the BAA were in town. The

team was in good spirits, greeting our friends from around the World – as we do once every couple of years. It is like seeing your extended family again. The highlight of the evening for many of us was the speech. Not the official political one, but the one given by Mr Tim Wolput – which we are all quite sure was completely different when repeated in Japanese!

On the first day – Friday 20th - several instructors held seminars. These were given by Eddy Wolput

(Belgium), Frits Van Gulick (Netherlands), Bob Jones (BAA), Aleksei Shchepikhin (Russia), Ken Broome (BAA) & Loi Ah Lee (Australia). On the following morning – Saturday 21st – more seminars were held by Tadayuki Satoh (JAA) and Seiji Tanaka (USA).

That evening was the referees meeting. This was a nerve-racking affair. The JAA, in true form, announced complete procedure and rule changes for the

KAWASAKI 2013 *the action!*

tournament (the next day!!). Instead of using the flag system for embu it was decided that they would use a points system. The score sheets looked like they had been developed by quantum physicists and none of the referees knew how to use them.

There were also rule changes for randori announced – and although these looked like they were going to open up play a little by allowing a wider range of techniques (or variations of techniques) and diminish the amount of shidos awarded – this was nevertheless still news to us and the referees! It is a good job that one of the team's buzzwords is adaptability!

of who had won – the two top pairs from each of the four mats would go through to the final. Little did we know that we would have to wait until 8pm (some 6 hours later) to find out our fate.

After an afternoon of gruelling first rounds in all the embu events, with no indication of scores, we then had the men's team first round qualifiers. It was extremely unfortunate that the BAA blue team (S. Pearce, F. Famara, N. Lomax-Cooke, A. Rigby & D. White) were drawn against the JAA first team in the first round. After putting up a good fight unfortunately they didn't prevail. At the end of the first day the BAA Red team (J. Liburd, P. Carr, D. Ramsden, P. Hargreaves

semi-final for Kongo Dantaisen (having not dropped a point in the qualifiers). Jermaine Liburd had expertly secured a place in the semi-final of the men's individual randori. We had two BAA women in the semi-final of the women's individual – Laura Beardsmore and Natuley Smalle were outstanding in the rounds. Along with Danielle Jones and Sarah Fletcher, Laura and Natuley had secured a place for the women's team in the semi-final (again not losing any points in the qualifiers) and the BAA men's red team joined them too.

On the finals day everyone woke with nervous anticipation and excitement. With many players previously experiencing the



'The BAA team showed amazing team spirit throughout the competition. Every time one of the team was on the mat, others were at the side supporting, giving encouragement and cheering for who ever was up. We saw some amazing aikido from both the men and women.'

The competition started on the afternoon of the 21st. It was incredibly hot – the JAA had reportedly spent the majority of its competition budget on YouTube and not on air conditioning! It was a very brave Chelsie Gavigan and Callum Aldridge that were the very first pair of the day to open the competition in the Kyu Junanahon event. With very little preparation on the procedure the pair did an excellent job. It was to the teams surprise that no scores were shouted out – the pair stood in anticipation of a mark but instead were asked to sit down! The following eight pairs on their mat went and performed with no scores given. We then expected that the judges would give some indication

& A. Ogunbiyi) were the only BAA men's team left in the competition.

Finally we were given our embu results. This was my favourite part of the whole competition. The world on sports aikido stood around as BAA echoed repeatedly around the room over the tannoy! The BAA team had four of the eight finalists in Open Kata and Dai San and three of the eight in Junanahon. It was worth the wait!

Day two was a busy day – with Kongo Dantaisen, Men's Individual randori, Women's Individual randori, Women's team and Men's team randori qualifiers. There were some truly amazing performances by the team. By the end of the day the BAA red team were in the

'second day syndrome' we were hoping they wouldn't meet the same fate this year! First up was Jermaine Liburd in the semi-final of the men's individual randori. Jermaine had shown great skill, determination and some amazing technique during the rounds but today he was up against Shimada San (current world champion). Shimada showed great class, throwing Jermaine with his trademark Shomen-ate. With seconds to go Jermaine threw Shimada San for Ippon but unfortunately narrowly missed out on the win. Jermaine secured our first bronze medal of the day! Next was the turn of the women. With two of them making the semi-finals – Laura and Natuley – the team

KAWASAKI 2013 *the action!*

tried to split in two to support them both. It was like we were watching a tennis match instead of Aikido – our heads turning from one mat to the next. Natuley secured our second bronze, missing out to Gitte Wolput. Natuley's performance throughout the year and at the competition was phenomenal, becoming a truly inspirational athlete! Laura powered on to the final, for a re-match of 2011's final against Gitte. Following Laura's success, the Kongo Dantaisen team (D. Jones, D. Ramsden, L. Beardsmore, M. Pratt, P. Carr, J. Liburd and A. Ogunbiyi), the Women's Team and Men's Team all reached the finals.

Then on to the kata finals - Phil Hargreaves & Seb Jackson, Gareth Bottomley & Martin Hall-May and Sarah Fletcher & Andrew Rigby in Dan Junanahon final, Mick Pratt & Paul Carr, Sarah Fletcher & Andrew Rigby, Gary Hogg & Steve Hogg and Scott Pearce & Nathan Lomax-Cooke in Dai San Final and Jermaine Liburd & Daniel White, Mick Pratt & Paul Carr, Scott Pearce & Nathan-Lomax-Cooke

and Danielle Jones & Morgan Murphy in the Open Kata final – the BAA had a busy day! Everyone performed brilliantly well – but again we had to wait! No scores given and another long wait for the results!

Before that was the afternoon of finals – Laura kicked us off by retaining her Individual women's title. Twice international gold medalist – pretty awesome! The golds then came in quick succession with the Kongo Dantaisen team beating the JAA first team in the final and then the Women's Team finally winning the gold. It was a close call, with Natuley throwing her opponent several times but out of the area – finally getting a score in the area only seconds before the end. Sarah Fletcher then took the place of Danielle, who was injured in the semi-finals. Sarah did the team proud, showing sheer determination and fighting to the end! Then Laura sealed the deal! When the women's team won we didn't know whether to laugh or cry - we were so happy, so proud to be a part of the women's team that has

worked so hard over the last 10 years to achieve that gold medal and all the more special to win in Japan. The men's team then narrowly missed out to the JAA first team in the final, gaining the silver medal. They did themselves extremely proud – with Paul Carr drawing with men's individual medalist (Konaka San), Daniel Ramsden beating the men's world champion (Shimada San) and Jermaine winning his fight 12-1. Outstanding. Unfortunately overall the team lost on points!

As for the kata results – again at the end of the day the BAA names were called out over and over again. It was an unbelievable feeling to be a part of this amazing team. Overall the competition was a great success! We got the biggest medal haul in Japan, each and every member performed brilliantly and the team showed great sportsmanship and team spirit. It feels amazing to be part of one of the best competitive aikido groups in the world!

Autumn School Herne Bay 2013



A second full days training started again at 9.30am, with Tsuchiya Sensei deciding the Jo-suburi would be fun, after the warm up using the Jo we explored the 6, 11, 21 and 31 (I think – heads a bit fuzzy about this) a very enjoyable session

and something slightly different to start the day.

After a short break Shaun Hoddy Sensei took everyone through the entire Koryu Dai Ichi, excellent technical direction, which no doubt improved every ones understanding of this important Kata for Tomiki Aikido...

I would like to thank all those instructors who gave their time freely and to the Committee of my club who gave up their weekend and made the event

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possible.. so many high moments, so many new friends.. how do we repeat this next year... can't wait!

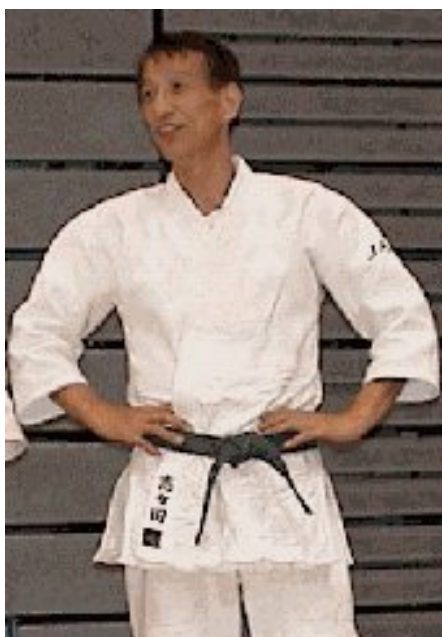


KAWASAKI 2013 keynote speech

What is the Complete Tomiki Aikido?

Fumiaki Shishida, PhD, Shihan of the Japan Aikido Association.
September 19, 2013

At the opening of the 10th TAIN International Aikido Festival and Tournament, Professor Fumiaki Shishida delivered this important keynote speech outlining his vision and ambition for the future of Tomiki Aikido. Ever the 'restless researcher' Shishida has undertaken an in-depth analysis of the development and theoretical underpinning of Tomiki's concept of aikido and judo. In this speech Shishida outlines where his research has led him and why he thinks it is necessary to make a profound change of direction in the teaching and practice of Tomiki Aikido.



Tomiki touched Sato's chin with a palm and let him escape, Tomiki then followed him and toppled him after floating his both his legs from the tatami mat.³

Sato explained that Tomiki's skill came from the principle of how to break balance demonstrated in the *Itsutsu-no-kata* of judo. I already referred to the importance of *Itsutsu-no-kata* in a book in 1985, because I knew that Tomiki emphasized it in his articles. But, honestly, I did not really know why it was important. It was Sato who explained to me its significance. However, Tomiki did not teach how to practice it (*Itsutsu-no-kata*) to the previous 'two Shihans' (*Shishida & Nariyama*) of the JAA, so we misunderstood it. The 'two Shihan's' emphasized only how far we move in one breath. One of the reasons why Mr J Konaka became an excellent practitioner, is that he learned from Sato how to move after making contact with an opponent's chin by following with unsoku (*nimble steps*). (Please let me skip mentioning the Tsukuri of Kansetsu-waza, and postpone it for another occasion.)

Ladies and gentlemen,
I have the honour of giving a keynote speech on the subject of "What is the complete Tomiki Aikido".

I have received many messages of support from all parts of the world, since I sent a short message of encouragement to our friends entitled "Under the banner of the Tomiki's spirit" on May 6, 2012. Despite the controversy raised by the "Report on the current situation of the JAA", I express my heartfelt thanks to those of you who have stood by my side. Some of my friends kindly suggested that I should refute the emotional allegations of our detractors with an evidence based, rational approach. In fact I finished writing a rebuttal message but have not delivered it

to you. It was because I believed in a proverb: *God stands with the righteous*.

1. The meaning of the "Tsukuri" training method as a part of Tomiki Aikido.

Master Tomiki emphasized Kuzushi¹ and Tsukuri² in his last few years. One day Tomiki taught that there was Tsukuri in the atemi-waza of aikido. This was because many practitioners applied dangerous attacks against their partner. According to Master Tadayuki Sato, Tomiki taught how to touch a partner softly with a palm, but he did not teach how to topple one's partner to any student. However, he demonstrated it to riot police officers at a special training course for the 1979 G8 summit in Tokyo.

Tomiki accomplished tremendous teaching for many senior and even junior people in his long aikido life from 1940 until his death in 1979.⁴ I regret to say that the training method of "Tsukuri" taught in his last years is only one part of his "treasures". Of course, it is still a crucial method if done appropriately, but any methods is possible to improve whilst a principle is impossible to change.

KAWASAKI 2013

keynote speech

So we should always think of both Tomiki's concrete methods and his theory behind those methods.

2. The complete aikido system founded by Master Tomiki

Tomiki Aikido has been in existence for long time, beginning in 1927 when Tomiki started to learn Aiki-jujutsu from Ueshiba. From around March of 1936 when Tomiki began to teach it in earnest in Manchukuo, he had many pupils in various groups. He published two textbooks for the military police about Aiki-bujutsu,⁵ and one long article that is called "The Systematic Study of Techniques While Maintaining Distance in Judo"⁶ before World War 2. After the post war period, Tomiki wrote "Judo Exercises"⁷ in 1954. If you had read that book, you might have been surprised at Tomiki's scientific analysis of waza, his fundamental theory, basic terms and so on that you have never been taught. In the "Introduction to Aikido"⁸ in 1958, Tomiki explained his theory in much detail. One of his most important opinions when we practice aikido, is to be practical even in actual combat, which means that you must defend against any stab or sweeping techniques in judo. Tomiki tried to modernize Ueshiba's aiki-jujutsu and establish the second randori training system of judo at the same time from this perspective. This is exactly what Tomiki's spirit is.

When we reconsider all techniques from that perspective, I have to honestly admit that we, the two Shihans, misunderstood about how to apply a waza.⁹

3 Koryu-no Katas and the problems that we have left undone.

I rediscovered one excellent instructor who was well taught by Tomiki. One day around 1990, I watched a scene of an instruction

session on a video, where the instructor was teaching many students how to break the balance of the opponent in various cases of randori, but not in those of kata. I was shocked by the contents of his teachings and his truly effective performance with plenty of confidence. After that, I tried to study his techniques, theory, and history, but did not have a chance to discuss with him directly about these techniques for a long time. He was Tadayuki Sato,^{10 11} one of my former students from Waseda University Aikido Club between 1979-1981, when I was involved in the club as the supervisor. He first met Tomiki at the funeral for his father in 1970. Tomiki kindly started to teach his theory and methodology of both judo and aikido to him. In 1977, Sato entered Waseda University, and started to both practice judo at the judo club and aikido at the aikido club, and finally he decided to belong to the aikido club when he was a sophomore. Tomiki told him to visit his house every Sunday, where he learnt the "essence of aikido".

Young Sato and the other young aikido practitioners in the club were very strong, but they had little experience of the Tsukuri training method but instead the traditional training method. The same was true of my later students at the club. I realized from these facts that



the Tsukuri training method that I had constituted from Tomiki's teachings¹² was not a decisive method. My conclusion was that I had misunderstood it because I did not consider it in relation to the entirety of Tomiki's teaching that Tomiki continued to study and teach as his own way of aikido. In fact, instead of simply adding the Tsukuri training method, the 'two Shihans stopped studying and teaching the many Koryu-no-kata,¹³ that were established mainly by Master Hideo Oba. We also failed to study the Koshiki-no-kata, Itsutsu-no-kata, Kodokan skills of self-defence etc., in judo, although Tomiki put a great importance on them in his articles. We will have to continue to study all of them not to preserve them but learn the essence of budo.

4 The difference between Kata and Embu

In May 3 of 2012, we held the junior students tournament that included both Randori and Embu in the Kanto area. As a matter of fact, we will of course preserve the Embu competition both in the international and domestic tournaments, although Tomiki did not prefer it. I personally think that we should keep this program, while studying how to judge and how to evaluate the quality of Embu from Tomiki's standpoint of budo practicality.

When I read their "Report on the current situation of the JAA", I am afraid that many people might not understand the difference between Embu and Kata. The traditional style and spirit of Koryu-Daisan that Master Oba mainly established seems to have been lost when I look at the demonstrations by high dan-grade instructors. But, fortunately, there are many talented elder instructors in the world, and Japanese old practitioners have been coming

KAWASAKI 2013

keynote speech

back to dojos in the JAA. We should make an endeavor to spread the great Tomiki Aikido in cooperation with us.

Closing remarks

I have a dream to establish the stable theory and methodology of Tomiki Aikido by reconstituting all of Tomiki's teachings. The contents will include Toshu-randori, Koryu-no-kata, Judo, Jujutsu etc., as well as ordinary Tanto-randori through the study of Tomiki's documents, teachings, and related matters. I have already published the following articles on these points on the internet. Attached below are some of them for your information.

- Shishida, F. (2008) *Counter techniques against Judo: The Process of Forming Aikido Circa 1930*, Archives of Budo, Vol. 4:4-8.

- Kudo, R. And Shishida, F. (2010) *The meaning of aiki in Aikido: Focusing on comments made by Morihei Ueshiba and his pupils*, (in Japanese), Japan J. Phys. Educ. Hlth. Sport Sci. 55: 453-469.
- Shishida, F. (2010) *Judo's techniques performed from a distance: The origin of Jigoro Kano's concept and its actualization by Kenji Tomiki*, Archives of budo, Vol. 6(4): 165-172.
- Shishida, F. (2011) *Jigoro Kano's pursuit of ideal judo and its succession: Judo's techniques performed from a distance, "Ido Movement for Culture. Journal of Martial Arts Anthropology" Vol. XI (1): 42-48.*
- Shishida, F. (2012) *A Judo That Incorporates Kendo: Jigoro Kano's Ideas and Their Theoretical Development*, Archives of Budo, Vol. 8(4): 225-233.

I believe that you will easily understand the meaning of Tomiki's ideal and what we should be heading for.

Thank you for listening. We have to overcome rapidly the problems we are confronted with. For that purpose, I will do my best to expand the prestige of the JAA or Tomiki Aikido while cooperating with all of

our friends across the world. I would appreciate it if you would help us for the just and righteous cause of Tomiki Aikido at the present critical moment.

- 1 Throwing the opponent off his/her balance.
- 2 Throwing the opponent off its balance and concurrently getting ready for applying a waza to the opponent.
- 3 Mr Masayuki Fujita (Sato's senior), one of Tomiki's assistants at that teaching, said that everyone was struck with astonishment.
- 4 It is the year when he was promoted to be the first aikido 8th dan by Master Morihei Ueshiba.
- 5 "Aiki-bujutsu-kyotei" (1937) and "Taijutsu Kyohan" (1940).
- 6 Subtitle is "The Principles of Judo and the Techniques of Aiki-budo".
- 7 Subtitle is "The training system of Aiki-no-waza analyzed by "the principle of Judo".
- 8 Subtitle is "The rational training method of Atemi-waza and Kansetsu-waza".
- 9 For example, I think that we taught only a half of how to apply an shomen-ate.
- 10 (Transcriber's note: in Shishida's original the footnote on page 10 is missing)
- 11 Sato, born in 1957, started to practice judo in his father's club, a friend of Tomiki's, when he was 8 years old.
- 12 It was classified by Shishida based on Tomiki's teachings in 1979, when Tomiki passed away.
- 13 They are called Koryu-daiichi-no-kata, Koryu-daini-no-kata, Koryu-daigo-no-kata, and Koryu-dairoku-no-kata

KAWASAKI 2013

gradings

Congratulations Jugokan!

The International Festival provided a unique opportunity for individuals to experience a range of different high-ranking coaches delivering a variety of approaches and technical skills. Both Ken Broome 7th Dan and Bob Jones 7th Dan provided two quite different seminars with content of a very high standard. They were well received by the participants and helped demonstrate the breadth and depth of knowledge held within the family of British Aikido Association coaches.

As part of the International an opportunity to grade was provided and success came with both Steve and Gary Hogg achieving their 6th Dans adding to their Gold medal in the Dan San event during the competition making this a double celebration of their achievements. Their performance during the grading was of an excellent standard and brings great pride to

the Association in having them as members.

This achievement was further enhanced with Ken Broome 7th Dan being appointed as a JAA Shihan, this is a great honour and well deserved.

Bob Jones

In retrospect the members from Jugokan played a significant part in Japan not just in the competition but also as ambassadors for Tomiki Aikido and the Association.

Well done all

British Aikido Association.



Junior Open South Competition



On Saturday 23rd November 2013 sixty-five of the BAA's finest junior and youth competitors turned out for the Junior Open South tournament in High Wycombe. It was an extremely successful day with all competitors demonstrating some great Aikido and excellent sportsmanship. Congratulations to all those who took part. We hope to see you at the BAA Junior competitions in 2014:

BAA Junior Open North - March 22nd - Bradford

BAA Junior Nationals - June 21st - Bradford

ETAN Junior European Championship -October 26th-27th - St Petersburg, Russia

BAA Junior Open South - November 22nd - High Wycombe

BAA Junior Open South 2013: Results

Under 8's

Basic Kata

Bronze	Stewart & Muraska	Huddersfield
Silver	Young & Maud	Huddersfield
Gold	Godsman & Hartley	Bradford

Tanto Kakarigeiko

Bronze	Stewart & Muraska	Huddersfield
Silver	Young & Maud	Huddersfield
Gold	Godsman & Hartley	Bradford

Ninin Dori

Bronze	Muraska, Young & Emmerson-Curry	Huddersfield
Silver	Maud, Stewart & Hartley	Huddersfield/Bradford
Gold	Vint, Simpson & Gard	Eastleigh

Best Individual:	Thickbroom	Eastleigh
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Under 12's (including under 10's)

Basic Kata

Bronze	Hill & Hill	Bradford
Silver	Emmerson-Curry & Watson	Huddersfield
Gold	Galiev & Young	Huddersfield

Tanto Kakarigeiko

Bronze	Hill & Hill	Bradford
Silver	Galiev & Young	Huddersfield
Gold	Emmerson-Curry & Watson	Huddersfield

Ninin Dori

Bronze	Booty, Hristova & Hristova	Essex
Silver	Hill, Hill & Godsman	Bradford
Gold	Galiev, Young & Watson	Huddersfield

Junior Open South Competition *Results*

Tai Sabaki		
Bronze	Watson	Huddersfield
Silver	Galiev	Huddersfield
Gold	Young	Huddersfield
Best Individual:	Gniewek	Essex
Under 14's		
Basic Kata		
Bronze	Bolton & Gander	Leeds
Silver	Harrison & Pullan	Huddersfield
Gold	Barker & Emmerson	Huddersfield
Tanto Kakarigeiko		
Bronze	Pienkowski & Wilson	Tanseikan
Silver	Gander & Bolton	Leeds
Gold	Barker & Emmerson	Huddersfield
Ninin Dori		
Bronze	Dawit, Wilson & Pienkowski	Tanseikan
Silver	Gander, Bolton & Riley	Leeds
Gold	Barker, Harrison, Emmerson & Pullan	Huddersfield
Best Individual:	Elliot	Eastleigh
Under 16's		
Basic Kata		
Bronze	Godsman & Gornall	Bradford
Silver	Shergill & Barker	Bradford
Gold	Bolton & Gander	Leeds
Tanto Kakarigeiko		
Bronze	Godsman & Gornall	Bradford
Silver	Shergill & Barker	Bradford
Gold	Bolton & Gander	Leeds
Ninin Dori		
Bronze	Hodgson, Pantiru & Cox	Essex
Silver	Barker, Shergill & Gornall	Bradford
Gold	Bolton, Gander & Duckett	Leeds
Open Kata		
Bronze	Emmerson & Barker	Huddersfield
Silver	Shergill & Barker	Bradford
Gold	Bolton & Gander	Leeds
Tai Sabaki		
Bronze	Shergill	Bradford
Silver	Bolton	Leeds
Gold	Gander	Leeds
Best Individual:	Pantiru	Essex
Overall Team Champions:		Huddersfield



BAA Executive Committee

Dan Grade promotions

The BAA Executive Committee wishes to congratulate the following members on their Dan Grade promotions at the BAA Autumn School in Herne Bay, Kent on the 9th November 2013.

Gary Maiden	1 st Dan
Martin Dean	2 nd Dan
Kelvin Shiel	2 nd Dan
Lee Adams	3 rd Dan

Happy Christmas!



The BAA wishes all its members, clubs and aikido friends throughout the world a Happy Christmas and a successful New Year!

BAA Executive Committee

WANTED

National Team Manager(s)

Due to the retirement of Mick Pratt and Danielle Jones the British Aikido Association National Executive Committee are looking for a committed individual(s) to manage the British National Team leading to the next international in 2015 and looking forward to Japan in 2017.

The post is appointed on a three year rolling programme and has full responsibility for the team's development, coaching and preparation for international competition.

As a full member of the Executive Committee the Manager (s) have full voting rights on all matters and would be expected to liaise with the Executive, Sports Development Officer, Youth Development Officer and a range of potential coaches and specialists.

Candidates would have to provide an Aikido related Curriculum Vitae with a personal vision and brief outline of how the team would operate and develop over the next three years.

Interested candidates should contact the Chairman for an informal discussion about the post, its remuneration, expectations and association ambitions.

Closing date for application -

Friday 31st January 2014

Chairman Bob Jones

Tel 01943 863857

Mb 07793 487098

jonesbinw@btinternet.com

WANTED

National Team and Competition Emergency Aider and Physiotherapist

The British Aikido Association National Executive Committee are looking for a committed individual to act as emergency first aider and provide physiotherapy and first aid at competitive events and to the British National Team on international duty.

The post is appointed on a three year rolling programme the appointee having to liaise with the National Team Manager, Sports Development Officer, Youth Development Officer and cover a range of events on an annual basis.

Candidates would have to provide Curriculum Vitae with particular reference to emergency aid qualifications and experience.

Candidates must have independent insurance cover for first aid and emergency aid activities and cannot be engaged in competition event itself.

Interested candidates should contact the Chairman for an informal discussion about the post, its remuneration, expectations and association ambitions.

Closing date for application -

Friday 31st January 2014

Chairman - Bob Jones

Tel 01943 863857

Mb 07793 487098

jonesbinw@btinternet.com



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http://www.ninecircles.co.uk/Clothing/Embroidery_Service/BAA_Logo_Embroidery.aspx



Keep up to date with

BAA Courses, EC & Club Events 2014

19 Jan **Squad Session**
Loughborough University

1-2 Feb **BAA Winter School North** EIS, Sheffield

2 Mar **EC TBC**

9 Mar **BAA National Championships** EIS

22 Mar **BAA Junior Open North**
Bradford

19-20 Apr **ETAN European Championships** Antwerp
Belgium



26-27 Apr **BAA Spring School North** - Ireland

11 May **Squad Session**
Loughborough University (SH)

24-26 May **BAA Spring School South** - Winchester

Jun **EC TBC**

15 Jun **BAA Senior Club Championships** Thomas Tallis,
Kidbrooke, London

21 Jun **BAA Junior Nationals**
Bradford

25-27 Jul **BAA Summer School**
St Mary's Menston, Leeds

10 Aug **BAA Squad Session**
Loughborough University

Sep TBC **BAA SOTR School**
Folkestone, Kent

Oct TBC **EC TBC**

26-27 Oct **Junior ETAN Championships**
St Petersburg, Russia

8-9 Nov **BAA Autumn School**
Herne Bay, Kent

16 Nov **Squad Session**
Loughborough University

22 Nov **BAA Junior Open South** High Wycombe Judo
Centre

Dec TBC **Kyu Grade Comp South** TBC

14 Dec **Squad Session**
Loughborough University

Contact: shizentai@aikido-baa.org.uk