

Shizentai 5



The British Aikido Association journal December 2014/January 2015

Konaka Sensei at the BAA Summer School

**BAA Spring School
South Of The River
BAA Autumn School
Shishida Sensei's visit
Ohba biography
DBS & Coaching Juniors
Junior reports**

Editor's page

Happy New Year!

First we are sorry that due to a number of circumstances Shizentai 5 is out far latter than originally intended. We hope to back on a regular schedule with three issues a year coming out in spring, late summer and late autumn in 2015

The BAA has had another successful year. We have seen BAA club teams compete successfully on the European stage. Tanseikan gave a storming performance at the European Championships in Antwerp with Scott Pearce and Natuley Smalle winning individual randori Silver medals. Tanseikan won Team Tanto Randori Gold and more Gold medals for embu events (see Shizentai 4).

Our juniors have also had a great year with well attended and enjoyable home competitions and major successes for Huddersfield and the Yorkshire Team at the recent European Tomiki Aikido Junior and Youth Competition held in Moscow.

2014 also saw visits from Fumiaki Shishida Sensei and Yuki, Keiko and Junji Konaka Sensei of the JAA(NPO). Shishida Sensei visited the Spring School and taught at Thanet Judokwai (Aikido) in Margate and at Jugokan in London, where his aikido was well received. Elements of new thinking and technical re-evaluation within the JAA were evident in both of Shishida Sensei's seminars. This was effectively complemented by Konaka Sensei's teaching at the

BAA Summer School. Which was enthusiastically received for its effective randori orientated content by all who attended. We hope to see him back in the UK in the near future.

All the BAA Schools produced great content for developing kata and randori this year and deserve greater support. The stalwarts are always there but we still need to see more members attending. You will come back from these events inspired, with a greater understanding of how you can develop your skills and enjoy your aikido all the more as a result.

Next year looks set to a busy and interesting year for the BAA and particularly for those who are competition minded. The BAA will be sending its Squad both to the Shodokan Aikido Federation World Championships in Brisbane and the JAA(NPO) sponsored Eleventh TAIN International Festival & Tournament in Fiesch, Switzerland.

Attending both the international competitions will obviously put a strain upon the BAA's resources, so we urge to pay your memberships fees on time. Your fees are our only real income and to mount schools and adult, junior and youth competitions we need your support. Speedy payment of membership fees are vital to the BAA's ability to support you with the high quality events we stage every year. Let's hope 2015 will continue to see the growth of a stronger and more united BAA than ever before.

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Published by the **British Aikido Association** website www.aikido-baa.org.uk

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BAA Spring School South

Winchester 26/27 April 2014

Francis Burgess



The Annual BAA Spring school runs on the late May bank holiday weekend in Winchester, this year the dates were Saturday 24 – Monday 26th May.

The school was open by the BAA Traditional instructor Tony Davis who led the class in various free style techniques using the Jo. This was well received as the majority of Aikidoka only handle the Jo for Koryu Kata and not in a free style situation.

Lindsay Comens took the second session on the Saturday. Lindsay was the BAA's guest instructor

from a local Traditional Daito Ryu club. Lindsay brought a small class of his pupils who were able to help the class with the unfamiliar Daito Ryu techniques. Aikido has its origins in Daito Ryu and the links could quite easily be seen in the techniques that were being demonstrated and practiced.

The school were very honoured at this point to be joined by Shihan Fumiaki Shishida, 8th Dan Tomiki Aikido JAA who had come with a keen interest to see Lesley Hepden teach the Koryu Dai Roku.

Lesley taught 3 sessions on various sections of the Koryu Dai Roku which is a very precise coordinated kata requiring absolute concentration and collaboration between Tori and Uke. Shishida was very impressed with the precise, accurate coordinated way the Kata was delivered and practiced. Paul Wildish ended the timetabled part of the day with an intense Goshin – Ho training session. This was delivered with under the watchful eye of Shishida who was



Shishida Sensei 8 Dan demonstrating some finer points of the Dai Roku to Paul Wildish 6 Dan

pleased to see that kata was being passed on so well. Running in parallel with the mat time sessions a number of Aikidoka were undergoing formal coaching training and at the end of the timetabled mat sessions they were let loose on a group of "volunteers" to show off their teaching styles and skills.

During the day in another Dojo the juniors had a variety of instructors – Ewan Craig took them through a general Kata session, Tony Davis entertained with Jo work and Rosalind Burgess run them ragged with freeplay. The juniors were also very fortunate to be instructed by Sarah Fletcher who has just taken over running junior competitions.

As the first day drew to a close the instructors and organisers entertained Shishida at a local Japanese Fusion restaurant.

The highlight of the Sunday sessions were when the juniors joined the seniors on the senior mat. Under Nicole Anson's watchful eye the juniors were put in to a competitive situation with the seniors taking on the role of judging and refereeing. There was a lot of flag waving and arms moving up and down, with everyone having a good time. Sunday also brought Bob Jones on to the mat teaching both juniors and seniors freeplay techniques and telling stories of Aikido in the dark days of History. Francis Burgess took his life in hand and let the juniors loose with bokkens - there were no injuries but a few of the bokkens had notices put in them from the low beams!

As Sunday practice drew to a close all who wanted to joined a BBQ hosted at the local IBM Hursley site. Where a few wondered off to see the Koi Carps and the surrounding woodland.

Monday – Grading day. The nerves were showing on the juniors as they were first to be put under the scrutiny of the examiners, Paul Holding, Tom Houghton and Rosalind Burgess .



The grading panel deliberates

To make thing especially difficult there was one senior grading with the juniors so 3 different syllabuses were required.

The senior Dan Grading started at 1:30 under the watchful eyes of Bob Jones, Lesley Hepden, Paul Wildish, Andrian Tyndale and Paul Holding. By 4:30 PM it was all over - the 3rd year at the Winchester venue. Special tanks go to Tricia Munns and Marion Widdop who were always on hand with food and drink no matter what the time of day.



Lesley Hepden 7 Dan teaching Koryu Dai Roku kata



BAA Summer School North

St Mary's School, Ilkley 2014

Pamela Dempsey



Yuki, Keiko and Junji Konaka

The two days of aikido that changed my life...

I was unfortunate enough to miss the first days training on the Friday, last time I leave Keith Mc Clean to book flights for an Aikido weekend.

As what most have come to expect from Summer school and impressive line up: Bob Jones 7th Dan, Junji Konaka 5th Dan, Vanda Fairchild 5th Dan and Tony Davis 5th Dan (Traditional)

And they were impressive! With a days training missed, I was now in a race against time to absorb as much as possible in the two short days we had. It's not every weekend that aikidoka from the UK, Ireland and Europe have the opportunity to train with Junji Konaka. With reports from many that he is one of the most impressive randori players they've ever seen, he certainly lived up to the billing. His demonstration and instruction on the Junanahon and

it's randori applications brought a new depth of understanding and new way of looking at the kata. He focused on the finer points of kuzushi. His sessions brought a new dimension to the Junanahon with some variations just leaving most speechless.....including some of the ukes. Most were left with the feeling of being an absolute beginner. It was as though I'd seen the techniques for the first time, that wonderful feeling only aikido can bring and



the excitement of getting to train afterwards.

A tough act to follow Sensei Bob Jones never fails to be informative and captivating in his lessons in aikido. More than heavy training giving some a well needed rest, he followed on from his lesson on Friday of speed vs agility and strength vs power lesson and as usual had the crowd invested in his lesson.

Next up Vanda Fairchild, I've had the pleasure and good luck to train with Sensei Fairchild on a few occasions previously and I always look forward to the upbeat active sessions that are put on. Focusing once again on the social side of aikido and how it's distinct from other martial arts, an intelligent social martial art and focusing on that and not just technique after technique but to really focus on what you're trying to achieve.

Tony Davis was to follow with some excellent weapons demonstrations. This is the first time I'd gotten to train with Tony and the level of knowledge he brought from a traditional aikido point of view gave a greater understanding of the difference and similarity in traditional aikido weapons work and that of the tomiki syllabus.

That evening it was time for some food and socialising in the Jones house. But this time it was Danielle hosting, with Lee on grill it was a fantastic evening surrounded by great people with a shared love... free food. With some wonderful weather and company, as with all these events time flies and before long it was

time to bid our very gracious hosts adieu.

Sunday, as luck would have it was just as exciting as Saturday continuing on from where he left off Konaka completed the Junanahon with his randori variations (can't go into too much detail about it, that's what the DVD is for) It was clear from all those present that the ideas and adaptations were both highly

any thought them to be they were certainly corrected after a weekend of training with Junji Konaka, Keiko Konaka and Yuki Motosaka. I think everyone there can agree it's how we would all wish to start our day.

Vanda continued with the theme of her sessions active, lively and working on Kuzushi and followed by some light free play practice just to make sure we were alert



skilled and executed to near perfection with gasps of excitement and anticipation of a technique and the inevitable ukemi. What was most impressive is to see a kata that all learn from the beginning, something, I'm certain that most there would think they have a pretty decent grasp of and yet with new eyes looking upon it as new with childlike enthusiasm. I was awestruck at how simple and yet how complicated the techniques are. Many refer to this as the basic kata. Basic they are not. If

and heart rate up. Excellent instruction as usual ensuring everyone had equal opportunity to train with someone with more experience and then getting to train with those on the same level. We played with combinations and variations in preparation for those grading later. But before we knew it, time was up and this was it. Time to demonstrate the knowledge and skill you've acquired and see if it's enough for the grade.

I had the privilege to grade at summer school under an

impressive panel of Bob Jones 7 Dan, Mick Pratt 4 Dan, Paul Holding 5 Dan, Vanda Fairchild 5 Dan, Mark Aldridge 5 Dan heading up the adult grading panel. Congratulations to the successful candidates. But for all those present successful on the day or not we can all take away a great weekend of training some world class instruction and some excellent feedback from an esteemed panel of aikidoka. I've had the good fortune to be at the schools previously covered by Shizentai and I think that the writers all covered the theme of the weekends and managed to capture even just a snippet of the atmosphere we manage to create



Action shots from Konaka Sensei's sessions at the BAA Summer School



at these events. I don't think any great writer would manage to accurately describe the atmosphere that weekend, to learn from some of the best in world to train with them and get an insight into their aikido and yours, to be surrounded by those excited and enthused by new instruction and knowledge. To share the mats with friends, new and old. I'm already counting down the days to the next one.

Pamela Dempsey



Three technique combination from Konaka Sensei 5 Dan (above) shomen-ate, aigamae-ate, ushiro-ate

Shishida Sensei visits the Jugokan

Adrian Tyndale



Aikido Seminar with Shishida Sensei - Friday 27th June 2014

This took place at Jugokan, London SW17 (Ernest Bevin School Dojo) courtesy Ken Broome, Gary & Steve Hogg.

In attendance was the legendary Judo Master, Tony Sweeney.

The course focussed on aspects of tegatana and how to maintain the correct distance. First exercises in tegatana awase and shotei, then applications of these when applied using sweeps and turns.

In tegatana awase regular posture Shishida Shihan emphasised the importance of keeping the arm relaxed whilst maintaining the same length. The footwork must be used correctly and as studied in unsoku exercises, legs should not cross. When moving clockwise with the right arm leading the foot should be turned so that the toes lead the direction of movement. Moving anticlockwise, in a sense the heel leads, which is easier.

The focus of the hand-blade should be as if spiraling towards each other's centre of face. Exaggerated sideways or lateral movement of the arm should be avoided. It is not a fight but a method of connecting with your partner.

In shotei exercises the footwork is usually in the opposite posture to the arms. The focus is towards the shoulder and the arms are kept straight but not locked. The purpose of Uke is to maintain a reasonable resistance to be pushed but without "breaking the game". Tori can then practice

over coming this force by relaxing slightly and then by a small rotation and stiffening of the hand blade, momentarily regain the initiative. Once again it is about a partnership for improving the skill of each other not a fight.

We used aiki age (to bring up) - aiki sage (to bring down) to regain the distance once the wrist was grasped and then studied how to deal with this with a non-compliant uke. We used Shishida Shihan's idea of 'opposing vectors' to implement this.

In aiki age when the wrist is



Fumiaki Shishida Shihan, 8 Dan JAA teaching at the Jugokan, Ernest Bevin School Dojo

grasped if tori moves back with a relaxed arm, the arm of uke will naturally rise. This must never be forced by using the shoulder joint or associated muscles. Using the study of shotei, tori's hand blade can be swiftly rotated upwards which will lock the arm of uke. Various applications of this idea ensue if the hand blade is rotated down or to the left or to the right. Once the arm(s) of uke is/are locked tori can control balance and throw. Shishida Shihan uses the term "vector" to describe this. In this case the vectors of the two outstretched arms are directly opposing each other.

If now uke changes their thinking and grasps the wrist and always maintains a slight downward force, the principle of aiki age is broken! Tori, therefore, has to sink to the vector line, which is now directed towards gedan level of tori. By softening at the elbow whilst rotating the hand blade and dropping the body, Uke's vector can be met and opposed. This will once again lock the arm of uke. This is a two dimensional explanation, in reality each vector comprises three components. In effect tori manipulates the

shoulder of uke from the grasped wrist, uke's arm then "belongs" to tori. The connection at the wrist of tori is maintained by uke's initiative and tori focuses on "disconnecting" uke's shoulder from their body. When done effectively it becomes momentarily difficult for uke to release their grip on the wrist, which reinforces the overall effectiveness for tori. Like most aikido action it is difficult to explain in words what is



Shishida Shihan with Adrian Tyndale

happening precisely, it has to be felt.

The importance of positive kuzushi at the start of the technique was practised in relation to the tegatana concepts studied. This was applied to some of the standing section of Koryu Dai San. Some stimulating and interesting thinking on familiar techniques! :-)

To close we practised Tegatana go Dosa / Tandoku Undo. Shishida Shihan emphasised that this was the basic practice for hand blade movements. Performing this with a weapon becomes an application.

The session was very reminiscent of those run by the late Yamada Sensei.

For those of us with energy left some randori.

Last a 'sayonara meal' and drink at the Castle Pub, Tooting; this was well received after a good aikido session.

A great evening, thank you Shishida Shihan, Ken, Gary & Steve.

Bill Lawrence

8 Dan BAA



It is with great sadness that the BAA Executive reports the death of Bill Lawrence Sensei, 8 Dan. Bill died peacefully at the age of 95 at his care home in Wisbech,

Cambridgeshire on the 3 July, 2014.

Bill a former Chairman and President of the BAA, began his training in aikido with Senta Yamada in 1959. After Yamada Sensei returned home he continued his studies with Riki Kogure, Tsunemitsu Naito, Takeshi Inoue and Hideo Ohba.

He was a stalwart member of the Renzu Kwai Aikido and maintained a close association and friendship with leading instructors of the JAA. Bill was host to Hideo Ohba during his

three month visit to the UK in 1976.

Bill as everyone who knew him will testify was always a 'gentleman', strong of opinion but always courteous and generous in his dealings with fellow aikidoka. Bill had a profound influence for the good in the development of the BAA which will be remembered fondly with respect by all who trained with him.

It is our intention to publish a more complete biography of Bill to celebrate his contribution to aikido and the BAA in a forthcoming issue of Shizentai. Editor

Kenshi Uno Vice-Chairman JAA

8th Dan Aikido, 3rd Dan Kendo

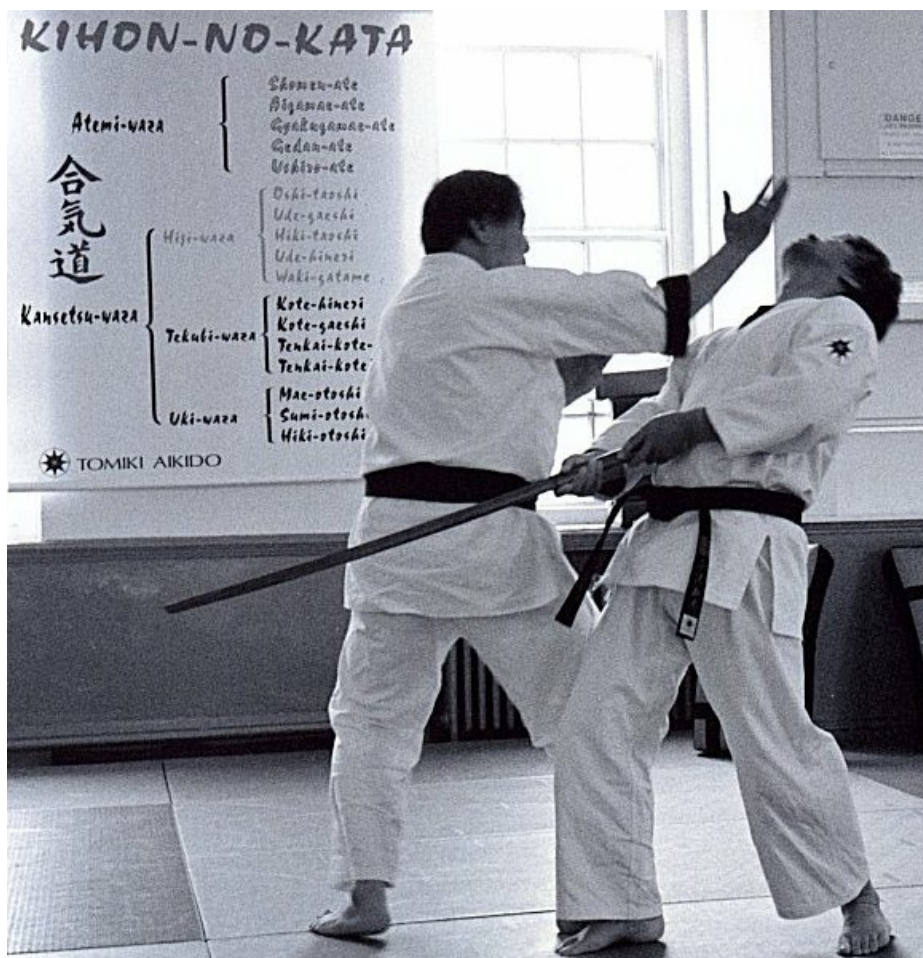
Adrian Tyndale



Kenshi Uno

22nd November, 1941

- 4th October, 2014



In memory of **Kenshi Uno Shihan** 8th Dan Aikido, 3rd Dan Kendo & JAA Vice-Chairman who died peacefully at the age of 72

It is with deep sadness that I announce the passing of Kenshi Uno.

In a recent email from him he seemed positive about his rehabilitation after his recent operation for colon cancer, so this news came as a surprise.

Kenshi Uno first started Aikido at Waseda University and was graded 1st Dan by Professor Tomiki at the age of 20. He studied under him for approximately 20 years. During that time he also studied Kendo and attained 3rd Dan at the age of 33.

He was the Vice President of the JAA and Principle teacher and founder member of JAAS, the Shikoku Hombu.

Uno Sensei was the first JAA teacher to publish a book about Tomiki Aikido in three languages, Japanese, English and Russian. The book also included a DVD of techniques.

He had many students worldwide and particularly in Russia. In Imabari, Japan there are four branches and his students' worldwide totalled approximately 1000. They all form part of Japan Aikido Association Shikoku.

Kenshi Uno was very close to his wife, Sumiko and her passing in January 2013 came as a shock to him.

I met and trained with Uno Shihan on three occasions and have kept in touch over the years by email and phone. He referred to himself as the "Third Man", when conversation moved in a political direction.

Later this month he would have celebrated his 73rd Birthday when, as usual, we would have made contact.

He was passionate about the direction of Tomiki Aikido and was the key player in a distinct 'Waseda' brand of Tomiki Aikido in counterpoint to technical innovations introduced largely after the death of Tomiki and Ohba.

http://www.aikido-aid.com/etaf/kenshi_uno_shihan.htm

A message from Mrs Masako Tomiki

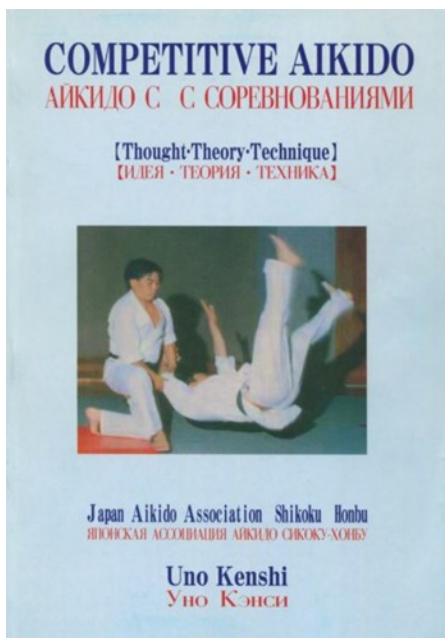
Dear Colleagues,

It is with great sadness that the JAA has to announce that Kenshi Uno, JAA vice-chairman, passed away peacefully on Saturday, 4 October 2014. He was 72 years old and a great Shihan as supporter of Aikido. Our thoughts and condolences go to all his family and friends.

Regards,

Masako Tomiki

JAA Chairperson



Gone but not forgotten: some of Kenshi Uno's favourite aphorisms

- Monkey see, monkey do!*
- Life without emotion is vacant!*
- Peace in mind, pleasure in life!*
- Be rapid like a strong wind!*
- Be quiet like a wood!*
- Be aggressive like a fire!*
- Be motionless like a mountain!*



Three Let's

Let's try to make Tomiki aikido beautiful

Let's try to make your life enjoyable

Let's try to make your mind peaceful

The most beautiful is cherry blossoms; the most commanding is expert warriors!

Song of Youth

Flower called Youth will soon fall, young days never come twice, you youngsters, do not hesitate to devote your life to all!

Peace in mind, Pleasure in life!

All the action pictures on this page are screen shots from the DVD accompanying Kenshi Uno's book: 'Competitive Aikido'

Uno Sensei's Five Principles

- 1 Keep the natural style both in figures and mind (natural posture)
- 2 Watch your opponent's eyes as if you were watching the distant mountains (way of watching)
- 3 Move as smoothly as possible as if your feet were always touching tatami (movement of foot)
- 4 Keep your hands on your centre line when you do techniques (movement of hands)
- 5 Breathe out at the last moment when you do techniques (way of breathing)*

* All the five principles have to be done at the same time



South of the River (SOTR)



Bob Jones 7 Dan, Ken Broome 7 Dan, Shaun Hoddy 6 Dan,, Simon Fraser 3 Dan and John Burn 4 Dan taught at this year's South of the River School, Hawkinge, Kent.

2nd Women's Randori Training Day (South) September 2014

Sarah Fletcher



We had a fantastic turn out for the 2nd Women's Randori training day in September. Women from the North and South of England, Dublin and Belgium joined together to focus on Randori practice. Instructor's Laura Beardsmore, Natuley Smalle, Gitte Walputt and Sarah Fletcher joined together to teach and share their competitive experiences with women aged from 13+. This was a fantastic opportunity for all who took part, to train with the current bronze, (Natuley), silver, (Gitte) and gold, (Laura) individual randori medalists. Natuley, Laura and Sarah along with Danielle Jones are also the current women's randori team Gold medalists from the 2013 Kawasaki Aikido International Championships.

Participant comments on the Randori training session.

" The women's randori training day held at Chingford in Essex/London was a great success. With 15 females training together and 4 superb instructors, there was lots of enthusiasm and energy being displayed on the mat. Aikidoka had travelled from Belgium, Ireland, Yorkshire and South London to take part in the training session. Each

instructor covered different elements of randori, developing our skills and understanding of taisabaki, effective kuzushi and waza. It was inspiring to see so many dynamic female aikido all on one mat. I'm looking forward to the next one". **Vanda Fairchild.** Tanseikan.

In this randori course, I enjoyed the many things that we participated in. I gained experience by taking part in the 'randori' with senior grades. It gave an experience of what it would actually be like in an actual bout. Furthermore, before we did that we



had learn't different moves, which helped me in the bout. Also, when we went up against our own grade it gave a better experience on how it would actually be in a competition. In addition, the day as a whole was interesting and fun. It gave a chance to meet new people as well. - **Billie Wilson.** Tanseikan.

During the Women's Randori course I learned more techniques that had extra moves added onto a simple routine to make a more advance technique. However what I enjoyed most was learning how to stand-Shiko-stand because I hadn't seen it done before and it was effective at breaking balance. As well as learning new techniques and tips, a new pointer was revealed to me by Gita, it was about once having broken balance, which technique would be better to do and she said that you could tell by which way Uke's hips were facing. I remember this pointer well and it made doing some techniques a lot easier as I wasn't struggling to pull the Uke down as much, because I was going in their direction instead of against which required me to use a lot more power and force. - **A'mani. Tanseikan.**

I found the workshop very insightful. We were taught by many sensei's from varying places. Before that day, I had never come to grips with how the same technique can be taught in such varying ways. It is really interesting to learn and see a technique so familiar transformed into something I have never seen before. For instance I think Gita (An aikidoka sensei from Belgium who taught us) had a very unique style. The thing that stood out for me in her teaching was a sudden drop on the knee which results in the uki falling. I aim to do this technique to the best of my ability and use it in my own aikido Randori and maybe even future competitions. Overall, I got a lot out of this training day and will definitely be applying the things I learnt in my aikido. - **Skyler King** Tanseikan.

The journey down was a long yet fun one, though we were still glad when we at last arrived. We walked in to see others from across the country as well as a group of young women who had come all the way from Belgium accompanied by one of our excellent

coaches for the day, Gitte Wolput. In total there were around 20 of us.

The day started with a session by Natuley Smalle in which we did a lot of Tanto Taisabaki, working on our avoidance and positioning and also in making sure that we made clear strikes that would score in a bout. During this hour we worked with lots of different people, many with whom we wouldn't often get the chance to work and also some with whom we'd never worked before at all.

This session was followed by one taken by Gitte. She introduced us to some of her favourite technique combinations to use in Randori bouts: this included beginning to draw Waki Gatame and then changing it to Ude Gaeshi if the opponent reacted by pulling back up and also Mae Otoshi to either Otoshi Taoshi or Sumi Otoshi depending on their reaction. Once again we had the chance to try these out on several people and see how they would each react to them.

After a well-earned half hour lunch break the session was resumed, this time taught by Sarah Fletcher. During this, she showed us some good techniques to try using during bouts, including Shomen Ate and Ushiro Ate; while practising these we got useful feedback from both our partners and our coaches to help us improve them.

The final session of the day was taken by Laura Beardsmore who taught us some of the rules in Randori, in particular about throwing when you're the one with the Tanto. Then we got on with more practice after she had shown us some variations of techniques suitable for using in Randori, and like Sarah, building on the use of Shomen and Ushiro Ate.

Then, after a much needed cool-down, we finally finished. Though we were all pretty tired and ready for a rest, the experience was a great one and I hope to be able to go again next year and hopefully see everybody else there again too!

Heather Rowe Yon Ju Hachi



Sarah, Laura and Natuley hope to run two Women's Randori training sessions per year. The next one will be held in Yorkshire at Holtpark

leisure Centre, Holtdale Approach Leeds LS16 7RX, Sunday 8th February 2015, 10 am until 2pm. Fee £10 (for BAA and non

BAA members) Please contact Sarah Fletcher, Youth development officer for more details - Youth@aikido-baa.org.uk



Statement by the British Aikido Association with regard to the World Sports Aikido Federation

The British Aikido Association (BAA) is working alongside Tomiki Aikido of the Americas (TAA) to jointly develop the proposals and constitution for the establishment of the World Sports Aikido Federation (WSAF) and is in full support of its aims and objectives.

The BAA is fully committed to the successful introduction and development of the WSAF as the single World Governing Body for International Competitive Aikido.

Without the WSAF as the single focus the future of

global competitive Aikido is in danger of continuous fracturing. The estimated number of worldwide "Sport" Aikido practitioners is between 5,000 and 6,000 participants, divided into at least four or five groups. This figure also includes a number of practitioners within groups who do not enter or condone competition.

To be divided in this way is not profitable in any way, the division of sport Aikido worldwide prohibits true and formal national and international recognition of the sport, impeding its development and preventing national

organisations from gaining vital sponsorship.

The BAA remains open to all approaches in the coaching of Aikido and will continue to bring a range of instructors from abroad to engage and develop its membership.

The BAA undertakes to work with the TAA and other signatories, to provide appropriate moral, logistical and financial support to establish the WSAF as a legal and administrative centre for global sport Aikido.

Bob Jones
Chairman British Aikido Association
Co-Founder WSAF.

Hideo Ohba

the aikido of 'quiet taste' part 3

Paul Wildish

In this issue we take up Ohba's story in the concluding years of the Second World War and the dramatic turn this was to take in his life and that of his mentor Kenji Tomiki.

The end of the war in Manchuria

While Kenji Tomiki Sensei and his close student and assistant Hideo Ohba continued to work teaching judo and aikido in the Japanese protectorate of Manchukuo (modern day Manchuria), the war in China and the Pacific began to go badly for Imperial Japan. With the advantage of historical hindsight it was clear that by 1943 Japan had neither the economic, technological or military resources to maintain its far flung Greater Asian and Pacific Empire. The Americans were on the move eliminating Japanese outposts on the string of Pacific islands leading back to Japan itself. Although the Japanese army and navy fought back fiercely, each island and territory taken continued to bleed Japan dry of money, men and material. For Tomiki and Ohba in Manchuria, life was still insulated from these ferocious struggles and provided by comparison an ideal haven of peace for their teaching and study of budo.

Tomiki and Ohba maintained a rigorous routine of practice, beginning at 5:30 am at the Shimbuden, a large dojo close to their respective homes. After practice, around 8:00 am, they would walk back together to enjoy a breakfast prepared for them by Fusae, Tomiki Sensei's wife, no doubt enjoying earnest discussion



Hideo Ohba Shihan

about practice and planning their teaching for the day ahead. Breakfast completed and enjoyed they would walk together once more to Kengoku University where Tomiki held a professorship, teaching aikido in the curriculum with Ohba

assisting. This peaceful yet purposeful budo idyll could not last and by 1945 it was clear to all but the most diehard in the Japanese government that Japan was on its way to defeat. The Allies had brought the Soviet Union into the war against Japan

and that August the Americans were to drop the first atomic bombs on Hiroshima and Nagasaki. Nevertheless in July 1945 amidst the chaos of a falling regime, Tomiki found himself conscripted to face the Russians advancing on the Manchurian border.

While Tomiki was mobilised for the front, his wife Fusae and their four children joined the families of non-commissioned officers of the Kenpei Kyoshutai (a military police training detachment) in a desperate evacuation in the face of the Russian advance. Their evacuation did not go well and Fusae and the children had to leave the train they had embarked upon at Tong-Hua and take temporary shelter in an elementary school. The conditions were severe and many of the families sheltered there were traumatised and contemplating suicide rather than facing capture by the Red Army. Somehow, Ohba ever faithful and concerned for his sensei's family managed to find Fusae and the children. Abandoning his own escape plan he journeyed to Tong-Hua and joined Fusae in order to rescue them. After many mishaps and diversions he managed to get them all to Phuong-yang where another blow was strike them. Ohba was arrested by elements of the Korean army and delivered to the Russians at a large military airbase on the Soviet border.

Despite this setback Fusae managed amidst great hardship to finally get back to Japan but in the process suffered the tragic loss of two of her children. It is not possible to easily contemplate what this loss was to mean emotionally and spiritually for Fusae and Kenji Tomiki throughout the rest of their lives together.

Hideo Ohba, found himself a prisoner and forced to work for the Russians at maintenance shop on the airbase. In the circumstances



Kenji Tomiki and Hideo Ohba demonstrate the practical self defence nature of aikido in everyday clothes, often employed by Tomiki to emphasise 'reality' in training.

although the conditions were severe and the regime harsh, he had survived and held the prospect of eventual release. After a year he was finally released and granted permission to return to Japan. Once again however, fate dealt another bitter blow in the shape of a bout of Typhus fever contracted on his journey home. But for the compassionate nursing intervention of a young man in his party of fellow evacuees he may well have died and his life story never been told. Fortunately he survived and finally made it home to Japan.

Meanwhile, Kenji Tomiki had not been so fortunate. He was

captured by the Soviet Army and spent three and a half years as a prisoner of war at a detention camp near Lake Balkash in Soviet Siberia. In harsh icy winters and sweltering summers amidst swarms of biting midges he waited out his imprisonment. To keep his body and mind active throughout his exile he devised the solo tegatana exercises that were to form an important foundation element of what was to become Competitive or Tomiki Aikido.

Repatriation and renewal

Ohba returned to Japan in the October of 1945 and spent the next year recuperating from



Ohba Sensei playing his beloved shakuhachi

typhus in the tender care of his wife in his home town of Yokote. His health recovered he embarked on a strenuous effort to revitalise and restore his beloved judo and the budo culture of Japan. Initially, the Allied Powers occupation under the direction of General MacArthur (Supreme Commander Allied Powers) had prohibited the practice of judo and all martial arts because of its associations with Japanese militarism and the war effort. Later, with an encouragement that all budo be transformed into specifically sport related forms SCAP relented and licensed judo and other martial arts as cultural activities. Judo was one of the first martial 'ways' to benefit from the lifting of the ban. There is no doubt that this ban and the conditions for its lifting played an important part in the continuing development of the 'sportification' of budo. The adaptations and changes made during this post war period to Japanese budo drove forward the development of the modern sport orientated forms that have spread across the world. Tomiki was to be an intellectual force of importance in this development.

Ohba was himself to play an important part in the judo revival in

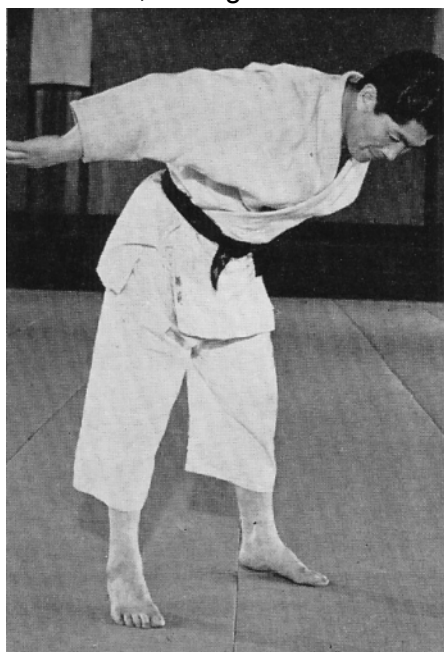
his region of Japan becoming vice-president of the Hiraka branch of the Japan Judo Federation in June 1949. In January of the followia greater privilege than he deserved, and that he was very gratefulng year he gained part-time employment as a judo instructor for his local police force in Yokote and saw his efforts rewarded with promotion to 6 dan Kodokan Judo and by 1952 he had become an adviser to the Ogachi-Yuzawa Judo Federation.

Ohba Sensei also received acknowledgement of his character and teaching skills from the Kodokan itself and was invited to teach in the Tokyo HQ four times between 1950 and 1953. This was partly prompted by the return of Tomiki Sensei to Japan and the prominent role he took in the reformation of Kodokan Judo, becoming head of the Kodokan office in 1951. He soon asked Ohba to assist him in the teaching of rikaku taisei (techniques against an attack from a distance) judo that was to form the basis of Tomiki's Aikido Kyogi, or 'Competitive' Aikido.

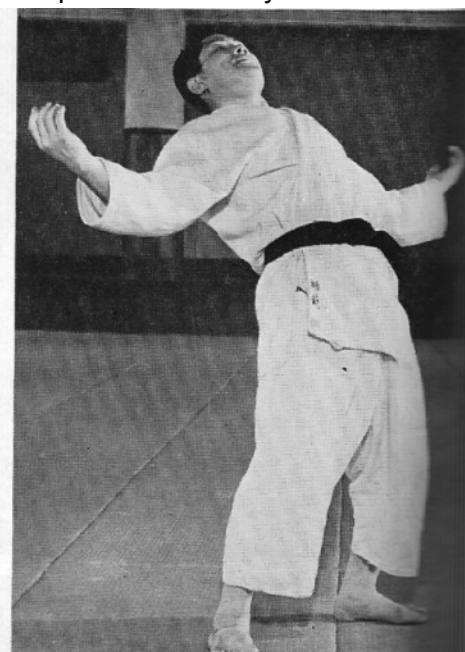
Tomiki also became part of a select group of prominent judo teachers who had been invited by the US Air Force to teach judo to a cadre of its physical education instructors, having seen its

relevance for developing the fitness and character of its airmen. In 1953 Sumiyaki Kotani 8 dan, Tomiki and a number of other leading judoka and karateka left Japan at the invitation of USAF to tour 15 US bases, teaching judo and karate to airmen. While Tomiki was on tour, Ohba stepped into his role and taught a group of 30 American servicemen at the Kodokan together with Kin'ichi Shibata.

Shibata was nine years younger than Ohba and became a close friend and supporter helping through his contacts to promote Ohba's career, particularly in gaining employment with various police departments. Shibata had been captain of the Akita Middle School judo club and upon his own return had played a leading role in forming the new improved Judo Ogachi-Yuwaza Judo Federation mentioned above. They enjoyed a trusting and close relationship and trained together regularly from 1950 or 51 until the middle of 1954. The breadth of Ohba's knowledge of budo was exemplified in that their practice extended from judo to aikido, kendo, naginata-do and iaido. During this time Shibata enthusiastically lobbied to get Ohba Sensei employment with the Akita Prefectural Police Department. In May 1951 his



Arm twist - Ude hineri - breaking balance forwards



Arm turn - Ude gaeshi - breaking balance backwards

lobbying was successful and Ohba took up a post as one of three technical chiefs in what became the educational section of the Akita Prefectural Police Department's headquarters.

Teaching the police

Through books such as Robert Twigger's 'Angry White Pyjamas' chronicling his experience on the Yoshinkan 'instructor's course, many in the West have come to think of police instruction as very much the prerogative of Yoshinkan Aikido. This gruelling programme teaches a group of civilian 'instructors' from beginner to black belt alongside an equivalent group from the Tokyo Riot Police. However, despite its high profile Yoshinkan has never been able to claim a monopoly of police training in aikido and Tomiki Aikido has played a considerable part in this process.

Ohba Sensei took up a post in the National Rural Police, soon to merge with the municipal police to become the Akita Prefectural Police Department on the 1 May 1954. At that time he was responsible for the teaching of judo and police tactics (arrest and compliance techniques), no doubt based on his aikido training with Tomiki.

His time at the Akita Police department was characterised by the qualities that he is so much remembered for, his patience as a teacher, his concern to give praise and encouragement and his 'quiet' strength of spirit. He shared judo instruction at that time with Natsui Shokichi. Natsui Shokichi became the first judo world champion in 1956 and won the All-Japan Judo Championship the following year. His period at the Akita Police Department is remembered as a golden age when he led, with Ohba's enthusiastic encouragement, the Akita Police judo team to many victories. Natsui testifies to Ohba's presence during his period at

Akita in this remembrance recorded by Fumiaki Shishida Sensei.

"Ohba Sensei always did his best to take care of me as well as the department teams. He was very pleased when we won, too. Sensei was a very serious person who would never do anything outside of the rule book, and he never claimed credit for himself for anything, nor ever tried to appear in the limelight. Since it took him fully an hour and a half to get to the Police Department from Yokote, I think it was really hard for him when he went home after the evening practice. However, he had a very strong will and never said he was tired even if we had had a very hard practice.

During our relaxation time, he would play his shakuhachi (Japanese bamboo flute) for us. We would also drink sake or play go together.

Sensei was the type of a person who always tried to search for the "Way" (michi) in judo as well as in aikido. I suppose that this was because he was greatly influenced by Tomiki Sensei. He taught us the judo kata in great detail. It was all thanks to Ohba Sensei that we have achieved what we have now."

Ohba was also famous for teaching by embracing the role of uke and allowing himself to be thrown by his opponents. Ryosuke Togashi described Ohba's teaching methodology this way:

"Sensei used to let himself be thrown by his students. He was also a person who always tried to praise his students' good points whenever he found them. He would praise them so much that they would feel embarrassed."

This quality of 'giving' and going out of his way to encourage and develop his students was a pre-eminent quality that our own Lesley Hepden, a much later student of Ohba Sensei readily endorses.

Ohba, as we have noted was not only an exponent of judo and aikido but very much a consummate all round budo practitioner and participated in the police department's kendo matches, often facing his

opponents in unorthodox fashion. In one match with a rival team he chose to face his opponent with two smaller 'shoto' versions of shinai and in another noteworthy bout with his naginata. We can speculate that this broad knowledge of budo helped inform the development of his koryu kata in his later life.

This interesting, independent and rewarding career however, was soon come to a sudden and unexpected close. In the September of 1959 Ohba resigned his position at the Akita Police Department in order to go to Tokyo at the request of Kenji Tomiki, his teacher and mentor. We can imagine the importance that Ohba attached to Tomiki's offer, necessitating the disruption of family life and career a move to Tokyo entailed. Yet it offered new prospects and a new challenge, the opportunity to once again engage in their shared project, the creation of modern, randori based aikido that would complement and match the performance of judo. Not only was this challenge on offer, but also the prospect through Tomiki sensei's patronage the post of an aikido and judo instructor in the PE department of Waseda University. A position at Waseda, one Japan's premier private universities, was a situation of great prestige which Ohba was later to speak of as "a greater privilege than he deserved" and one that he was "very grateful" for.

In the next issue we look at Ohba Sensei's close collaboration with Kenji Tomiki in the formation of Competitive Aikido or Tomiki Aikido, his endeavors to spread Tomiki's aikido across the world and in particular his two visits to the UK.

Sarah Fletcher BAA Youth Development Officer

BAA Junior/ Youth Development Days

Junior/ Youth development sessions are an opportunity for juniors/youths aged 4-18 year's to train on the same mat with a variety of different clubs and instructors from around the UK and Ireland. We are running 4 junior/youth development sessions in 2015. Junior development days do count towards the Youth and Junior Award Scheme.

The first will be hosted at Kingfisher Aikido Club, Woodfield Academy, Studley Road, Redditch, B98 7HH.

Sunday 18th January 2015

Time 10:00am – 1:00pm

Training fee - £8.

Coaches: -

PHIL BIRD 6th Dan (Kingfisher Aikido)

MARK ALDRIDGE 4th Dan

(Wharfedale Tomiki Aikido)

SARAH FLETCHER 2nd Dan
(Leeds Central Aikido)

Future sessions

26th April 2015 BAA Junior / Youth development session, Shogun Aikido Kai, Herne Bay, Kent

11th July 2015 BAA Junior / Youth development session, Greenhills Tomiki Aikido, Dublin

4th October 2015 BAA Junior / Youth development session, Leeds Central Aikido, Leeds

For more information please contact

Sarah Fletcher - Youth@aikido-baa.org.uk

Junior Open South Competition Results



UNDER 8's

Randori No Kata

Bronze –GRUNDY + OOSTERVICH (YJH)
Silver- RYAN + LING (GTA)
Gold – WALON + CARTER (HUD)

Kakarigeiko

Bronze – CARTER + WALON (HUD)
Silver – PARKER + COX (LCA)
Gold – OOSTERVICH +GRUNDY (YJH)

Ninin Dori

Bronze – KANE, LING + RYAN (GTA)
Silver – WALON, CARTER + GRUNDY (HUD/YJH)
Gold – FOX, PARKER + COX (SHE/LDS)

Best individual

LING (TGA)

UNDER 10's

Randori No Kata

Bronze – COMPSTON + COX (LDS)
Silver - BISHOP + MASTERFEANO (YJH)
Gold – HARTSHORNE + KELLETT (YJH)

BAA Junior Open South Competition

On Saturday 22nd November 2014 eighty-five of the BAA's junior and youth competitors turned out for the Junior Open South championships 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, and thank you to all the referees and assistants who helped the day to run smoothly. We hope to see you at the BAA Junior competitions in 2015:

BAA Junior Open North - 14th March 2015 – Bradford

BAA Junior National – 27th June 2015 – Bradford

BAA Junior Open South – 21st November 2015- High Wycombe.

Junior competitions count towards the Youth and Junior Award Scheme.

For more information please contact
Sarah Fletcher - Youth@aikido-baa.org.uk

BAA Junior Open South Competition Results **continued**

Kakarigeiko

Bronze – SIMPSON + VINT (EAS)
Silver – FLETCHER +
COMPSTON (LDS)
Gold – KELLETT +
HARTSHORNE (HUD)

Ninin Dori

Bronze – COMPSTON,
FLETCHER + BAREHAM
(LDS/WHA)
Silver – BISHOP,
MASTERFEANO + GRUNDY
(YJH)
Gold – HARTSHORNE, KELEM +
OOSTERVICH (YJH)

Best individual

BAREHAM (WHA)

UNDER 12's

Randori No Kata

Bronze – CAIRNES +
KEYWORTH (YJH)
Silver- RYAN + ROONEY (GTA)
Gold – GOODALL + PILLING
(LDS)

Kakarigeiko

Bronze – PEARCE + NEILD
(LDS/SAK)
Silver – RYAN + CONROY (GTA)
Gold – GOODALL + PILLING
(LDS)

Ninin Dori

Bronze – HEATH, NEILD +
CHILLINGWORTH (SAK)
Silver – CONROY, RYAN +
ROONEY (GTA)
Gold – GOODALL, PILLING +
LAKE (LDS)

Tanto Taisabaki

Bronze – PEARCE (LDS)



Silver – HEATH (SAK)
Gold – KELLY (GTA)

Best individual

CAIRNES (YJH)

UNDER 14's

Randori No Kata

Bronze – BARNBY + WALKER
(YJH)
Silver - FIRTH + YOUNG (HUD)
Gold – HARRISON + PULLAN
(HUD)

Kakarigeiko

Bronze – FIELDING + WONG
(TAN)
Silver – GALIEV + FIRTH (HUD)
Gold – HARRISON + YOUNG
(HUD)

Ninin Dori

Bronze – SMITH, WONG + HILLS
(TAN)
Silver – BANBY, WALKER +
KATO (YJH)
Gold – YOUNG, GALIEV + FIRTH
(HUD)

Best individual

YOUNG (HUD)

UNDER 16's

Randori No Kata

Bronze – BOLTON + GANDER
(LDS)
Silver- CHESHIRE + RILEY (LDS)
Gold – ROWE + KATO (YJH)

Open Kata

Bronze – ROWE + KATO (YJH)
Silver- BOLTON + GANDER
(LDS)
Gold – HARRISON + BARKER
(HUD)

Kakarigeiko

Bronze – LAKE + PILLING (LDS)
Silver – BARKER + EMMERSON
(HUD)
Gold – BOLTON + GANDER
(LDS)

Ninin Dori

Bronze – BALL, BARKER +
EMMERSON (HUD)
Silver – BOLTON, GANDER +
PEARCE (LDS)
Gold – ROWE, KATO + WALKER
(YJH)

Tanto Taisabaki

Bronze – GORNELL (BRD)
Silver – GANDER (LDS)
Gold – HARRISON (HUD)

Best individual

LAKE (LDS)

Team champions

1st – Leeds Central Aikido

2nd – Yon Ju Hachi

3rd – Huddersfield Tomiki Aikido

The Second Junior and Youth Tomiki Aikido European Championship



The two BAA Teams, Yorkshire and Huddersfield who represented the UK at the **Second Junior and Youth Tomiki Aikido European Championship** in St Petersburg, Russia this year.



The Yorkshire Team

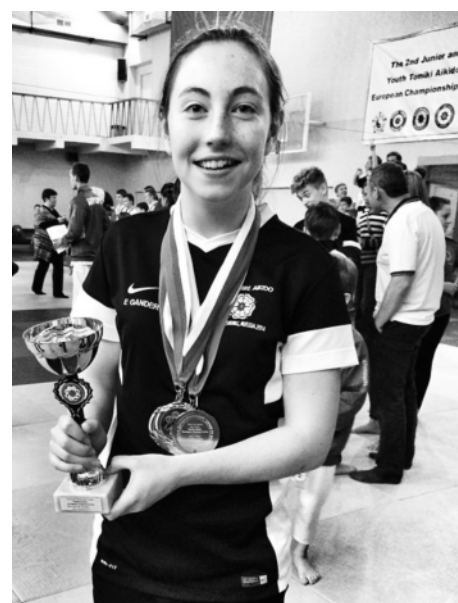
Sarah Fletcher & Jim Bolton

24 juniors and youths from Sheffield Aikido, Leeds Central Aikido, Skipton Aikido, Wharfedale Aikido and Bradford Aikido clubs trained together and competed as one team at the Second Junior

and Youth Tomiki Aikido Championships, held 1,900 miles away in St. Petersburg, Russia.

Juniors and youths took part in regular Yorkshire team sessions for many months leading up to the competition, as well as many hard sessions at their own clubs. Parents and coaches are very proud of the Yorkshire team for both personal and team achievements. Milly Bolton, co-captain, with Aryan Gornall said, "I was amazed at the success achieved by the team. The support and teamwork was outstanding! I am so proud of everybody!"

Ellie Gander brought home the first Youth Tanto Randori medal. Winning Silver in the championships was a great personal achievement and club



Ellie Gander
16-18 women's Tanto Randori
Silver Medalist

achievement and we are all very proud of her.

The Second Junior and Youth Tomiki Aikido European Championship continued

All of the team is looking forward to the Third Junior and Youth Tomiki Aikido European Championship, which will be held in Sheffield, July 2016.

Results

Age 6-7

Jake Fox, Phoebe Parker and Ethan Cox – Bronze – Ninindori

Age 10-12

Danny Goodall and Joe Pilling – Silver – Randori no Kata (10 Techniques)

Age 13-15

Kate Bolton and Edward Gander – Bronze – Tanto Kakari-Geiko
Harry Pilling, Patrick Lake and Nathan Cox – Bronze – Ninindori

Age 16-18

Milly Bolton and Ellie Gander – Bronze – Randori no Kata (17 Techniques)
Milly Bolton and Ellie Gander – Silver – Tanto Kakari-Geiko
Milly Bolton, Ellie Gander and Chloe Duckett – Gold - Ninindori
Ellie Gander – Silver - Tanto Randori



Chris and Charlotte training together on the Youth & Junior Tomiki Aikido Europe Development Day

My trip to St Petersburg October 2014

Charlotte Gander

Charlotte Gander, one of the junior members of the Yorkshire team has written the following report of the event.

When we arrived at the airport very early in the morning it was great to meet up as a team and

get us into the spirit.

When we arrived in St Petersburg

it was freezing and we were very tired and hungry. We all squeezed into little coaches to get to our hotel. We all huddled up on the sofas in Reception waiting for keys to our rooms. We walked around in the freezing town looking for somewhere to eat. Eventually we found a little café where we had soup, chicken salad and squash to drink.

In the morning we had breakfast in the hotel, which was unusual because we had cheese and ham, beetroot and cucumber. We got on a coach, which took us around the city. We went past palaces, cathedrals and the famous sights of St Petersburg. We stopped at Saint Isaac's Cathedral and climbed up the spiral stairs to the roof where we had a magnificent view of the whole city. It was very beautiful.

Competition day.

I was very nervous when we woke up on the morning of the competition and so was everyone else. We travelled as a group on the underground tube train to the dojo. When we walked in it all become very real. We had to take off our shoes, coats and get ready in our gi's with our competitor

AiKIDo

The Second Junior and Youth Tomiki Aikido European Championship continued



Bob Jones 7 Dan BAA teaching on the Tomiki Europe Development Day

numbers on. There were lots of people from Russia who also looked very nervous. The Russian competitors all looked really good so I was extremely nervous when it was my turn to go onto the mat with my partner Scarlet. But after a long day all our hard work paid off because I was very proud of myself and although I didn't get any medals I was happy that I had tried my hardest and had taken part in such a great experience.

The next day we returned to the dojo for the finals! It was a very tense day for all of us watching our team trying their hardest and achieving lots of medals. I was



Randori no Kata Embu

very proud to be part of the Yorkshire team. In the evening we went for a meal to celebrate hosted by the Russian team, which was a great chance to chat and make friends.

Even though we were absolutely shattered after the competition we returned to the dojo for one more visit the next day to take part in a number of seminar sessions where we all worked together to develop our Aikido and learn from each other.

To relax on our final day in Russia we went on another trip to the Summer Palace, which was absolutely beautiful and almost covered in gold. We bought souvenirs to remember our fantastic trip to Russia. I will always remember this fantastic experience and the feeling of being part of a great team who supported each other all the way!

Charlotte Gander age 11 (Leeds Central Aikido) Yorkshire Aikido.

Juniors & Youth



The Huddersfield Team

Congratulations to the Huddersfield Team who entered this year's Junior and Youth Tomiki Aikido European Championship, staged in Russia.

Daniil Galiev
Kaitlen Young
Elise Harrison
Luke Barker
Jake Pullan

Huddersfield Medals: Under 16's Junanahon

Gold - Elise Harrison and Luke Barker

Under 19's Tanto Kakarigeiko

Gold - Luke Barker and Jake Pullan

Under 19's Open Kata

Gold - Jake Pullan and Elise Harrison

Under 19's Ninin dori

Silver - Luke Barker and Jake Pullan and Elise Harrison

Under 16's Tanto Taisabaki

Bronze - Luke Barker



Coaching Young People in Tomiki Aikido

Learning and Development (Part Two)

Bob Jones

Learning and Development relies on several key considerations including: -

Training Age

Previous experience, like building blocks better performance often relies on previous learning, knowledge and understanding. For a example, young people who have experienced gymnastics may be conversant with tumbling; therefore forward rolls may not present themselves as a barrier to learning. However the style of falling or tumbling may have to be unlearned in order to execute a forward roll suitable for Aikido. Great care is required to progressively develop a young person's gross and fine motor skills. Gaining an understanding of young people's previous learning experiences may provide positive benefits to coaching. If a young person has no experience of an activity then their training age is established at zero and has to be nurtured from that point.



Legal Age

Within society in general the legal age of boundaries for young people will vary according to the activity undertaken. Accessing the vote, permission for marriage, car insurance premiums, enlisting in the Armed Forces, driving test and license all occur at different ages. Sport, especially competitive

sport, is often divided into age groups for the purpose of fairer and safer competitions. Aikido is similar with junior and youth competition divided into age groups and with competitive Randori set at 18 years minimum age in order to allow for bone structure set. Currently the association also sets a minimum age to hold a Dan grade at 16 years and 6 months in order for young people to start the process of understanding free play especially Hikitategieko and light Randori. Coach awards can only be held by 18 year olds due to their legal responsibilities and access to liability insurance, although the association is currently investigating Junior and Youth Leadership awards.



Is the calendar age of a young person that provides a rough indicator of potential development but cannot be used as an absolute indicator of ability or development. Academics measure physical, mental, intellectual, social, skills and academic successes against the average for each age. The chronological age has a direct link with legal age.



Physical or Developmental Age

Is related to the patterns of growth exhibited by young people. From birth until final adult stature, at approximately twenty to twenty-five years of age, there will be continuous but sporadic growth. There are four stages of growth between birth and adulthood including: -

- Rapid growth during infancy and early childhood
- Slow steady gains during middle childhood
- Rapid gain during adolescence
- Decreased gain post adolescence.

There are only minor differences between boys and girls before adolescence, though boys tend to be slightly taller. During the growth period the head doubles in length, trunk trebles, arms quadruple, and legs increase five fold. During adolescence "growth spurts" occur, these rapid and random increases in growth can create added disruption to the

growth cycle and transition to adulthood. Given these factors a four-year range in development age can exist between young people of the same chronological age. This can create problems within sports that divide players/practice along chronological age parameters.



Remember our motto: "use his weight against him".

Mental Age including Psychological, Moral, Social and Intellectual

Again with any young person a four-year difference between these and the chronological age may be exhibited. Therefore the overall maturity of a young person can vary greatly from individual to individual.



"I expect you all to be independent, innovative, critical thinkers who will do exactly as I say!"

What does this mean for the Coach?

That there can be no standard assumptions about the development of young people either mentally or physically relating to age or size. Assessments should be made on each individual to determine their

history, current abilities and potential. This would enable a coaching/ development plan that best suits the individual.

That categorization of young people into age groups for training or competition is problematic and it is virtually impossible to create structures or formats that provide equity and accommodate all young people. If we tried we would have to attempt to divide not only by age but also grade, weight and size, gender and range of disability to ensure a fair playing field. However, having said that, by dividing groups on age does allow for more appropriate coaching and learning styles providing for more relevant methodologies to young people to be adopted.

Specific skill development maybe hampered by a young person's previous experiences and must be underpinned by a range of relevant tasks or exercises to improve their basic skill level. Gross and fine motor skills are crucial to young people's developmental they include everything from standing, walking and rolling to tying a belt. Gross motor skills are used in those activities that involve the coordination of several larger muscle groups, like throwing or falling. Fine motor skills are used in activities that primarily involve the hands and fingers, like using hand blades. You can develop motor skills in young people by interacting with them in a progressive series of activities that constantly challenges them to improve and use these motor skills in a progressive fashion. Games are a useful tool that help increase motor skills, they are not only fun and keep young people engaged but also mirror specific skills and aid their development.

Some learning styles and coaching methodologies maybe inappropriate for some young people and adult approaches may not be suitable. A focus should be

made on active experiential approaches, learning by doing, with less reliance on the spoken word.

Physically young people may look capable but are psychologically unprepared for a specific activity or the reverse may be true that mentally some young people are extremely confident and capable but physically immature. Great care must be taken to ensure that activities are fit for purpose and that young people are "coached" appropriately in preparation for future activity.

Coaching young people is not an easy task and should not be entered into without understanding and preparation. It is highly demanding and at times frustrating but extremely rewarding. Young people are the future of Aikido and with careful nurturing can and do become excellent Aikidoka.

To be continued

Tadayuki Sato Sensei in Kawasaki DVD



For those of us that were unable to attend the 2013 International Aikido Festival and Aikido Tournament in Kawasaki, then this DVD produced by the JAA enables you to catch up with Sato sensei's teaching session at the event. Presented here are the basic principles and rules for the JAA's new concept of Toshu Randori.

Available from the JAA: Enquiries to info@aikido-kyokai.com



BAA Executive Committee

DBS (CRB) Check for Free!

Francis Burgess BAA Child Welfare Officer

All Coaches within the BAA are required to have a Disclosure and Barring (DBS) check. The DBS check has replaced the old Criminal Record Bureau (CRB) check. Until the end of February 2015 the British Aikido Association will cover the cost of a DBS check for all its coaches that currently hold Personal Indemnity (PI) Insurance.

All the BAA DBS checks are now done electronically online and as such all applicants have to have an email address. All that is required is for an applicant to supply the email address to one of the verifiers. The verifier will then activate the email id to the online system which is run for the BAA by the umbrella group Online Disclosures.

The BAA has four verifiers Francis Burgess (FrancisDBurgess@hotmail.com), Paul Holding (paulholdingz@Hotmail.com), Terry Gibbs (tgibbs1@virginmedia.com) and Mark Aldridge (tykeaiiki@icloud.com).

Once the applicants email address has been activated to the online system the applicant will receive an email telling them how to proceed to the application site. Once on the site an applicant is

guided through the form completion and submits it when completed. Whilst completing the online application the applicant will be asked to provide documents to verify their identity. There are a number of choice that can be made and the application form will not let the application proceed until sufficient information is provided.

The next stage is to provide the documents to one of the verifiers for verification - this can be done in person or by supplying the documents in the post. Please note it is recommended that when using the postal system sufficient care is taken to ensure the delivery of valuable documents such as a passport etc. The BAA verifier will send documents back 2nd Class signed for unless the applicant wants something else in which case they need to cover any extra postage.

Once an applicant is verified the verifier submits the application form and the DBS check begins - this can take 6 - 8 weeks, but is normally much quicker. The completed check document is sent directly back to the applicant and unless the BAA Child Welfare Officer requests a copy that is the check completed. The BAA Child Welfare Officer gets notified that something has shown up on a

check, but has no knowledge of what has shown up and so is required to see the disclosure document. Any disclosure is brought to the attention of the attention of the Case Management Group who will decide if there is a risk to under 18's. At this point further information may be requested. Please note only the BAA Child Welfare Officer will know who applicant is that has had something show on their disclosure - details of the applicant will be made anonymous prior to the disclosure being brought to the case management group. If at any time an applicant refuses to supply a disclosure or further information when requested they are suspended from a coaching role and in extreme cases their BAA membership suspended.

All applicants have the right to appeal any adverse decision, but it should be remembered that an appeal would mean anonymity is lost.

Any question please contact the BAA Child Welfare Officer Francis Burgess.



NINE CIRCLES

SUPPLIERS OF QUALITY JAPANESE BUDO EQUIPMENT



Thinking of replacing your old Gi? Then take advantage of this great offer negotiated by the BAA for our members. Help promote the BAA's highly professional corporate image.

BAA Logo Embroidery

Product code: **EZ-4**

~~£10.00~~ **£5.00**

We are pleased to offer this specially discounted option to all BAA members!

We can apply this to Gi, bags and casual products for the hugely reduced price of £5.00 + VAT.

You simply need to add this item to the basket to proceed. The standard position for Gi embroidery is the left upper arm. If you require a non-standard position or wish to have this on another product from our range, then please send us a brief email with your order ID and a description of where you would like us to apply it for you.

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



Keep up to date with BAA Courses & Events in 2015

January 2015

11 **BAA Squad Session**
Wolverhampton

31/1 Feb **BAA Winter School**
Sheffield

February 2015

15 **BAA Squad Session**
Wolverhampton

March 2015

8 **BAA National Championships**

Dartford Judo Centre

14 **BAA Junior Open North**
Bradford

22 **BAA Squad Session**
Wolverhampton

29 **EC** Northampton

April 2015

11-12 **BAA Rising Dawn**
Ireland

19 **BAA Squad Session**
Wolverhampton

May 2015

10 **EC/AGM** Northampton

17 **BAA Squad Session**

Wolverhampton

23-25 **BAA Spring School**

Winchester TBC

June 2015

14 **BAA Squad Session**

Wolverhampton

21 **Club Championships**

Sheffield TBC

27 **BAA Junior Nationals**

Bradford

July 2015

19 **BAA Squad Session**

Wolverhampton

24-26 **BAA Summer School**

Leeds TBC

August 2015

9 **BAA Squad Session**

Wolverhampton

29 -30 **SAF International Competition** Cold Coast, Australia

September 2015

26-27 **BAA SOTR School**
South TBC

October 2015

11 **EC** Northampton

22 - 26 **JAA/TAIN**

International Competition
Switzerland

November 2015

7 & 8 **BAA Autumn School**
Herne Bay TBC

21 **BAA Junior Open South**
High Wycombe Judo Centre

December 2015

TBC to be confirmed

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