

Shizentai

6



British Aikido Association news

Summer 2015

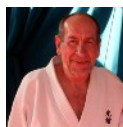


A black and white photograph of an aikido training session. A woman in a white gi with a black belt is performing a technique on a male partner who is also in a white gi with a black belt. They are in a dynamic pose, with the woman's hands on the partner's shoulders and arms. Other practitioners are visible in the background, some sitting on the mat and others standing.

**BAA 'Rising Dawn' & Winchester Schools
BAA Squad Visit to Dublin
BAA Senior Championships
Harvey, Dick & Steve Visit Japan
Goshinaikikwai reaches 40
Hideo Ohba part 4
Coaching Young People
Junior Reports and more!**



A black and white photograph of an aikido training session. A man in a white gi with a black belt is performing a technique on another man who is also in a white gi with a black belt. The man being worked on is in a dynamic pose, with his back to the ground and his arms extended. The man performing the technique is kneeling on the mat, with his hands on the partner's shoulders and arms. Other practitioners are visible in the background, some sitting on the mat and others standing.



Editor's page

First apologies to members for the late arrival of Shizentai 6 this year. We have not gone away and will be publishing three issues this year. Our intention is to aim for publication to follow the major events in the BAA calendar of events. So late 'spring', 'early autumn' and December are broadly our publication times. Of course much depends on 'copy', the articles, reports and photographs that come in from members about our and your activities. Shizentai is not intended to be solely the voice of the BAA Executive but a forum for the exchange of information and the promotion of the activities of clubs and our members.

It is also intended that it should have an educational role, reminding members of the history of the BAA and Tomiki Aikido's development in Japan as well as providing articles on coaching and technique. This requires people to write these articles and as Bob Jones, Paul Wildish and other EC members such as Sarah Fletcher and Laura Beadsmore are involved in managing the Association, we are writing the bulk of the copy. Obviously we would like more members to contribute to reflect the views and character of the whole Association.

This issue sees a broader and very welcome input from Jeremy Von Ryan, Pamela Dempsey and Steve Powell who have our thanks for providing just the sort of interesting and lively articles we are looking for. I hope to see them become more regular contributors!

This issue also sees the first of what we hope will be regular features, focusing on an individual

BAA club, its history, activities and members. In this issue we report on the Goshinaikikwai's 40th Anniversary. Many other club's must have long and interesting histories also, so get together and put something together and send it to me. We want to know what you have been doing.

Changes to the Executive

On page 17 Bob Jones introduces the changes that have been made to the management of the BAA. Bob as the longest serving Chairman of the BAA has been heroically carrying the biggest burden of the management of the Association for many years. Now we have moved to a 'not for profit' company and are working on big coaching and developmental change, the burden of work has considerably increased. We have therefore split the work that Bob previously conducted between developmental affairs and day to day management. With Bob as Chief Executive Officer and Paul Wildish as the Chairman of the BAA respectively.

Membership Renewal

You can now pay for your BAA Individual and Club Membership Renewal online at <http://www.aikido-baa.org.uk/membership-renewal/> via paypal. Multiple renewals can be made by clicking "add to cart", then once in your paypal basket click "continue shopping", which will return you to the BAA website page to add more renewals before checking out. Please note this is only for renewals. You should use this when you have received your renewal notice from either the Membership Officer or your club.

Contents

Reports

- 3 BAA Rising Dawn Dublin
- 6 BAA Squad in Dublin
- 8 Winchester Spring School
- 9 BAA Senior Nationals
- 10 Bob Jones writes for Martial Arts Illustrated
- 14 Goshinaikikwai hits 40
- 17 International Sports Aikido News

Articles

- 11 Three Men on a Train
- 18 Hideo Ohba: part 4
- 23 Coaching Young People in Tomiki Aikido: part 3

Juniors & Youth

- 21 BAA Junior Open Championships North

Association News

- 16 The Importance of Insurance
- 16 Changes to the BAA Executive Committee
- 25 BAA Calendar

Editor: **Paul Wildish** all correspondence and contributions to shizentai@aikido-baa.org.uk
 Published by the **British Aikido Association**
 website www.aikido-baa.org.uk

'Rising Dawn' Dublin, Eire

Report Jeremy Von Ryan, photographs Mark Cheevers



Ireland's newest Aikido Club, 'Greenhills Tomiki Aikido Ryu' (GTA) welcomed visiting instructors Bob Jones 7th Dan, Shaun Hoddy 6th Dan, Vanda Fairchild 5th Dan and over sixty enthusiastic Aikidoka to the BAA 2015 Rising Dawn Seminar at Greenhills Community Centre in Dublin.



In its third year, the Rising Dawn Seminar has become one of the popular highlights on the BAA events calendar attracting increased attendance year on year not just from the Republic of Ireland and Northern Ireland but also from the UK mainland.

Kicking off early at 08:00 was an impressive line-up of GTA Youth and Junior students who took part in a vigorous youth development mini-seminar instructed by Sensei's Bob and Vanda. The noise, energy and exuberance of these young Aikidoka being put through their paces greeted early arrivals and set the tone for the entire first day.

Formal Welcome & Introductions

Once the formal welcome and introductions had taken place all were eager to begin.



Session 1 – Dai Roku – Sean Hoddy

A vigorous warm-up and stretching programme marshaled by Sensei Fairchild led straight into the study of section D of the Dai Roku, a koryu on the 5th Dan syllabus, under the expert technical instruction of Sensei Hoddy. A fast pace was set and we had to pair off and attempt to replicate what (we thought) we saw demonstrated. It was not long before beads of sweat were appearing on furrowed brows as these kata techniques required full concentration, focus and good observation to perform correctly.



Session 2 - Free-play Development – Vanda Fairchild

An hour and a half later, a water break was called and then we went straight into a dynamic session on Free-play Development led by Sensei Fairchild, the core focus of which was practical methods of breaking balance on the move as a prelude to discovering potential techniques that could be applied from Uke's reaction.

The awareness, dynamic movement and strong posture of Sensei Fairchild's technique was amazing. There was a lot to learn (and unlearn) before we would have any chance of executing with the same grace, but all were eager to have a go and the sound of



active good humoured practice rang out throughout the hall.

An hour or so later brought us to a short break at 12:30 where the opportunity to briefly catch up with old friends, take on some much





needed sustenance for the next session.

Session 3 – Dynamic Movement & Softness – Bob Jones

At 13:00 and after a quick warm-up, Sensei Jones slowed the pace down a little with one of his trademark, insightful and entertaining short lectures on the evolution of our branch of Aikido from its roots in Ju-Jitsu through to the Judo inspired training methods adopted by Kenji Tomiki. If we thought we were in for a slow session we were wrong as the focus changed

quickly to the examination and powerful demonstration of dynamic movement of centre as the basis of good throwing technique.

After another hour of technique demonstration and practice I think we were getting close to an understanding of the softness with movement needed to explore the concepts further.

Session 4 - Free-play continuation – Vanda Fairchild

A mere five minute break led

straight into the second session by Sensei Fairchild on continuation in Free-play where different continuation scenarios were examined as potential outcomes from the initial balance breaks demonstrated in session 1 and Uke’s reaction to each. Again, Sensei Vanda this time with Randori Champion Nathan Lomax-Cooke as uke demonstrated the level of committed dynamic movement and timing required from tori to achieve a successful technique on an experienced player. After a quick demonstration of each



concept we paired off to practice and explore how it might work for us.

It was plain to see that everybody was enjoying the practice and with many experienced Dan grades on the mats everyone was taking it seriously. Day 1 of formal seminar instruction concluded with a quick warm-down and short

break before the official BAA Kyu and Dan grading got under way.



Day 2 – Session 1 – Suwari Waza with a difference - Bob Jones

Starting at 10:00 a short warm up was slowly under way to allow the over indulgent to wake-up and recover sufficiently from the previous night's social activities and focus for the first section of the Day 2 schedule led by Sensei Jones. This session was very interesting, working from Aikido kata suwari waza techniques into various pins, holds and chokes found within the Judo syllabus.

Day 2 – Session 2 – Dai Roku (continued)- Sean Hoddy

After another short break, it was straight back into the remaining sections of the Dai Roku with Sensei Hoddy. As we had a lot of syllabus to get through, the pace was fast and again a high level of concentration was required to take in the techniques. This was new syllabus to nearly all attendees with high grades struggling with the rest to execute what was demonstrated. This mind melting aspect of Aikido is as exciting as it

is challenging as it forces us out of our comfort zone in the struggle to absorb new information quickly.

Day 2 – Closing Session – Softness & Power – Bob Jones

Continuing the theme from Session 3 of Day1, Jones Sensei closed out the seminar this year demonstrating the awareness, softness and dynamic movement needed to effectively execute techniques from the Dai Yon, with a special focus on flow and maintaining good posture. The total combination of all the concepts in the execution of a single technique revealed how difficult this kata is to master to a high level.

Uke appreciation

It's easy to write off the role of uke in a seminar as an accessory. Indeed an experienced uke's contribution is largely invisible allowing the instructor to commit and apply technique fully with minimal adjustment or compensation for full effect. I certainly appreciated the skills and utility of the amazing Nathan Lomax-Cooke, the brilliant Pamela Dempsey and the indefatigable Keith McClean Sensei, who after a full day of seminar uke duty, still had energy to uke for 1 dan grading tests as well as some serious dancing demonstrations at the local night club. A special mention goes here to Vanda Fairchild in this regard also (so I am informed).



BAA Squad Session Visit to Dublin and the Road to Brisbane

Pamela Dempsey

“A champion is afraid of losing. Everyone else is afraid of winning.”

Billie Jean King



It's just under a year since my first squad session. As with many of the aikido trips it was just myself and Keith McClean that attended the last squad session with Mick Pratt and Danielle Jones as squad managers as they handed over the reigns into the very capable hands of Laura Beardsmore and Paul Carr.

It only took one and that was it we were hooked. Other aikido commitments prevented us from attending every session for the remainder of the year but we did manage to get in a few. Coming home to our club with a new zest for aikido and the competitive element ever growing we tried to rally the troops to our cause. Not everyone is as addicted as Keith and I so unfortunately most were unable to commit to travel.

It was announced that the new squad managers would visit our shores for the first time. A historic

occasion for us and the excitement was palpable. Our joy was dampened slightly having attended squad sessions already realising that now we would have two days of it instead of one. We attended the squad session in October in what would be our last of the year in that venue. The

new managers now in full swing set out a tough session. We were reminded of what was to come in November. It was after this session being encouraged by other members of squad and the team that we made the decision that we would commit to going to the World Championships in Brisbane. It was so exciting now to welcome Paul and Laura to Dublin knowing that we would be training with them on the run up to our first international competition. November arrived. It was cold and miserable, like every other month in Ireland. But they came nonetheless not knowing what would be waiting. We are only at the beginning of our competitive road in Ireland. The knowledge and experience brought with the squad managers was beyond measure. For some it would be the first time they would witness what competitive aikido really looks like. Despite our best efforts to explain it, it was Paul and Laura who managed to make sense of it for so many who attended.

It was a two day session, run like many of the others we'd attended.



Irish Squad Session November 2014



Paul took the lead with the warm up and much of the uchikomi training. It was well attended with all those there giving it their best effort. Much of the first day was high tempo physically as we would expect. Moving swiftly into a quick introduction to the rules of competitive aikido. Specifically for Randori. For many that attended this would've been the first time they had access to this sort of learning experience. Who better to explain this than the two time female world champion Laura Beardsmore. Laura's relaxed and honest approach to teaching allows a level of understanding that previously seemed beyond our grasp. Paul Bonnet was also in attendance and kindly took a session on embu. His recent visits to Japan adding invaluable experience and knowledge to the kata. Focusing particularly on some of the finer points of kuzushi in each section. This wasn't just a historical weekend for competitive aikido in Ireland it was a weekend that I feel cemented our commitment to squad and to competing for as long as our bodies will allow. The benefits of attending squad sessions over the last year have been immeasurable. Personally

my aikido has evolved to a level of understanding far greater than anything I could've imagined. But by far the best thing about attending squad both in our new home in the Judo centre of excellence and in Dublin was the sense of being a part of something. It is a privilege to train with some of the best aikidoka in the UK and in the World at squad. From the moment we began our journey we were welcomed and encouraged. With Paul and Laura at the helm we've managed to take our competitive aikido to the standard where we can compete with confidence at world level this August. Without their support and never ending patience we would no doubt be lacking the confidence to even attempt this.

At the beginning of August I will be practicing aikido 5 years and I can tell you when I started I never would've dreamt of this. Paul and Laura and in fact all of the team have given us nothing but encouragement from the beginning to help me build a self belief that will allow me to compete with confidence in Brisbane. Given the chance to train with some of the best can only help you improve. Anyone that attends freely share their knowledge and experience with those less experienced, such as myself. Brisbane is waiting and I can't wait to go and be a part of something special. A part of something more than myself. A part of a team.



BAA Spring School Winchester



Course Report Bob Jones

The Winchester Spring School 2015 provided an opportunity for over 50 Aikidoka to practise and share experience both on and of the mat. The school itself has been growing over the years and is now established as regular BAA event hosted by Francis Burgess and many helpers from his club at the Winchester Lido.

Clubs came from far and wide including Leeds, Wakefield, Brighton, Herne Bay, EPIC, Newbury, Sheffield, Bristol and Winchester

Instructors from varied backgrounds gave strong and interesting instruction covering a wide range of topics. Lindsey Comens demonstrated techniques from the Daito Ryu school, which for many provided some interesting links between

traditional and Tomiki approaches. Paul Wildish undertook to teach the Dai Ichi; a traditionally focused Tomiki Kata. Bob Jones focused

I really enjoyed attending this years spring school, it was good fun practicing with higher grades and people from different clubs. My favorite part was learning grasp techniques because I could perform them quickly and properly. The weekend has been lots of fun learning new aspects of aikido with ne instructor and making lots of new friend.

Matthew Millen Age 11, Green Belt, Eastleigh Aikido Club.

on a kneeling techniques and Ilya Solonitsyn from Russia engaged the class with a unique approach focusing on inner power and generation of movement.

The coaching course provided for seven more newly qualified BAA Coaches to teach at their

respective clubs.

Sarah Fletcher organised a number of coaches for the juniors who thoroughly enjoyed their experience including the grading on the Sunday.

The senior grading saw for the first time both traditional and Tomiki practitioners grading together under the revised grading regulations. The grading was difficult and exacting with eleven out of the fifteen candidates achieving their next grade including six new Dan grades, Jack Wilson, Sam Mossaheb, Jack Sharpe, Johnathan Hedley, Darren Bird and Peter J Hall.

It was a great weekend including the social barbeque with exchanges of ideas and techniques making it enjoyable for everyone – if you weren't there you missed a treat.

British Senior Nationals 2015



The BAA Senior National Championships were held on the 8th of March this year at Dartford Judo Club's impressive 3 mat centre in Kent. This year saw

impressive first time outings from Huddersfield and Shoshinkan and a well contested challenge from Tanseikan and Leeds Central for the top club position.

It was undoubtedly Tanseikan's day with a very strong competitive team taking the top position with 26 points and dominating both Kyu and Dan grade Men's randori.

Participating Clubs:

Leeds Central (Lds), Huddersfield (Hudds), Tanseikan (Tnskn), Ittaikan (Ittn), Shoshinkan (Shskn), City of London Shodokan (CLSh), Bradford (Bfd), Greenhills Tomiki Aikido Ryu (GTAR), Sussex Sports Aikido (SSA), Thanet Judokwai (TJK)

Junanahon – Kyu Grade (10 pairs)

1 st M.Bolton/Ellie Gander	Lds
2 nd M.Murphy/C.White	Lds
3 rd E.Harrison/G.Pullan	Hudds

Junanahon – Dan and 1st Kyu (10 pairs)

1 st D.White/P.Carr	Lds
2 nd L.Mazacs/J.Pullen	Hudds
3 rd D.Fielding/F.Kamara	Tnskn

Open Kata – Kyu Grade (7 pairs)

1 st J.Pullen/W.Firth	Hudds
2 nd M.Murphy/C.White	Lds
3 rd K.Bolton/Ed Gander	Lds

Open Kata – Dan and 1st Kyu (5 Pairs)

1 st D.Fielding/S.Pearce	Tnskn
2 nd D.Ogunbiyi/N.Smalle	Tnskn
3 rd L.Simons/W.Hayward	Ittn

Goshin No Kata - Open Grade (9 pairs)

1 st S Pearce/N Lomax-Cooke	Tnskn
2 nd S Fletcher/A Rigby	Lds
3 rd P Livett/D Szymanski	Shnkn

Ninin Dori – Kyu Grade (8 teams)

1 st Panitiru/Livett/Szymanski	Shnkn
2 nd Harrison/Pullan/Firth	Hudds
3 rd M Bolton/Gander/Ducketts	Lds

Ninin Dori – Dan and 1st Kyu (5 Teams)

1 st Fletcher/Rigby/Carr	Lds
2 nd Pearce/Lomax-Cooke/Smalle	Tnskn
3 rd Simons/Hayward/Hayward	Ittn

**Tanto Taisabaki (14-17 yrs) (18 competitors)
(5 competitors)**

1 st Jake Pullen	Hudds
2 nd William Firth	Hudds
3 rd Morgan Murphy	Lds

Women's Tanto Randori – Open Grade

1 st Natuely Smalle	Tnskn
2 nd Sarah Fletcher	Lds
3 rd Ellie Hughes	CLSh

**Men's Tanto Randori - Kyu Grade (8 competitors)
(12 competitors)**

1 st Chris Wilson	Tnskn
2 nd Vamba Konneh	Tnskn
3 rd Emilio Bielsa	Tnskn

Men's Tanto Randori – Dan and 1st Kyu

1 st David Fielding	Tnskn
2 nd Scott Pearcxe	Tnskn
3 rd Fred Kamara	Tnskn

Team Trophy

1 st Tanseikan	26 points
2 nd Leeds Central	18 Points
3 rd Huddersfield	15 Points
4 th Shoshinkan (Essex)	4 points

Bob Jones brings Aikido to 'Martial Arts Illustrated' magazine

Bob Jones 7 Dan, our former Chairman and now the new Chief Executive Officer of the British Aikido Association, is currently writing a series of aikido articles for Britain's largest circulation martial arts magazine, 'Martial Arts Illustrated'.

Beginning with the July issue 2015, Bob set out the principles and practice of competitive Tomiki Aikido for the MAI's wide audience of martial arts practitioners and enthusiasts. The series is entitled 'Spirit of the

Samurai - The Aikido Way' making the important connection between the development of mind and body.

Bob opens his article in the current July issue with this important reminder;

"In Aikido, individuals must also learn that is not just techniques that they have to master. The development of the 'self' is also an important factor in the development of a true martial artist. Without this holistic approach to development, maximum effect can not be achieved."

The article then goes on to explain over four pages the principles, technical, physical, psychological and emotional skills that must be acquired as we move forward along the aikido pathway.

The articles while primarily directed towards those not currently practising aikido, they represent a succinct and well thought through account of aikido practice relevant to both beginners and experienced aikidoka. Buy a copy online you will not be disappointed.

July issue



August issue



Three Men on Train

Harvey, Dick and Steve visit Japan

Steve Powell

End of February 2015, three men of a certain age (and weight) visited Japan to train and travel. Harvey Goodman, Dick Todd and I, Steve Powell, with 97 years practice between us. For Harvey and I this was our first visit to Japan. Dick had visited fifteen years previously and trained at Senta Yamada's dojo in Fukuoka.

Our first job on arriving at Haneda airport after the eleven hour flight was to get the Japan rail passes activated. Which was easy enough although I took all three when we should of handed them in individually, and then off to catch the train to Ningyocho station that was just up the road from our hotel in Chuo Ward.

Lesson number one was how to read the subway map with stations and price, which is now also in English but apparently this wasn't available years ago. Then how to work the ticket machine. Station staff were extremely helpful when trying to find the right platform. On entering the train with at least two bags each filled with gi, luggage and gifts we found it wasn't particularly packed and we could read the station information. As we got further into Tokyo we couldn't actually see each other so we made an educated guess by looking out the window and on arriving at our destination the call went up and with elbows out it was a scramble to get out of the door before the train moved on.



Harvey, Dick and Steve with Shishida Sensei at the Waseda University Dojo

Just an observation that was a common theme during our stay in Tokyo, note the gate you come out from the subway as there are many and can be some distance apart. This also applies if you arrange to meet someone. Also, there are not as many escalators in Tokyo compared to London which is great fitness training after an eleven hour flight and up to three bags.

The first full day, a Saturday we visited Sensoji which is also known as Askusa Kannon Buddhist Temple, completed in 645 and next to this the Shinto Askusa shrine built in 1649 by Tokugawa Iemitsu. In the afternoon it was off to Waseda University for the first time. Fumiaki Shishida met us at the station as we had managed to find the right gate and he took us through the campus to Waseda University gym.

The building is divided between aikido, fencing and wrestling in the basement, Judo on the ground floor, then kendo, karate and 'Ping Pong' on the top floor. As you enter the building and descend the stairs there is a plaque by the entrance to the judo dojo that was penned by Tomiki Sensei.

When we arrived at the aikido dojo, the university student class was already underway, taking techniques to the point of balance breaking. The three of us trained in the first area of the dojo, also balance breaking and then Shishida Sensei concentrated on techniques. Beginning from reverse two handed grasps then increasing the amount of force from uke. This was achieved by working on the timing of dropping posture and hip turning. The students worked on a form of ninjori, where tori continuously did the same two

techniques, one on each uke. When kotai was called they moved around and changed the technique. The Student class stopped briefly to rei to Shishida Shihan and we introduced ourselves and joined in the very fast but light kakarigeiko and tanto hikitategeiko. The students then did fitness training and the session was finished by all grabbing a broom and sweeping diagonally across the mat.



Respect for the Dojo

In the evening with we had the honour to go to dinner with senior senseis Kitayama, Yamaguchi, Sato and Shishida, fortified Chinese wine was the favoured drink of the evening.

In the morning Fumiaki Shishida took us to the Tokyo National Museum where there was a special exhibition of ancient Buddhas from Northern Japan and then onto the major shopping area of Ginza. We were advised that umbrellas are cheap in Japan because it rains as much as London. Just outside the doors to the museum there is a sizeable area to lock up your umbrellas. We didn't take this advice!

Up early the following morning we headed north to see the Snow Monkeys at Jigokudani, five hours, three trains, a bus and a mile walk up an ice track because the Shinkansen could not make it through the previous night's snow fall, three hours back. Followed by the next with day a more sedate stroll in the Royal Palace Gardens, heard the kiai

screams from the kendo hall, and made a visit to judo's Kodokan central headquarters and museum.

After being taken to the 'Landmark Tower' with great views of Yokohama, the next training session was in a small dojo with Yoshiomi Inoue Sensei. The emphasis of his lesson was on maintaining tension whilst using a dip and hip movement to break balance and execute the technique.

Inoue Sensei demonstrated the power of keeping on the tension by tori and uke holding either end of a two litre cold tea bottle. All the time tension is maintained tori can control the weight of the bottle, as soon as uke let go, the bottle drops as tori cannot hold the weight and loses control. We also concentrated on ushiroate using the "wheel of the bus" movement to break uke's balance. We participated in the following two classes and later Mr Ehara and Mr Konomi visited the dojo and joined us for a Sashimi Dinner.



Dick and Harvey with Inoue Sensei

Thursday night is the adult class at Waseda with Mr Shinohara as the regular instructor. Before the class Takeshi Inoue Sensei was giving an individual a lesson on kata and Sato Shihan was looking after two Russian visitors. Points taken from this session were the "winning the centre" from tegetana.

Tegetana awase was first practiced as we are familiar with, hand blade, good posture, with tori leading but then varied by tori entering by tsugiashi at speed whilst transforming the leading hand blade from soft to hard. This had the effect of turning uke a fraction and unsettling his balance.

Over the couple of weeks we attended on Thursday night, Shishida Shihan amongst other techniques, gave us his thoughts on the combination techniques of the Randori No Kata, oshitaoshi/udegaeshi, kote hineri/kotegaeshi, hikiotoshi/ude garami.

Over the next few days the trip moved on to Nara (Deers in the street) via the Mount Fuji resort (nice large rooms), Kyoto (traditional *ryoku*, in the 1000 Buddha temple) and the Spring Sumo Basho at Osaka.

When booking a box for four, for the Sumo *Basho* online, a few weeks before, there was a polite warning on the web site, "stout westerners may find the box uncomfortable". The box was slightly smaller than a tatami with four cushions and a scaffolding type bar around your area. As we were there for seven hours we were fortunate that a very kind Japanese family next to us let us encroach on their area. We found out later that their son was one of the referees for the lower ranks. We were also



The giants of Sumo

lucky enough to be near one of the entrances where the *rikishi* waited to enter the hall. The atmosphere was magnificent particularly when the *ozeki* and *yokozuna* lined up to fight. Our own personal challenge was trying to stand up and walk after the concluding bow wielding ceremony.

Dick returned home from Nara and Harvey and I travelled onto Fukuoka in Kyushu via Hiroshima. In Fukuoka we had told Dick we would try and track down the dojo he had trained in 15 years ago. I started taking photographs of a hall only to be told by a passer-by that it was a fire station and the dojo was around the back!

Having found the entrance we were invited in to watch judo and were joined by Mr Manzo Shitama who lives above the dojo and whose family had taught *Sosuishi jujitsu* for 360 years. He pointed out Senta Yamada's name plate on the wall and by coincidence told us that he was being interviewed the following day by Mr Shishida who was due to meet us the following evening.

Still trying to get over the "Live Dancing Fish" which was the first course of the evening meal the next day we trained at Fukuoka under Senseis Shishida, Yoshio Takemoto and Osamu Nagayoshi, the main themes were the warm up exercises during which Shishida did the splits and an examination of *oshitaoshi*. Also in the far end of the hall there was a Sensei giving individual training in a form of *kenjutsu* and in the next hall was a Sunday morning *kendo* training session.



Manseikan Aikido

We later took a train down to Kumamoto where we were met by Mr Yuji a Shinto priest who trained in the more traditional style of Manseikan Aikido. Mr Yuji's father knew Kenji Tomiki and is friend of Fumiaki Shishida.

We were treated to an excellent meal at the home of Mr Yuji and his wife and the next morning we were taken to a Dojo in Aso which is the home Mr Kimura a retired police officer. This dojo was set in a bamboo forest with a view of a live volcano.

After the *rei* Mr Kimura led a chant, which invoked the spirit of aikido and then cut with a *bokken* thirty six times in a circle, followed by cuts to the four points of the compass. Mr Kimura then demonstrated techniques to be practiced with an emphasis on *kokyu ryoku* (breath power). At the end of the session Harvey and myself were invited to demonstrate *koryu dai ni*. After our demonstration a cover was put over the *tatami*, a low table was brought in and we had a very nice lunch with senseis and students, whilst Mr Shishida interviewed Mr Kimura.

Manseikan Aikido was started by Kanshu Sunadomari who died in 2010, he was one of the last *uchideshi* of Morihei Ueshiba who he met through the Omoto Kyu religion and after Ueshiba's death in 1969

he started his own style in Kumamoto. A film on You tube can be seen of him doing a demonstration at the first Aikido Friendship games in 1985 with Mr Kimura being one the *ukes*.

Harvey and I finished our trip with a visit to Reigando, the cave where Miyamoto Musashi spent the last part of his life and wrote the legendary *Go Rin No Sho* – The book of 5 rings. The rain was torrential so we decided to take a cab, trying to explain that we would pay and make our own way back to Kumamoto as we did not know long we would be got lost in translation so the taxi driver turned off the meter and just joined us on the path to see the cave and then drove us back.

My observations are, you only need to stop and get out a map and someone will stop to help and usually walk with you until you are at your destination. All clubs were very welcoming and a four person box at sumo is not big enough for three robust Englishman.

We would also like to take the opportunity to thank Mr Shishida, Mr Ehara, Mr Inoue and others for the hospitality we were shown during our time in Japan.



Miyamoto Muhashi's cave in Reigando

The Goshinaikikwai reaches 40

Dudley Osborne



On the 25 April this year the Goshinaikikwai celebrated its 40th Anniversary, with a training day held at their dojo St. Michael's Community Centre, Welling, Kent. Sessions were taught by Paul Wildish, Ken Broome, Harvey Goodman and Adrian Tyndale with extra contributions from Dick Todd and members of the club. Presiding over all was the indomitable, if diminutive, figure of Dudley Osborne. An octogenarian but practising with a great heart and spirit as the chairman and 'father' of the club.

Sadly as posted on the BAA website he Dudley shortly after this immensely enjoyable event on the 12 May. We have thought it fitting that Dudley should tell some of the club's history in his own words. What follows is the speech he gave that day to members and guests recalling the Goshinaikikwai's story.



Paul Wildish, Dudley Osborne & Ian Dunn

My name is Dudley Osborne and for my sins I am the Chairman of the Goshinaikikwai Aikido Club. I would, on behalf of all the club members, welcome you and thank you for coming to this 40th Anniversary special training and social event.

I know you will be anxious to get on with the show but on this occasion it seems appropriate to say a few words regarding our founder Basil Stephenson and the many members and instructors who have over the years, kept the club running and enabled us to here today.

The club was founded by Basil Stephenson and Ken Saunders, both 1st Dans from the Renzukai, in September 1974, at the Downes School in Dartford, Kent. Ken departed after a short time leaving Basil to run the club on his own, which, as far as I remember, consisted mostly of beginners. Eric Brown who instructs in Norwich and Ian Dunn, who is now back with the Goshinaikikwai, were in the first beginners class in September 1974 and Paul Wildish and myself were in the second class which started in December of that year. Dave Freed joined in 1976, as I believe did Bob Barrow, both with previous aikido training. During Basil's time and after he left to live

with his daughter in Australia, Paul Wildish and Bob Barrow played major roles in coaching and other club activities, including coaching at another club that Basil ran in Norbury, near Croydon.

The Goshinaikikwai has had various dojos over the years. I make the tally five in Dartford, two in Bexley and two in Otford and usually with two venues running at any one time.

The club has been very fortunate in progressively having very talented instructors, some of whom have attained high recognition and status within the BAA. As I mentioned earlier these included Bob Barrow, Paul Wildish who is also vice-chairman of the BAA, Dave Freed, Ian Dunn, Kevin Lee, Geoff Cox and Rob



Dudley still on the mat in his 80s



instructor, with Steve Powell, Tim Butler, Rob Johnson and his nephew Scott Johnson in support. Ian Dunn is now also part of the coaching team. We have also had close ties with

Dick Todd, who is here today with some of his members from his club in Margate and we have reciprocal training arrangements with them.

All past and present members should be congratulated for their efforts on behalf of the club over the last forty years and who have made the club what it is today.

I would also like to draw particular attention to two members, Jo Holbourn who was



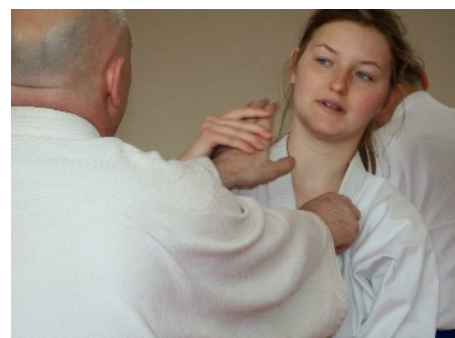
Johnson, who also now plays a major role within the club and many others. As you will see during the course of this event many of our members are well qualified in other martial arts, including iaido, judo, karate and tai chi.

We have for many years had close ties with the Shukumie Club under Rob Johnson and the Mishinakwai under Harvey Goodman and so it was decided some time ago that in the present climate it would make sense to merge. This made the Goshinaikikwai coaching team even stronger. So we now have Harvey Goodman as our chief



our secretary for twenty plus years, now retired, well done Jo, and Simon Davies, our club treasurer, who apart from Dave Freed and myself is the longest continuous serving member with twenty four years service. Simon is also a high ranking karate instructor as you will see later.

I will finish on a personal level by saying that over the last forty years I have made many lasting friendships, trained with and been coached by some of the finest people in the aikido world and consider myself exceptionally lucky to have been able to do so. Thank you.



The Importance of Insurance

To claim Coach PI Insurance clubs must have members

Bob Jones BAA Chief Executive Officer

The Association offers members a range of insurance for the protection and peace of mind of students and coaches.

There are two key benefits of membership: first - permanent disability insurance, this provides a range of compensation packages to support members. Second - member to member liability cover provides cover against potential legal action from other members.

Accident or loss of earnings insurance is not part of the policy provision but can be sought directly through the insurance provider Endsleigh.

The above policies apply to coaches; in addition it is mandatory for all active coaches to hold Professional Indemnity Insurance covering risks related to potential litigation.

Coaches actively engaged in day-to-day coaching must have

Professional Indemnity Insurance. Qualified coaches who may have completed their coach award are not required to hold PI insurance until actual coaching begins.

The association has had two liability actions in the past three years, it is therefore extremely important that active coaches access this cover.

The PI Insurance is heavily subsidized by the association on the understanding that students are also covered by insurance through association membership. This means that a club coach can only access PI insurance whilst coaching at or for a BAA member club. As some clubs are accessing PI but have no registered club members the Executive Committee have taken action. From January 2016 the subsidy for PI insurance will be linked to student members registered with the association in a ratio of 1 to 5. This means

that for every five registered student members the club can access one PI subsidy for a coach. For example, a club with fifteen registered BAA members can have up to three coaches claiming a PI subsidy. So subsidized coach membership fee will be £45.00 with student members and full cost £85.00 for those without student members.

We know insurance works by spreading the financial risk across a large number of people. The Association's policy is no different and is based on risk spread the cost across the whole membership. The lower the number of members the higher the cost. It is therefore in everyone's interest that all student members are enrolled in the association.

CONTACT
BAA CEO

ceo@aikido-baa.org.uk

Changes to the Executive

This year's AGM has set the scene for future developments for the BAA. A number of changes have taken place in job roles and responsibilities to set the association on firm ground to move forward. These changes include a division of labour between the

Chairmanship and the newly established role of Chief Executive Officer (CEO). The main focus of each will be that the Chairman can focus on the day-to-day management and maintenance of the association's affairs whilst the CEO will focus on the

developmental aspects. The Affiliates Liaison Officer will look after the needs of all traditional Affiliates. Whilst the new Club Liaison Officer post will provide ongoing support for all existing clubs. The Technical development Officer will Chair

the associations technical Committee.

The new *Chairman* is Paul Wildish and the *CEO* is Bob Jones.

The *Finance Officer* Brent Moran, *Membership Officer* Lee Adams, *Child Welfare Officer* Francis Burgess and *Communications Officer* Phil Evers all remain unchanged.

Relatively new to roles, that have not changed, are Paul Carr and Laura Beardsmore as *National Team Managers*, Vanda Fairchild as *Sport Development Officer*, Sarah Fletcher as *Junior and Youth Development Officer*.

Also remaining in post is the *Qualifications and Standards Officer* Mark Jenner and the *International Liaison Officer* Danielle Jones.

Elected at the AGM was a new *General Secretary* Claire Grundy.

Roles that have been deleted from the structure are Coach Liaison Officer, Traditional Liaison Officer and Self Defence development Officer. *Affiliates Liaison Officer* Tony Davis, *Club Liaison Officer* Paul Holding and *Technical Development Officer* Danielle Jones are replacing these.

The role of *Vice Chairman* is now elected internally by the Executive Committee and is now Lee Adams.

Current *Fellows* include Bob Forrest-Webb, Lesley Hepden, Terry Gibbs, Mike Smith, Brent Moran, Bob Jones and Paul Wildish.

The *Child Welfare Team* include Francis Burgess, Terry

Gibbs, Paul Holding and Mark Aldridge.

The *Meritorious Awards Committee* comprises Tony Davis (*Chair*) Paul Wildish (as *Chairman*) Bob Jones (as *CEO*) Shaun Hoddy, Terry Gibbs and Lesley Hepden.

Competition Committee Vanda Fairchild (*Chair*) Sarah Fletcher, Danielle Jones, Paul Carr and Laura Beardsmore.

The composition of the *Technical Committee* with Danielle Jones as *Chair* has yet to be considered by the Committee.

These changes are intended to aid the association's development and support the next stage of its application for National Governing Body status.

International sport aikido news

Australia



The BAA National Team will soon be heading for Surfers Paradise, City of the Gold Coast in Queensland, Australia for the first Aikido World Championships co-sponsored by the Shodokan Aikido Federation and the BAA backed World Sport Aikido Federation.

The BAA Team have been training hard over the last eighteen months

under the leadership of Laura Beardsmore and Paul Carr, the National Team Managers.

There will be the usual Randori for both men and women and mixed Embu events. We are of course hoping that our National Team will continue to perform well at the highest international level and bring back the medals. We have had much success in the past, proving for both the SAF and the JAA the BAA is the team to beat.

The event coincides with the Australia Multi-Culture Week Celebrations and will include a number of Japanese cultural demonstrations interspersed through the event. Which should

add extra interest for the spectators.

On a lighter note, we expect the BAA National Team, once the competition is over to have a great time wearing their medals in 'Surfers Paradise' one of the most popular and spectacular holiday resorts on Queensland's beautiful Gold Coast. Sun, sand and sea!

Good luck to the BAA National Team and we are all behind you!



Hideo Ohba

the aikido of 'quiet taste' part 4

Paul Wildish

The creation of Tomiki Aikido

Hideo Ohba resigned his post as a judo and police compliance and arrest tactics (taiho jutsu) instructor for the Akita Police in 1959. This resignation was prompted by a request from Kenji Tomiki, to join him in Tokyo at the prestigious Waseda University.

Tomiki Sensei had joined the university in 1951 as a full-time lecturer in the PE Department and was given charge of Waseda's Judo Club. Under his leadership Tomiki had introduced the study of techniques for use in the *rikakutaisei*, or separated standing position taking 'a distance apart', as well as the more usual judo grappling forms taking a grip on the gi. These were the techniques Tomiki had worked on in Manchuria with Hideo Ohba as his assistant, based on what they had learnt from Ueshiba Sensei.

In 1952 Tomiki extended these ideas and began to teach a course that he named Judo Taiso (judo exercises). At first this course was for women only but by 1953 it was opened to men. Tomiki taught this course based on both judo and aikido to Waseda students for next eight years. Finally in March 1960, the course name was changed to Aikido and the first steps towards the creation of Aikido Kyogi, or 'competitive aikido' were taken.



Ohba joined the PE Department of Waseda University as a judo and aikido instructor at Tomiki's behest in that same year, specifically to help further his ambitions for the 'new aikido'. Fumiaki Shishida attests that with his typical modesty that he felt privileged to have such an appointment which he felt he hardly deserved and was very grateful for. Characteristically he threw himself into encouraging the students to more active study and practice of Tomiki's new aikido techniques designed for randori practice.

Waseda was not his only teaching assignment at this time as his third son Kiyoshi remembered.

"My father would go home immediately after practice at Waseda and then after he ate he would go to teach at the United States Armed Forces Base in Fuchu. Then he would come home again, this time to do some washing, and then go off somewhere else to teach. He was

very busy every day going back and forth between his house and the places he taught, sometimes as many as four times a day."

Fumiaki Shishida Sensei also recalls the tireless nature of Hideo Ohba's teaching programme.

"The places at which he taught alone or together with Tomiki changed over the years, but he taught at a large number of locations. If I recall back to those times, he taught at many newly established clubs such as the Seidokan in Kasumi-cho, the Wrestling Hall in Aoyama, Sports Kaikan in Okubo, as well as at the Shudokan. He also taught the newly established aikido clubs of Seyo, Kokushikan and Meiji universities. Furthermore, he taught at each of the branch dojos established in Osaka (Shodokan), Yamaguchi, Fukuoka, Imabari (Ehime Prefecture) and Niigata. In this way, he exerted himself teaching all over the country."

In 1977 Ohba retired from Waseda University but that did not in the least stop his commitment to teaching Tomiki Aikido. Immediately upon retirement he took a post at Kokushinkan University and then in 1980 he became an instructor at the National Police Academy. He continued to pursue his passion to teach and communicate aikido until he finally retired to his home town in 1985, his spirit undimmed.

The 25 years of his teaching at



Waseda and at numerous clubs both in Tokyo and across the country, ran in parallel to the development of Tomiki's 'Competitive Aikido' and the formation and growth of the Japan Aikido Association (*Nihon Aikido Kyokai*).

When Ohba Sensei joined Kenji Tomiki in 1959 at Waseda, the formation of the new 'Competitive Aikido' was still in its early stages. Recruiting Ohba to Waseda enabled Tomiki to gain the support of an accomplished budo practitioner with whom he had worked closely with in Manchuria. Ohba had been his closest disciple, confidant and faithful friend. This combination of



Tomiki's questing intellectual vision, coupled with Ohba's breadth of budo experience, teaching and performance skills, was to prove an enduring partnership of great benefit to the character of Tomiki's 'Competitive Aikido'.

Ohba's arrival at Waseda came at a fertile moment of technical change within the nascent JAA. Up until that time the pattern of practice consisted of unsoku, tandoku undo, yonhon no kuzushi (the original version of what was to transform into nanahon no kuzushi) and the basic jugohon no kata (15 technique kata) that formed the basis of Tomiki's systemisation of aikido waza. Shortly after Ohba's arrival, in and around 1960, this began to change taking the fundamental shape in which it is practiced today with the creation of the junanahon (17 basic kata). In addition to which the roppon no kuzushi was created and then the

dai san or goshin no kata as a kata of classical aikido techniques responding to unarmed and armed attacks.

Takeshi Inoue who was a close student of both Tomiki and Ohba at this time, recalls this process of creation.

"During the mid-60s Ohba Sensei and others worked on the creation of the kata forms of the dai-ichi (first) to dai-roku (sixth), which we presently practice as the koryu no kata, in order to work on techniques for demonstrations and for purposes other than randori. What Ohba Sensei particularly stressed in formulating these kata was the organization of different techniques in such a way that students could learn connections between techniques easily and naturally. After he had organized the techniques to some extent, Ohba Sensei reported to Tomiki Sensei and demonstrated what he had done for him. He received some advice from Tomiki Sensei and then added corrections to the kata."

Takeshi Inoue, who came to the UK and spent time teaching with the BAA, was the catalyst for the study of Ohba's koryu no kata by prominent British instructors such as Ah Loi Lee and Lesley Hepden. It was Takeshi Inoue who first introduced Loi Lee to Ohba in March 1971 when she was taken by him to early morning practice at Aoyama. Both Loi Lee and Lesley Hepden, who also studied in Japan with Ohba, were profoundly impressed not only by his great skill but by the wisdom, humanity and gentle consideration he displayed as a teacher. Both were to regard him as their aikido mentor from that time forward,



which would condition their own approach to teaching and practice and ultimately influence that of the BAA.

Such was Loi Lee's and Lesley Hepden's enthusiasm for his teaching, upon their respective returns to the UK, that they easily convinced their aikido friends that Ohba Sensei should be invited to the UK to teach. Through the good offices of Takeshi Inoue, this was finally achieved in march 1976.

Ohba's visit to England

Loi Lee in her book 'Tomiki Aikido: Past and Future' wrote of this time.

"It was typical of the man that when we met him for the first time at Heathrow Airport accompanied by Shinohara San from Waseda University and took them to my flat, he insisted on playing his shakuhachi (bamboo flute) as his way of greeting us for the first time and also thanking us for the invitation. This is after a long tiring journey of 17 hours."

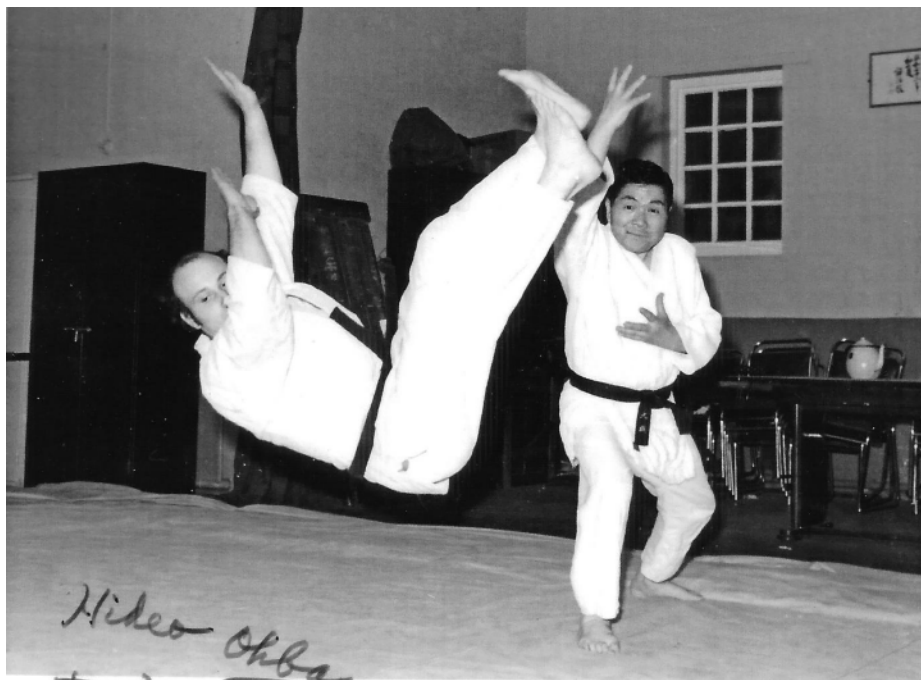
Shinohara San was a 3rd Dan from Waseda University and was to act as uke, translator and to 'look after' Ohba. However Loi Lee describes many instances where Ohba was looking out for Shinohara and making the translations himself when he thought his assistant was being tardy and long-winded. Ohba stayed in England for five weeks teaching and also visiting Stratford upon Avon, Brighton and the Lake District.

Importantly for the BAA, Ohba not only taught and demonstrated the kata of Tomiki Aikido but he introduced the practice of tanto randori for the first time. All those who attended his sessions were charmed by his engaging personality, and impressed by his technical mastery and charismatic teaching.

Ohba was to visit England once again three years later in 1979, to celebrate the opening of Loi Lee's Yawara Centre dojo in London. This time he travelled without an uke from Waseda, as Itsuo Haba 4 Dan was already staying with Loi Lee while studying English. On this occasion he was only able to stay for two all too short weeks, but nevertheless immensely regarded by all who had the benefit of his teaching.

“a rare close teacher and student relationship”

Kenji Tomiki and Hideo Ohba enjoyed, according to Ryosuke Togashi “a rare close teacher and student relationship” through the major part of their professional lives. Ohba's devotion to Tomiki was the central pillar of his life and had been tested through the hazards of war in Manchuria and their long teaching partnership. It was never found wanting of an absolute commitment to Tomiki and his vision for aikido at all times. This was again confirmed when Ohba had news that Tomiki was critically ill in hospital. Ohba who was in Akita at the time immediately drove, without rest or sleep, across the country to be by his master's bedside. His hopes and prayers that Tomiki would rally and recover were to be disappointed. Three days later in December 1979 Tomiki died, leaving behind a great legacy of budo scholarship and technical insight and creative invention that had moulded the teachings of judo's Kano and Ueshiba's aikido into a coherent unity. Now it was



Hideo Ohba
大庭秀雄

Hideo Ohba throwing Ken Broome with his signature in English and Japanese on the left (from Dick Todd's collection).

to be Ohba's mission to carry that legacy forward.

The second president.

After Tomiki's death Ohba Sensei became the second president of the Japanese Aikido Association, and stepped into the role of leading the instruction and dissemination of Tomiki Aikido throughout Japan and the wider world. In this capacity, despite his age, from his base in Tokyo he made regular visits to dojos in other cities across Japan to teach, encourage and inspire his students. This passion took him further afield, making as we noted a second visit to the UK and Europe and teaching trips to



Taiwan and Australia. He also appeared in an episode of the BBC documentary series, “*The Way of the Warrior*” entitled “*Aikido & Kendo: The Sporting Way*”, which can still be tracked down on YouTube. His efforts to promote Tomiki Aikido bore fruit, particularly internationally, where clubs developed not only in the UK but in Belgium, the Netherlands, Switzerland, Spain, Australia, the USA, Brazil and Taiwan. Today even more clubs have opened in France, Russia, the Ukraine, Georgia and the Czech Republic. Giving a vital international dimension to Tomiki Aikido eventually bringing many countries together to celebrate and compete in both kata and tanto randori.

For the UK, Ohba's koryu no kata have been continuously practiced and valued, even when they fell from favour in Japan. Now that the JAA are revisiting and reviewing these kata, a vital contribution made by Ohba to Tomiki Aikido is hopefully being restored.

Continued on page 23

Junior Open North Competition

Sarah Fletcher BAA Youth Development Officer



On Saturday 14th March 2015 one hundred and thirty of the BAA's junior and youth competitors turned out for the Junior Open North championships in Bradford. 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 we will have seen you at the BAA Junior Nationals - 27th June 2015 in Bradford and then at the next BAA Junior Open South – 21st November 2015 in High Wycombe.

Junior competitions count towards the Youth and Junior Award Scheme.

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

Junior Open Championships (North) results

UNDER 8's

RANDORI-NO-KATA

BRONZE – Cox & Gumbs

(LDS/BDF)

SILVER – Mustafa & Obbard

(HUD)

GOLD – Wallon & Carter (HUD)

KAKARIGEIKO

BRONZE – Bundred & Woodward

(LDS)

SILVER – Wallon & Carter (HUD)

GOLD – Cox & Tipling (LDS)

NININ DORI

BRONZE – Grundy, Sutton &

Cheetam (YJH)

SILVER – Clubs, Watson & Tipling

(YJH/LDS)

GOLD – Mustafa, Carter & Wallon

(HUD)

BEST INDIVIDUAL

Gumbs (BDF)

UNDER 10's

RANDORI-NO-KATA

BRONZE – Grundy & Oostervic

(YJH)

SILVER – Barnaby & Stenson

(YJH)

GOLD – Masterfano & Bishop

(YJH)

KAKARIGEIKO

BRONZE – Bishop & Masterfano

(YJH)

SILVER – Bearne & Davidson

(HAR)

GOLD – Stewart & Emmerson-

curry (HUD)

NININ DORI

BRONZE – Kasongo, Emmerson-

Curry & Stewart (HUD)

SILVER – Baker, Compston & Cox (LDS)

GOLD – Bishop, Masterfano & Grundy (YJH)

BEST INDIVIDUAL

Howes (LDS)

UNDER 12's

RANDORI-NO-KATA

BRONZE – Emmerson-curry & Firth (HUD)

SILVER – Ball & McKenzie (HUD)

GOLD – Hartshorne & Kellitt (YJH)

KAKARIGEIKO

BRONZE – Ball & Mckenzie (HUD)

SILVER – Keyworth & Sutton (YJH)

GOLD – Hartshorne & Kellit (YJH)

NININ DORI

BRONZE – Ball, Mckenzie & Kasongo (HUD)

SILVER – Marsland, Hill & Goodsman (BDF)

GOLD – Hartshorne, Kellitt & Oosterviv (YJH)

TANTO TAISABAKI

BRONZE – Cox (LDS)

SILVER – Kerrigan (LDS)

GOLD – Firth (HUD)

BEST INDIVIDUAL

Hewitt (LDS)

UNDER 14's

RANDORI-NO-KATA

BRONZE – Barnby & Walker (YJH)

SILVER – Millar & Millar (LDS)

GOLD – Goodall & Pilling (LDS)

KAKARIGEIKO

BRONZE – Barnby & Walker (YJH)

SILVER – Pilling & Goodall (LDS)

GOLD – Firth & Young (HUD)

NININ DORI

BRONZE – Pearce, Reddish-Good & Hudson (LDS)

SILVER – Goodall, Cheney-Thornton & Pilling (LDS)

GOLD – Firth, Young & Galiev (HUD)

BEST INDIVIDUAL

Al- Hassan (BDF)

UNDER 16's

RANDORI-NO-KATA

BRONZE – Gander & Bolton (LDS)

SILVER – Firth & Emmerson (HUD)

GOLD – Harrison & Pullan (HUD)

OPEN KATA

BRONZE – Harrison & Pullan (HUD)

SILVER – Bolton & Gander (LDS)

GOLD – Pilling & Cox (HUD)

KAKARIGEIKO

BRONZE – Bolton & Gander (LDS)

SILVER – Pullan & Harrison (HUD)

GOLD – Firth & Emmerson (HUD)

NININ DORI

BRONZE – Bolton, Gander & Riley (LDS)

SILVER – Gornall, Cheshire & Aldridge (BDF/LDS/WHF)

GOLD – Barker, Emmerson & Harrison (HUD)

TANTO TAISABAKI

BRONZE – Harrison (HUD)

SILVER – Gander (LDS)

GOLD – Firth (HUD)

BEST INDIVIDUAL

Rowichi (BDF)

TEAM CHAMPION

1st - Huddersfield Tomiki Aikido

2nd - Leeds Central Aikido

3rd - Yon Ju Hachi

Hideo Ohba

Continued from page 21

Eventually, despite his energy and commitment to spreading Tomiki's Aikido across Japan and the world, age and illness finally caught up with Hideo Ohba. In 1982 he was taken ill and hospitalised. Upon leaving hospital he began teaching again, encouraging the belief that he had fully recovered. This was not to be and he

became ill again in 1985 and returned to hospital. This convinced him to leave Tokyo after twenty five active years and retire to Yokote, his old home and birthplace. Many students came to Ueno Station in Tokyo, to celebrate and witness the departure of Tomiki Aikido's second greatest figure, Hideo Ohba and his wife Keiko to honourable retirement.

Ohba Sensei finally died peacefully attended by his wife in February 1986. Fumiaki

Shishida records that it was said that while ill in bed he kept a picture of Tomiki by his bedside and still hoped to recover and continue his work to promote his master's aikido. Even at his end this spirit still burnt bright within him.

Bibliography:

Hideo Ohba Biography 1 & 2, AikiNews, 1990, Fumiaki Shishida

Tomiki Aikido: Past & Future 1988, Ah Loi Lee

Coaching Young People in Tomiki Aikido

Bob Jones

Skill Development (Part Three)

A series of articles focusing on the coaching of young people, helping coaches to make practice both safe and enjoyable.

The acquisition of and development of skills in young people can be difficult, especially with the complex nature of Aikido itself.

The skill and communication abilities of the coach, maturation, development of nervous system, physical maturity, prior experience and the difficulty of the task underpin the development of controlled movement.

The development of technique leading to good performance is the ability to make adjustments to performance as conditions or circumstances demand. Skill is about the development of consistent performance.

In early years young people develop skills informally through play, PE in school and through local sports clubs. These basic introductions lay the foundation for future development.

Maturation refers to changes that occur in the body over time with regard that young people grow and mature at different rates.

Understanding the implications of these elements will make sports more rewarding and safe for young people. Coaches should adapt activities to the changing needs of their students especially during periods of rapid growth. Judge performance according to a young person's stage of development and not by what others of the same age can do. Reduce the exposure to

competition randori as long as possible

Some key points related to growth and maturation

- Growth and maturation vary greatly in young people, making chronological age a poor indicator of developmental status.
- Young people should be encouraged to participate in a wide range of movement development.
- Late maturers and young people small for their age may be discouraged in sport and therefore may not get a chance to develop their talent.
- During growth spurts training and competition need to be planned carefully to avoid injury.
- The risk of bone fracture, growth plate injuries and soft tissue injuries increases during rapid growth.
- Girls who under-eat while training intensely run the risk of stress fractures and, in later life, osteoporosis.
- Training and competition schedules need to be planned around the holistic needs of each individual.
- Early specialization reduces athleticism.

- Taking care of young people with regard to practice and training schedules, is important to keep young people in Aikido for the long-term and to make sure no potentially talented young people are lost from Aikido.

The development of the nervous system is also key to the acquisition of skills. The system is the body message conduit, in younger children their ability to remember or select important cues is reduced, making decision making more difficult.

Prior experience is also crucial, young people with a range of experiences have already begun to develop a wide range of movements and related skills. They have started to build up experiences and physical patterns to draw upon. Therefore very young children may find additional difficulties in learning Aikido as their general level movement and skill is low.

Ultimately the role and abilities of the coach are key, their ability to communicate at an appropriate level, their ability to impart information in a variety of ways and their experience of dealing with young people is crucial. It is imperative that the coach presents each skill in a way that gives the individual the greatest chance of success, allows adequate time for practice, rotate practice to avoid boredom and above all is patient. The use of games is very good practice, as long as the activity supports the acquisition of an Aikido related skill. The next issue will provide an outline to a number of potential Aikido games.



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 the BAA Calendar in 2015

July 2015

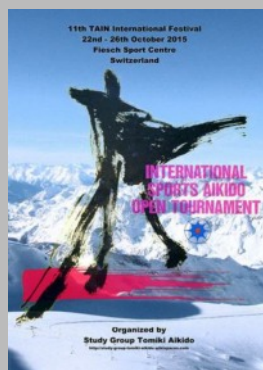
24-26 **BAA Summer School**
Leeds

26-27 **JAA/TAIN International Competition** Fleisch Switzerland
September 2015

August 2015

10 **BAA National Squad**
Loughborough University

29-30 **SAF/WSAF International Competition** Gold Coast
Australia



September 2015

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

November 2015

7-8 **BAA Autumn School** Herne
Bay, Kent

October 2015

11 **Executive Cttee**
Northampton

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

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