

From the Chairman

2011 – An Aikido Year!

I hope that most of you reading this newsletter will have training memories of 2011 that you can cherish. For my Aikido year, most of the memories I have are tinged with sadness; sadness at the passing this year of a number of Aikido pioneers that I had the good fortune to know and train with. Who could forget Haydn Foster, founder member of “The Hut” and the Institute of Aikido; or Tim Buswell, of the Iwama Ryu GB, who gave an excellent lesson at the 2010 BAB annual course. Then there is Billy Coyle, a mainstay of Aikido in Scotland and quite a character; and more recently, Paul Mitton of Furo (Hot “Bath”) Ryu, who until recently, was a long time member of the BAB. To these I must add my very good friend and long-time training partner, Fred Mills from Kai Shin Kai Reading. All of them taught me something about aikido - and life - and I hope I am a better person for knowing them. And finally, my most cherished memory of all is for my son, Toby, who died this year and for whom I have a certificate signed and “chopped” by Kisshomaru Ueshiba, who graded him to “11th Kyu” (purple belt) at the age of 9, when he was in Japan with me in 1975. God bless them all; all great people, sadly missed by me.

Vincent Sumpter, Chairman

Insurance of Mats and Associated Equipment

As a result of enquires from members we have now confirmed with Endsleigh that they are able to offer insurance cover for mats and associated equipment. Full details can be obtained from their document shown below. All payments are made directly to Endsleigh.

For the many clubs that operate in Community and Youth Centres or independent Sports Clubs and you may wish to approach them to enquire whether they would be willing to add your equipment to their main insurance policy as it may be cheaper.

For more information please see:

http://www.bab.org.uk/insurance/equipment_insurance.asp



Moving towards Equality and Diversity

Over recent months the BAB has been developing relationships with external organisations to broaden its capacity within the Equality and Diversity Agenda. As part of the BAB's commitment to Equality and Diversity we are now working in partnership with The Women's Sports and Fitness Foundation and Sporting Equals.

The Women's Sport and Fitness Foundation (www.wsff.org) aim to increase women's participation in sport, especially younger women who are not physically active. Working with the WSFF the BAB have developed a Toolkit for clubs to use to help understand how to adapt mainstream Aikido to suit the lifestyles and needs of modern day women. This Toolkit will be available for download soon.

Working with Sporting Equals (www.sportingequals.org.uk) will enable the BAB to look at ethnic minorities and faith groups, again devising strategies on how to access and gain participation from specific groups. The BAB will be represented at a Department for Health event where the DfH will launch a strategy to engage with Black Ethnic Minority children who are inactive.

Behind the scenes the BAB is also gathering information so that it can submit an application for the Foundation Level of Sport England's Equality in Sport.

If you have any questions regarding this work and other projects please contact me at: andhumphreys@gmail.com

Andrew Humphreys, Equality and Equity Officer

Robert Mustard Shihan Gasshaku

Robert Mustard, 7th Dan Yoshinkan Shihan, generally doesn't need an introduction. However, for those of you who don't know him, Mustard Sensei spent almost 10 years in Japan during the mid 1980s to the mid 1990s (which is considered to be the golden era of the Yoshinkan Honbu Dojo) training under Takeno Takafumi Sensei and Chida Tsutomu Sensei and of course Shioda Kancho who died in 1994. For those of you who have read *Angry White Pyjamas* by Robert Twigger or have attended one of his seminars in the UK over the last 6 years, you will already have a feel for the man and his Aikido.

At the beginning of October this year, Meikyokai Aikido ran two intensive gasshuku events at the Shudokan Devon dojo in Barnstaple and the Shudokan Preston dojo with Mustard Sensei. In my opinion these events were special as it's generally difficult to get large amount of mat time with such a high ranking teacher of his quality, but with only 20 people on the mat for two days, there was a load to be had.

The first weekend was at Barnstaple and was attended by various Yoshinkan and Aikikai organisations from within the UK. Regardless of style, your Aikido will only get better being on the mat with Mustard Sensei, he teaches principles and training methods which can be taken back to your own dojo and incorporated in to your own Aikido very easily. It was a fantastic weekend of Aikido which set the tone for week in front of us.

On the Monday evening, we visited the Rising Sun Aikido dojo in Western-Super-Mare. For many aikidoka at this dojo, it was their first experience of Mustard Sensei, his martial ability and his humour. With over 30 people on the mat, the two hours or so that we were training flew by which was then rounded off by a great evening in the pub and the odd shot of whiskey.

On the Tuesday, we travelled along to Dover, to the Genryukan, a small Tomiki dojo on the south coast. Once again, the dojo was full of aikidoka who hadn't experienced Mustard Sensei and his Aikido before, but everyone had a great time.

Wednesday brought us to the Meidokan dojo of David Rubens Sensei. It was awesome to bring many of the Yoshinkan students in the London area under one roof to train. With the dojo brimming with people and the space limited, Mustard Sensei taught a spectacular class covering sankajo and tenchi nage. Personally I feel the energy at the Meidokan dojo is always inspiring, but with three ex-Honbu teachers on the mat (Mustard Sensei, Rubens Sensei and Paul Stephens Sensei), it went to the next level. This was a fantastic evening, great Aikido, good company, and quality food; this is how life should be...

However, we continued on our journey, this time north, to the dojo of Ken Robson Sensei and the Shudokan UK Honbu. Mustard Sensei has taught numerous times at Robson Sensei's dojo and it never ceases to amaze me how many people come out to train and support the dojo. Like the Meidokan dojo, the atmosphere in this dojo is truly inspiring with everyone training hard and enjoying Aikido. Once again, the class flew by and before we knew it we were calling a line to finish.

And finally, we arrived at our final dojo of the week, the Shudokan Preston dojo run by Mick Mercer Sensei. Mustard Sensei taught the normal Friday night class, once again, the turnout was impressive, with little space on the mat to be had. The training was excellent and the hour was over before it had started.

On the Saturday and Sunday, another 20 people from various styles, including Yoshinkan, Aiki-Jujitsu and Tomiki attended the gasshuku event. A number of topics were covered and it's



Attendees at the Rising Sun Aikido dojo in Western-Super-Mare.

All photos: Nail Saunders

unbelievable how the time fly's when you're having fun. Everyone on the mat trained hard and was asking when the next one would be before we had even finished on the Saturday (September 22nd & 23rd 2012 if you are wondering).

We were fortunate enough to be able to film both gasshuku events which the resulting DVD will be released shortly. Furthermore, you will even be able to rent the three volumes online as well, so watch this space.

To summarise the week in just a few words, I feel invigorated, inspired, and if I am honest, a little depressed after spending a week with one of the premier Yoshinkan Aikido teachers in the world. Only depressed because it's over and I could repeat that week every week, although my wife would probably have a few words to say about that...

For those of you, who have never attended a Robert Mustard Sensei event, give it a go. We are all walking the same path up

that mountain, and its fantastic to see someone who obviously has put in hours to excel at this martial art; who is happy to take questions; who will get round to see everyone on the mat; who gives you his energy and enthusiasm; and who will make you scratch your head in bewilderment. In my opinion, he is well worth a visit; he changed my Aikido maybe he could yours.....

And finally, we are holding a special event next September with Toby Threadgill Sensei and Robert Mustard Sensei at the Dartford Judo Centre in Kent. This will be a fantastic event, as to have two 'gaijin' Budo experts on the mat at the same time, it shouldn't be missed. As Threadgill Sensei said to me "such collaboration will be quite a unique opportunity, particularly if you enjoy laughter along with serious training."

Neil Saunders



One of Mustard Sensei's powerful throws.



Mustard Sensei demonstrating strong kamae (posture).

Profile: Aikido for Daily Life

Photo: Piers Cooke



Having watched Bruce Lee in Enter the Dragon when about 12 years old, I knew then that I always wanted a black belt in a martial art.

Aikido found me, when I was 27. I saw an advert in Time Out magazine, for a weekend course in Brentford run By Neil O'Dwyer Sensei, one of Ken William Sensei's teachers, in January 1982.

He was a member of the territorial SAS and a great bear of a man but when he demonstrated Aikido as practiced by Williams Sensei he was incredibly gentle and yet still very powerful. I was entranced then and am still entranced now and of course I have been practicing ever since.

I practiced twice a week in Brentford and often went on the club organised weekend courses around the country and got to Shodan in 1985. Once you hit Shodan you became a student of Williams Sensei, and I am proud to say that he graded me from yellow belt to 5th Dan.

He was the first man to teach aikido in the UK having been Abbe Sensei's assistant. He was and probably still is the most amazing aikidoka and a truly inspiring teacher. When Abbe Sensei died Williams Sensei affiliated to the Ki No Kenyukai headed by Tohei Sensei with Maruyama Sensei as the President of the organisation and head coach, both of whom were O Sensei's Uchi-deshi. Williams Sensei embraced the ki principals and heavily incorporated them into his aikido.

In 2000 I decided to "fledge" from Williams Sensei and I joined the BAB. It was a complete revelation, when practicing under Williams Sensei I didn't know there was anyone else who taught aikido in the UK. He was very strict about straying from the fold. I felt like a child walking into Hamley's for the first time.

I was thrilled to discover such a thriving Aikido community. Shirley Timms persuaded me to become the BAB's finance officer in 2000 and I have been in post ever since. In 2004 in conjunction with my brother Quentin Cooke, 7th Dan, we set up Aikido for

Daily Life. We currently have seven clubs with hopefully three more starting in 2012.

We are slightly unusual in the fact that we run very much as a democracy, everyone gets a say and a vote in how we finance and run the association. We try to keep egos and politics out of it and concentrate on Aikido. So far it seems to be working and I feel privileged to be a part of ADL.

I am also chuffed to have made so many good friends within the BAB aikido community. We have as an association, tried to build bridges with other Associations like the Institute of Aikido and Kai Shin Kai with whom we regularly have teacher exchanges and jointly run courses. Often these are in aid of the aikido charity Aiki Extensions, if you haven't heard of it look it up on the web, you'll be impressed, join them and help Aikido make a difference.

In 2004 I affiliated to Maruyama Sensei who had set up Aikido Yuishinkai; I had practiced on his mat as an orange belt and it was an honour to be taught again by this remarkable man, he graded me to seventh dan in 2007 along with my brother.

When I started in 1982 I thought I had missed the boat, but actually I look back over nearly 30 years of aikido and I feel incredibly lucky and privileged to have started my aikido under Williams Sensei, to have met and been taught by, now this is a bit of a roll call, Foster Sensei, Obata Sensei, Philip Lee Sensei, Endo Sensei, Paul McKechnan, Bill Harris, Vincent Sumpter, William Timms and Frank Burlingham plus of course many more, too many to mention.

Williams Sensei used to say that you start to understand Aikido when you get to 60, well I am not there yet, just over three years to go but there aren't many past times I know that the older you get the better you get. In a few short words I still love it.

Piers Cooke 7th Dan



Photo: Piers Cooke



International Friendship Seminar - Singapore

I would like to start with a brief history and origin of this seminar, how it came about and where it started.

July last year saw the first International Big 3 seminar hosted by Broadland Aikido Club being held in Lowestoft, this being the next step on from the Big 3 seminar hosted by Broadland Aikido club since 1999. The original Big 3 being Haydn Foster Sensei, William Smith Shihan and Tom Moss Sensei.

Those teaching in 2010 where the late Haydn Foster Sensei, 7th Dan Institute of Aikido, Osamu Obata Shihan, 7th Dan, Japanese Canadian Cultural Centre Toronto Canada, Philip Lee Sensei, 6th dan Aikido Shinju-kai, Singapore and by demand of the three sensei's Frank Burlingham Sensei, 5th Dan Institute of Aikido/ United Kingdom Aikikai. The seminar saw over 150 attending with 14 countries represented.

It was agreed that this should continue and be rotated around the three countries. This year saw the International Friendship seminar take place in Singapore being hosted by Philip Lee Sensei and Aikido Shinju-kai. This year's event had three from the U.K. teaching along with the following teachers: Y. Yamada Shihan, 7th Dan Tokyo, Osamu Obata Shihan, 7th Dan Toronto Canada, Shane Riley Sensei, 7th Dan U.K., Philip Smith Shihan, 6th Dan U.K, Philip Lee Sensei, 6th Dan Singapore, Aziz Belhassane Sensei 6th Dan Brussels Belgium, and Frank Burlingham Sensei, 5th Dan U.K.

The seminar was well attended with in excess of 240 training from over 10 countries. The seminar took place over two days with the Saturday morning being dedicated to a Youth Meet Demonstration when young students told a story using music, lights, props etc, but most of all the story had to demonstrate

Aikido principles and philosophy. After each presentation the Sensei's were asked to comment and give each presentation a score which was then totalled up to find the winning team. I was manoeuvred into being Simon Cowell, I'm not that nasty really.

I feel I can speak on behalf of us all especially those from the U.K. in saying that the Youth meet was an excellent idea, something we should think about doing in the U.K. The organisation, hospitality and hard work by all those in Singapore were second to none and yes it was a little hot. As Philip Lee sensei would say, "Singapore has three seasons, Hot, Hotter and Hottest. The trip included a visit to Malaysia.

At the end of the seminar on the Sunday we had the opportunity to celebrate Philip Lee Sensei 40th year of Aikido and in the evening in typical Aikido way we celebrated his birthday with dinner and the odd drink or three. We would all like to wish Philip Sensei a Happy Birthday and many congratulations on 40 years of Aikido. All round this was truly a magical trip, seminar and celebration.

I would like to thank Philip Lee Sensei for his hospitality, warmth and generosity, this trip and experience is one I will never forget. It was made all the more special by after the seminar travelling to Japan with Obata Sensei, this included a visit and training at Shimamoto Shihans dojo and on my last night in Japan training under the Doshu at Honbu dojo.

Next year it is planned that the International Big 3 will take place in Toronto Canada at the Japanese Canadian Cultural Centre (JCCC).

Frank Burlingham

Events calendar

1 January 2011 to 31 December 2012

Angry White Pyjamas, Chorley, Lancashire
http://www.bab.org.uk/courses/sub_course.asp?ID=%20209

29 January 2012

Ki and Aikido for All, Brighton Ki Centre, Ground Floor Studio,
12 Queen Sq, Brighton BN1 3FD
http://www.bab.org.uk/courses/sub_course.asp?ID=%20263

12 February 2012

Lancashire Aikikai Aikido course, West View Leisure Centre,
West View, Preston PR1 5EP
http://www.bab.org.uk/courses/sub_course.asp?ID=%20262

25 February 2012

Ki and Aikido for All, Brighton Ki Centre, Ground Floor Studio,
12 Queen Sq, Brighton BN1 3FD
http://www.bab.org.uk/courses/sub_course.asp?ID=%20264

9 March to 11 March 2012

Lancashire Aikikai Weekend course, Ribby Hall Holiday Village,
Wrea Green Blackpool PR4 2PR
http://www.bab.org.uk/courses/sub_course.asp?ID=%20261

28 April 2012

Ki and Aikido for All, Brighton Ki Centre, Ground Floor Studio,
12 Queen Sq, Brighton BN1 3FD
http://www.bab.org.uk/courses/sub_course.asp?ID=%20265

5 May to 6 May 2012

Tomiki Aikido Summer School 2012, Pent Valley Leisure, Cheriton,
Folkestone, Kent CT17 9PB
http://www.bab.org.uk/courses/sub_course.asp?ID=%20257

13 July to 15 July 2012

Sensei Pat Hendricks Seminar 2012, The Godolphin School,
Salisbury, Wiltshire
http://www.bab.org.uk/courses/sub_course.asp?ID=%20258

*Always keep your mind as bright
and clear as the vast sky, the great
ocean, and the highest peak, empty
of all thoughts. Always keep your
body filled with light and heat. Fill
yourself with the power of wisdom
and enlightenment.*

- Morihei Ueshiba

ADS Members compete in the 9th International Aikido Tournament & Festival London 2011

Adam Keeble and Les Smith of the Essex Aikido Dojo (Shoshinkan - Zetar) represented the Aikido Development Society at the International Aikido Tournament hosted by the British Aikido Association at the Brunel Sports Complex, Uxbridge, Middlesex. 11th to 14th August 2011.

Les & Adam entered the open kata section and managed to get through to the quarter finals.

They also attend some of the courses that were arranged with the various Japanese Sensei and Shihan.



Adam Keeble, Nariyama Shihan and Les Smith

The organisation of this event was second to none, it showed that British Tomiki / Shodokan Aikido both on and off the mat are a very high standard.

Shaun Hoddy ADS 6th Dan

If you wish to contribute...

Any text for newsletter articles should to be sent in one of the following formats: Word, .doc, .rtf, or plain text.

Any images need to be sent as either a JPEG file at as high a resolution as possible or as a high resolution PDF. But please bear in mind that most email system have a limit of 10mb file size.

Please send your newsletter text and images to:
mediaofficer@bab.org.uk