



菊水会  
合気道

天權法理非

KIKUSUI KAI AIKIDO

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# Newsletter

A PUBLICATION FOR CIRCULATION TO KIKUSUI KAI MEMBERS



KIKUSUI KAI  
AIKIDO  
P O Box 38032  
London  
SW19 4YB  
ENGLAND

PHONE:  
+44 (0)20 8947 7247

FAX:  
+44 (0)20 8946 7947

EMAIL  
Editor@  
kikusuikai-aijido.fsnet.co.uk

WEBSITE  
www.  
kikusuikai.freemove.co.uk

NEWSLETTERS ON LINE  
www.kikusuikai-aijido.  
fsnet.co.uk/newsletters.htm

## FOLKESTONE EASTER SCHOOL 2003



Three days of first class Aikido at Easter, what more could you want. Depicted are the participants of one of the sessions, which took place on the Saturday. Top BAA instructors, Phil Newcombe, Brian Elgood, Phil Bird, Adrian Tyndale and Scott Albright, took the sessions. Our special thanks go out to those and all who supported the event. Coach Tutor, Ian Dunn ran an unscheduled Coach Course and there was a grading on the last day. Congratulations to those

who were successful. It was great to see a true mix of Aikidoka from all styles of Tomiki and some traditional as well. There was also representation from Poland & Switzerland. Our thanks extend to the event organiser Joe McEnroe and we look forward to next Easter.

### KATA SESSIONS 2003

Kikusui Kai are running Kata sessions every Wednesday 8pm to 10pm @

Open-Door Community Centre, Keevil Drive, Wimbledon, London SW19 6TF

Currently the group are working on Koryu Dai San. Anyone interested in Sunday afternoon sessions at NEMCA please contact Nancy McClean for details. Phone: 020-8544 9695

## SOME THOUGHTS OF THE WHYS AND WHEREFORES OF KATA

Over the years there have been many discussions of what the Koryu's are supposed to be all about. It is said that Professor Tomiki had very little if any input in how these were designed or what techniques were included... Others say that they were all the product of Oba Sensei and it was an attempt to keep the traditional techniques alive. There are even those who say that the Koryu's have nothing to do with the current system of Tomiki Aikido.

Having tried to analyse these five sets of techniques I have set out below my thoughts on the matter. Others may have their own ideas and I am sure that like me they would be very interested to read these

### The Koryu Dai Ichi

My theory about this kata is that it was an attempt to keep the interest of those who had

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## DATES FOR 2003

04MAY03	Kyu Grade Syllabus Course – Contact Vanda & David or Adrian
10MAY03	BAA Senior Nationals – Bradford
18MAY03	BAA EC Meeting & AGM – Solihull
23/25MAY03	Skenfrith 2003 – Wales – Contact Paul Bonett
01JUN03	GB National Squad Session - Yawara, London
6,7,8JUN03	EAA Seminar with Takeshi INOUE 6 <sup>th</sup> dan – Yawara – Contact Loi Lee
14JUN03	Junior Funday – Eastleigh - Contact Vanda & David
15JUN03	Kyu Grade Syllabus Course – Contact Vanda & David or Adrian
21JUN03	Wimbledon Village Fair – Demo on Wimbledon Common - afternoon
22JUN03	BAA National Dan Grading – Yawara, London
29JUN03	GB National Squad Session – Wakefield
05JUL03	Refereeing Course - Wakefield
06JUL03	Dai San Weapons – Contact David Fielding or Adrian Tyndale
13JUL03	BAA/Kikusui Kai Summer Grading @ NEMCA, Mitcham, Surrey 13.00pm
20JUL03	BAA EC Meeting – Solihull – Contact Lesley Hepden
26/27JUL03	GB National Squad Session - Yawara, London
05-10AUG03	WORLD CHAMPIONSHIPS IN LEEDS, THIS YEARS PREMIERE EVENT.
14SEP03	Koryu Dai Ichi Course – Contact Vanda & David or Adrian
11OCT03	Junior Funday – Rotherhithe - Contact Vanda & David

A MUST FOR ANYONE INTERESTED IN TAKING GRADINGS UNDER THE NEW SYLLABUS!

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reached the end of their competition life or had some disability that did not allow them to compete any longer but still wished to study. It may also have been an attempt to keep the interest of those who simply wanted to look deeper into the activity

**Koryu Dai Ni**

Here again may I suggest that this was designed for those who were passed competition age or were carrying various injuries to perhaps to their back or joins but still wished to continue practising. Perhaps this is why there is no suwari-waza in this kata.

I also considered another aspect of the kata and that was that there are quite a number of techniques where the hips play a strong part in the application of the techniques.

**Koryu Dai San** (Also known as the Go-shin-no-kata of aikido)

This may I suggest was as a result of Professor Tomiki's involvement with other senior teachers of the Kodokan., in the development of the Judo-go-shin-jutsu-no-kata I heard somewhere a long time ago that this set of 21 techniques were developed at the request of the then American Air force chief of staff who asked that some form of Self defence be taught to his people.

**Koryu Dai Yon** (Also known as the Aikido Nage-no-kata)

When we look at this kata, it is taught in three separate sections.

1. The 7 techniques of the Shishi-no hon.
2. The 7 techniques of the Ura-waza to the Shishi-no-hon
3. The last set, which consists of 6 techniques, each followed by an Ura-waza

This kata has always given me cause for thought because if each technique has a suggested Ura-waza then why is it taught in three separate sections. Further more why are there only eleven techniques in the third section. Surely there should either be 10 or 12. Also I will always wonder why the whole kata is not taught in sequence.

**Koryu Dai Go**

This kata is I believe is simply a group of techniques designed to improve the students skills in speed, timing and the use of weapons.

**Koryu Dai Roku**

Here again I feel the same applies.

**Finally**

I believe that these kata's were designed and produced as a way to provide the student who wished to delve deeper into the techniques of Aikido and or may one day develop ambitions to become a teacher and these would provide him/her with enough knowledge and skill to keep him/her and the student's interest for many years. After all our system is meant to be **Aikido for Life.**

**John Waite**

**CLASS TIMES, VENUES & LOCATIONS**

**2030-2200 THURSDAY**  
All levels  
**KIKUSUI KAI AIKIDO**  
(Tooting)  
Tooting Leisure Centre,  
Greaves Place,  
Tooting,  
London SW17 0NE  
020-8947 7247

**0930-1130 SUNDAY** All levels  
**1930-2230 MONDAY** Beginners  
**NEMCA AIKIDO**  
Edenvale Playspace,  
Woodland Way, Mitcham,  
Surrey CR4 2DZ  
020-8769 5255 07860 248061

**2000-2130 TUESDAY**  
Beginners  
**MERTON AIKIDO**  
Lavender Park Pavilion,  
Lavender Avenue, Mitcham,  
Surrey CR4 3HL  
020-8646 7362 07860 248061

**2000-2200 WEDNESDAY**  
All levels  
**OPEN-DOOR AIKIDO**  
Open-Door Community Centre,  
Keevil Drive, Wimbledon,  
London SW19 6TF  
020-8871 8174, 07860 248061

**2100-2230 FRIDAY**  
Beginners  
**FIGHTING FIT AIKIDO**  
David Lloyd Club,  
Bushey Road, Raynes Park,  
London SW20 8TE  
020-8947 7247 07860 248061

**2100-2230 FRIDAY**  
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London SW20 8TE  
020-8947 7247 07860 248061