



合気道  
菊水会

天權法理非

KIKUSUI KAI AIKIDO

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# Newsletter

A PUBLICATION  
TO PROMOTE THE  
TOMIKI SYSTEM  
OF AIKIDO



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Shodokan Dojo with Sakai Sensei (front, the 4<sup>th</sup> from left) and his students

## JAPAN TRIP 2003 - Part 1

The Japan trip members departed from Heathrow Airport on 12th April for their 2-week journey. The group consisted of Ted Francis and his son Martyn, Steve Ryan, Myles Glover and his son Jayson, Leonard Buckley, Greg Dorn, Mirella Genziani, Setsuko Ishii and Miyuki and Eugenie Tanaka. For most of them, it was the first time they had visited Japan, and they had been very excited about the trip. They arrived in Tokyo on the following day, from where they took the *Shinkansen* (bullet train) down to Kyoto, where they were going to stay for the next three days.

They stayed in *Ryokans*, or traditional style inns in most of the places they visited, but the

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## DOJO ETIQUETTE

In general most classes in the UK are run in Leisure Centres or similar facilities. In this type of environment participants sometimes forget the true meaning and importance of Dojo Etiquette. The bow is the basic form of respect and gratitude. Stand facing the kamidana and bow on entering and leaving the practice area of the dojo and when stepping on or off the mat. A few minutes before practice begins, warm up and sit in seiza (kneeling) in quiet meditation. This time is to rid your mind of the day's problems and to prepare for Aikido practise. The formal bow to begin and end practice is a bow in the direction of the kamidana (deity-shelf), and then a mutual bow between instructor and students. Effort should be made to be on time for class. If unavoidably late, sit in seiza at the side of the mat and wait for the instructor to acknowledge you. If it is necessary to leave early,

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## INSURANCE & COACHING

To all who are 1<sup>st</sup> kyu and above and are currently teaching or interested in going this route, please contact John Grima, 020-8769 5255, for details of future Coaching Award Courses.

To find out why, please read on!

### IMPORTANT INSURANCE ANNOUNCEMENT

By joining the BAA each member automatically has person-to-person cover whilst training at BAA approved Centres. The governing body for Aikido in the UK, the BAB, arranges this on our (the BAA) behalf. Over the last year there have been many world issues resulting in a change in strategy by the insurance underwriters and

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## DATES FOR 2003

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, Bannatynes..... - .....Contact Vanda & David or Adrian
21JUN03	Wimbledon Village Fair - Aikido Demo on Wimbledon Common - afternoon
22JUN03	BAA National Dan Grading (pm) - Yawara, London
22JUN03	Refereeing Course (am) - Yawara, London
29JUN03	GB National Squad Session - Wakefield
05JUL03	Refereeing Course - Wakefield
06JUL03	Dai San Weapons Course, Bannatynes - Contact David Fielding or Adrian
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
28AUG03	YAMADA SENSEI SEMINAR, Tooting Leisure Centre - Contact Leigh Robinson
29/31AUG03	YAMADA SENSEI SEMINAR, Sheffield - Contact Tony Russell-Ward
03SEP03	YAMADA SENSEI SEMINAR, Open Door Community Centre - Contact Adrian
05/07SEP03	YAMADA SENSEI SEMINAR, Thanet Judokwai, Margate - Contact Richard Todd

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

inform the instructor before class. Do not enter or leave the mat area while the instructor is showing a technique. After the instructor shows a technique, students bow, choose partners quickly, bow to each other, and begin to practice. At the end of a practice session, stop practice immediately, bow, and quickly line up in seiza. Wait for further instruction. The expression used at the beginning of class and of each individual practice is onegaishimasu. After each practice session, domo arigato gozaimashita is the expression used and it is used also after class. Traditionally, the instructor's title is Sensei (Teacher) in the dojo. The proper and preferred way to sit during practice is in seiza. A cross-legged sitting position is acceptable if seiza is not possible, the instructor should be informed. Always, a balanced, straight posture should be maintained. Do not lean on walls or posts, never sit with legs outstretched. Students should not sit with their backs to the kamidana or pass between the instructor and the kamidana or sit on the kamidana. Dogi's should be clean and in good repair. Body, hands and feet should be washed and clean; fingernails and toenails must be trimmed short. All jewellery, watches and rings should be removed before class. Do not use alcohol or drugs before class. Without full alertness practice can be dangerous for yourself and others. Blood is a potential source of infection. If you are bleeding, immediately leave the mat and attend to the injury. It is important to cover the wound thoroughly and to clean any blood from the mat. Do not let your blood come into contact with other students. Once class has started, students should not leave the mat without consultation with the instructor. Please do not eat, during class, any drinks should be consumed away from the mat area and at the discretion of the instructor. When watching a class off the mat, watch quietly from the back of the dojo.

After class it is traditional for the students to sweep the mat area, this should be treated as an honour and not a chore. The western equivalent would be for the students to take up the mat area and store it correctly. Occasionally the mat should be cleaned and sometimes repaired. Again the students should feel that it is their duty and out of respect to do these jobs and not to try and skive out of them.

#### Kamidana

If you have been to a dojo that was built and prepared according to the Japanese tradition, you may have seen a shrine in the front of the dojo. The Shinto altar is called 'Kamidana' in Japanese and traditionally, every household had one. Kamidana is provided to enshrine a deity and its purpose is to be a reminder to think about higher moral thoughts and principals. Bowing to the kamidana signifies paying respect to God, nature and every person and object around us. It is also

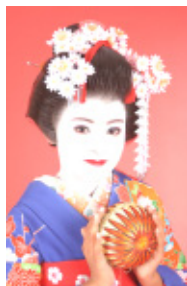
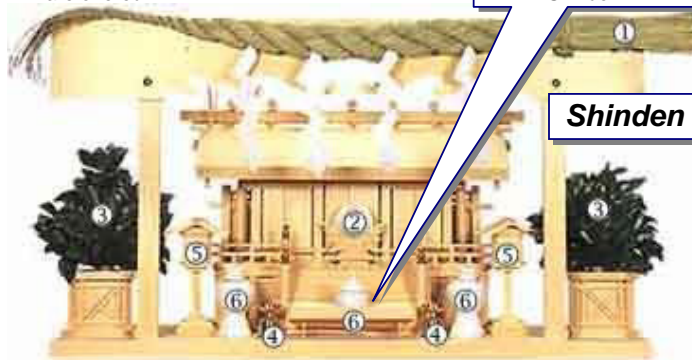
to show appreciation of having good health and being fortunate enough to be able to carry out work duties, study, or if it is in the dojo, the appreciation of being able to practise.

On the kamidana in the shinden are one or a few ofuda enshrined. They are sacred pieces of paper or wood received from a shine and give divine protection against calamity and misfortune. Rice, sake, water and salt are ingredients symbolic to Shinto and are offered to the divine. Shimenawa, or the enclosing rope on the top of the shinden is a symbol, which designates a holy place. On each side of the shinden are two vases with branches from the sakaki tree; an evergreen tree which is the sacred tree of Shinto.

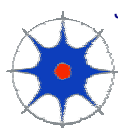
Kamidana should face south or east in a light high clean place. It can be co-located with the shomen, the front of the dojo, but in no circumstance should the kamidana face to the north or west. Also, it should never be placed above an entrance or exit in the intent that no humans can pass in and out beneath the kamidana.

The term 'kamiza' in Japanese means the seat where people of high rank or guests sits, and is the farthest from the entrance, in front of the 'tokonoma' or alcove in Japan.

- 1) Shimenawa (enclosing rope)
- 2) Kagami (mirror): an indication of pure light, which expresses the bright clarifying light of the Gods as well as the Truth and the Mind free of all defilements
- 3) Sakaki (sacred wood)
- 4) Ghoshikinuno (five-coloured cloth)
- 5) Tomyo (sacred light)
- 6) Osonaemono (offerings): Objects which are made as offerings every morning. Rice (cleaned, uncooked or steamed rice), water, salt on the first of the month, products of the mountains and sea on the fifteenth, and sake at festival times and on the first of a crop of rice are offered.



Eugenie in Geisha costume



JAPAN TRIP 2003

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**Shodokan Sticker**  
A small gift from Nariyama Shihaan to each member of the visiting party. Thank You

breakfast on the very first morning was shocking to most of the members. The meal came in a number of small plates and dishes with things that they could have never guessed what they were made of, accompanied by a bowl of

steamed rice and a miso (bean paste) soup. After the first meal, the two youngsters decided not to bother to join in for breakfasts for the rest of their stay.

Despite their first encounter with the traditional breakfast, exploring Kyoto was lovely and everyone loved the old town. They visited temples, shrines and the zen garden. They strolled around in the Geisha district, and walked along narrow paths where there were lots of old houses and shops. Along the way they tasted free samples of the more interesting Japanese sweets, which had pickles in them. They managed to be there just in time for the last bit of full-bloomed cherry blossoms too. Also in Kyoto, Mirella, Miyuki and Eugenie dressed up in Geisha costume and had photographs taken at a professional studio, which was a great fun (see the Kikusui Kai Photo site, page 1 for details).

On the 16<sup>th</sup>, they made a short train journey from Kyoto to Osaka where they were fortunate enough to attend a class at Shodokan, the dojo that Tomiki Sensei opened as the central dojo of the Japan Aikido Association in 1976. Our members received a warm welcome by Sakai Sensei and his students. Each member was presented with a Shodokan sticker, which had been passed on to them by Nariyama Shihaan, the Director of Shodokan, who at that time was in Tokyo teaching another class. We also met Tayoko Tanaka san, she used to practise Aikido under Adrian when she lived in the UK, and Alex Guérandel from Eastleigh Aikido club in Southampton, he was visiting Shodokan at that time. Although the same principles were taught, the teaching method was quite different, and all those attending that evening found it very useful and interesting.

TO BE CONTINUED



Breakfast table on the 1<sup>st</sup> day





Last month actor and Aikido black belt Nancy McClean played Jane Newell in the BBC Docudrama, "The Day Britain Stopped". The program had very good reviews and it highlighted some of the short falls in our transport system. It was based on a near-miss Aircraft incident in 1997. In the drama the crash occurs in December of this year and brings the whole country to a stand still. For those who missed the program and follow-up discussion it can be seen in full on the Internet on link:

[www.bbc.co.uk/britainstopped](http://www.bbc.co.uk/britainstopped)

Well done to Nancy, she acted a very convincing part.  
Let's hope it doesn't happen for real!

### INSURANCE & COACHING

*continued from page 1*

many have withdrawn cover for the Martial Arts sector of the business. Unfortunately this directly affects us and the immediate result is a reduction in cover to BAB/BAA members. Currently the BAB is in discussions with Perkins Slade, the brokers for the underwriters Royal Sun Alliance, and in short the situation is extremely uncertain. Exactly what cover is available is very vague, but what we do have is better than no insurance at all.

This has had a knock on effect relating to the Association's teachers and their PI insurance cover. Consequently the minimum qualification for unsupervised teachers has been raised. The existing Assistant Coach award is no longer recognised. This syllabus together with the current Coach syllabus is to combine to form "Coach 1", which is the minimum level for all teachers. To obtain this, candidates must attend and pass a recognised BAB/BAA Coach Award Course. There is no prior accreditation route option available for this. For existing holders of Coach and Senior Coach awards, there is no change. It is, therefore, imperative that all current holders of Assistant Coach attend a "Coach 1" course. After December, 2003 no one holding an Assistant Coach Award will be allowed to teach.

## YAMADA SENSEI'S SEMINARS 2003

DAY	DATE	VENUE
Monday	25AUG03	Arrives London Heathrow
Tuesday	26AUG03	Free
Wednesday	27AUG03	Free
Thursday	28AUG03	Tooting Leisure Centre
Friday	29AUG03	Sheffield
Saturday	30AUG03	Sheffield
Sunday	31AUG03	Sheffield
Monday	01SEP03	Free
Tuesday	02SEP03	Free
Wednesday	03SEP03	Open Door Community Centre
Thursday	04SEP03	Free
Friday	05SEP03	Thanet Judokwai, Margate
Saturday	06SEP03	Thanet Judokwai, Margate
Sunday	07SEP03	Thanet Judokwai, Margate
Monday	08SEP03	Sayonara Dinner
Tuesday	09SEP03	Return to Japan

The above table indicates Yamada Sensei's Itinerary whilst he is here in England.

If you would like him to visit your Dojo, please contact the editor.

### KATA SESSIONS 2003

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

Open-Door Community Centre,  
Keovil 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



## THE ANCIENT SECRETS OF AIKIDO

By Senta Yamada



This is a publication written by the man who brought Tomiki Aikido to the United Kingdom back in 1959. Six years later he left London and some of his students went on to form the British Aikido Association. He is still teaching Aikido regularly around the world. At this moment he is building a group in Sri Lanka. Sales of this book will assist Yamada sensei's fight to help people less fortunate than most. The book can be purchased from BAA Promotions and will be available in September, 2003. Place your order now to reserve your copy.

**£11.00 + carriage**



## KIKUSUI KAI VIDEOS



Contact:  
John Grima (020-8769 5255) to place your order

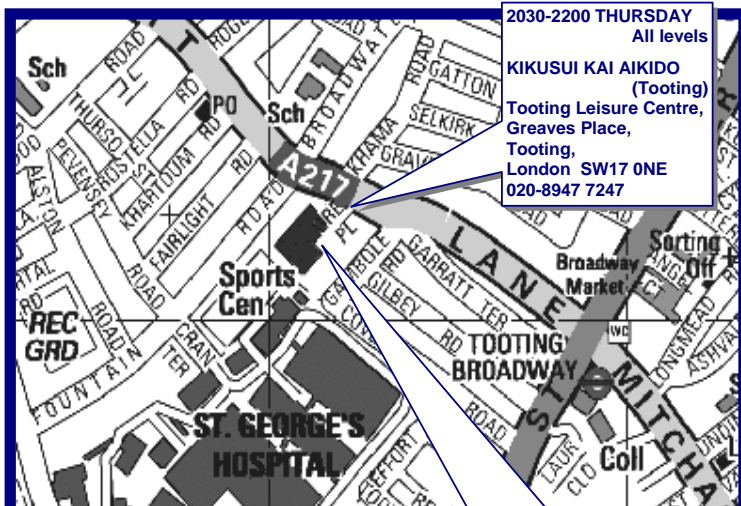
## KIKUSUI KAI (NEW ZEALAND)

Thursday 19:00 - 20:30hrs Judokwai North Shore,  
68 Hillside Road, Glenfield, New Zealand  
Contact: John Waite 7th Dan, Pepi Waite 4th Dan

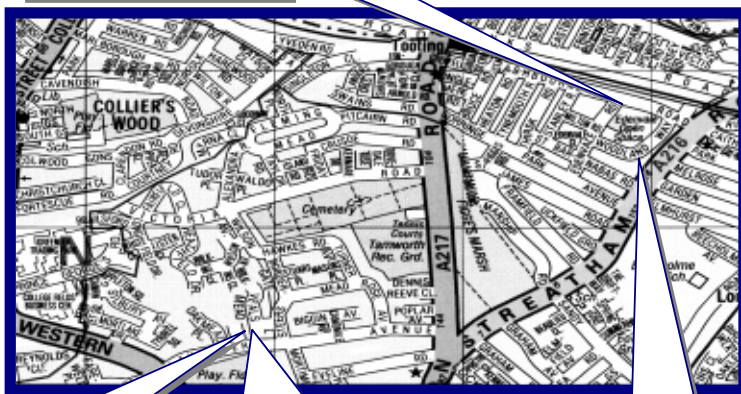
Email: [johnandpepi@xtra.co.nz](mailto:johnandpepi@xtra.co.nz) Mobile: +64(0)21-037-9508  
Phone: +64(0)9-476 5448 Fax: +64(0)9-476 5449

## CLASS TIMES, VENUES &amp; LOCATIONS

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

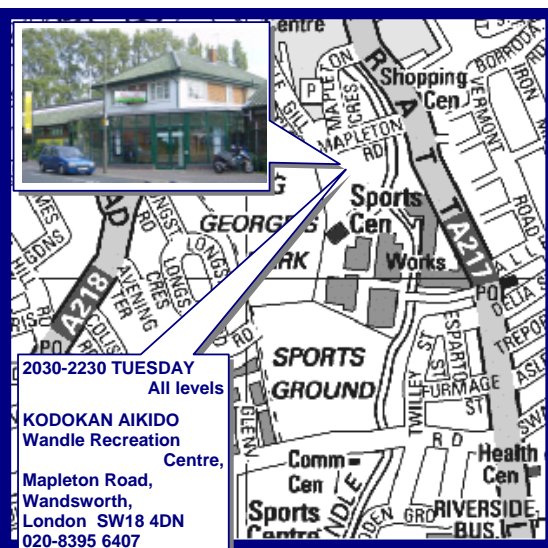


0930-1130 SUNDAY All levels  
1930-2230 MONDAY Beginners  
NEMCA AIKIDO  
Edenvale Playspace,  
Woodland Way, Mitcham,  
Surrey CR4 2DZ  
020-8769 5255 07860 248061



2030-2230 TUESDAY All levels

KODOKAN AIKIDO  
Wandle Recreation  
Centre,  
Mapleton Road,  
Wandsworth,  
London SW18 4DN  
020-8395 6407



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



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



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

