



菊水会
合気道

天權法理非

KIKUSUI KAI AIKIDO

July, 2003
Volume 2, Issue 7

Newsletter

A PUBLICATION
TO PROMOTE THE
TOMIKI SYSTEM
OF AIKIDO



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As many of you will remember, fellow Aikidoka Tony Blake, spent several weeks requesting sponsorship to help towards his challenge. His target was £2000. Thanks to all who generously gave he exceeded this figure by over £1700.00. This is an excellent achievement and congratulations are due to everyone, participants and contributors alike. This is a fine example of the true spirit of good Budo.

THEY SAID IT WOULD BE TOUGH - AND IT WAS!



There were four challenges to do. The first was to trek to the summit of Mount Kinabalu - the highest peak in South East Asia at 13,500ft. This was done over two days. The first day, from the start point to the overnight lodge, was 6km of unremitting ascent, like going up a steep and very uneven staircase for mile after mile. It took me just on 3 hours to get to the lodge, but it seemed like much more. By the end the altitude was beginning to have an impact, never mind the heat and humidity. By three o'clock next morning, after a short and very broken sleep, we were on our way again, to cover the last 2½ km to the summit. Soon we had left behind the Montane Forest and were moving over bare rock. It was quite eerie in the pre-dawn darkness - especially when my headlight batteries expired through exhaustion! After 2 hours I had reached the summit, in plenty of time to watch the glorious sunrise. Only on the way down, in daylight, could we really appreciate the tremendous views across the mountains and forest. Stopping at the lodge for breakfast, we then

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THANK YOU

from
YAMADA SENSEI

Over the last several months, Yamada Sensei has put an enormous effort in search for what can be done to help the people in Sri Lanka. His research ranges from politics, religion, social, medical and agricultural studies. He has met prominent people from these areas in both Sri Lanka and Japan and also spends a considerable amount of time studying in the library and at his home. In May, he spent a week attending a seminar to learn about a new approach to growing vegetables using no chemical substances and actually worked in a farm cultivating the soil and plants himself. More recently, he learnt about the actual, real damage to the community and industry as a result of the flood in southern Sri Lanka in May. He is now trying to get support from the Japanese Government to fund his group to set up and work on a restoration programme.

So where does all his energy come from?

In Yamada Sensei's mind, all this is based on the principle of:

Jita Kyoeki

Mutual welfare and benefit'
and

Seiryoku Zenyo

Maximum efficiency'

Kano Shihan, the Father of Judo, also advocated this principle. What Kano Shihan wished to teach was not just good martial art techniques but also how to improve people's mind and body through training and practising good

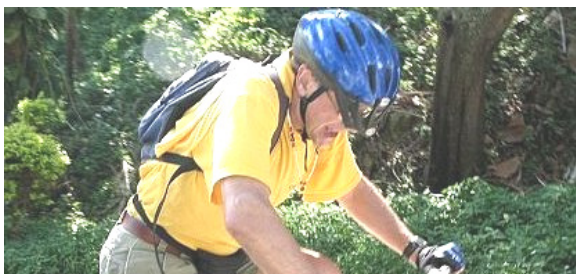
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DATES FOR 2003

05JUL03	Refereeing Course – Wakefield
05JUL03	Demonstration for NEMCA Aikido – Contact John Grima
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
08SEP03	YAMADA SENSEI SAYONARA DINNER
10SEP03	YAMADA SENSEI SEMINAR, Rotherhithe – Contact Tony Evangelou
14SEP03	Koryu Dai Ichi Course, Bannatynes – Contact Vanda & David or Adrian
11OCT03	Junior Funday, Severn Islands, Rotherhithe - Contact Vanda & David
25/26OCT03	London Aikido Dojo Autumn School, Rotherhithe – Contact Tony Evangelou
02NOV03	Goshin Ho 4 th & 5 th Dan, Bannatynes – Contact Vanda & David or Adrian
16NOV03	BAA EC Meeting – Solihull – Contact Lesley Hepden

THEY SAID IT WOULD BE TOUGH AND IT WAS! continued from page 1
 continued the descent to the start point. Amazingly, the descent took as long as the ascent, due to the steepness and unevenness of the track. It was hard on the knees and ankles but at least the effect of the altitude wore off!

The next challenge was to ride mountain bikes across the Crocker range. We were taken by coach to Poring, where we enjoyed the hot springs, and the next morning we were on our bikes and off. What a day that was! A never-ending, very steep climb, mostly over very rough track, winding up and through the mountains. It just seemed to go on and on. They tell me that we passed through some magnificent scenery but all that I saw was



a close up of my handlebars and the patch of track immediately in front of my front wheel! That evening I was completely exhausted and not a little worried about getting through the next day. However, having passed through the pain barrier, the next day seemed a doddle. The climbs were easier, the descents more frequent and the flat(ish) bits longer. Even the sun seemed less fierce. Plus there was the satisfaction of knowing that the hard work would be over by the end of that day.

From then on it was a breeze. The white water rafting was exhilarating rather than frightening - Grade 3, they told us, not really dangerous but jolly good fun. Finally, the scuba diving, which we did from a beautiful island a little off the coast of Kota Kinabalu. While the rest of the group were learning how to put their heads under water and carry on breathing I and another experienced diver made a couple of exploratory dives. Unfortunately the visibility was not as good as I had hoped but nevertheless we saw some beautiful coral and a lot of strange fish.

I think everyone agreed that, despite the last few days, overall the whole thing had been pretty hard work and that the sponsors had had their money's worth! However, it had been a truly memorable experience and everyone was glad they had done it, although nobody signed up for a repeat.

What made it really worthwhile to me, though, was the fact that I raised well over £3700 (heading for £3800 and still climbing!) for Children Today. I'm very proud of that - and very grateful to all of you who made a contribution.



Thanks.

KATA SESSIONS 2003

Kikusui Kai are running Kata sessions every Wednesday 8pm to 10pm
Open-Door Community Centre, Keevil Drive, SW19 6TF
 Currently the group are working on Koryu Dai San.



EASTLEIGH JUNIOR FUNDAY – 14th June, 2003

Another thoroughly enjoyable and well-supported junior event.

WIMBLEDON VILLAGE SUMMER FAIR - 21st June

Following an Open Day and Aikido demonstration at Tooting Leisure Centre the group are seen here on Wimbledon Common in the glorious sunshine on Britain's longest day. Members of the audience join in for a bit of self-defence in the shade!



JAPAN TRIP 2003 - Part 2

The group on an observation platform in one of the Setonaikai Islands



On Thursday, 17th April, the members departed Kyoto to head off to Imabari to visit Uno Sensei and his students. Imabari is a town in Shikoku Island in South of Japan and is on the coast of the beautiful Setonaikai Inland Sea. On arrival at Imabari station, Uno Sensei and his students including Iwaki san, who visited the UK with Uno Sensei last summer, met the members. Mr and Mrs Uno had arranged the accommodation. It was in a Leisure complex in a quiet village, with a nature park, museum, sports hall with swimming pool and a large meeting hall. The accommodation building was new, and surprisingly, there were no other visitors at that time and they had all the facilities to themselves. In the afternoon, some took a bike ride to and around the town while others had a nice swim in the swimming pool. In the evening, Uno Sensei kindly invited the members to a barbeque party to meet his students in the leisure complex.

On the next day, the members were taken to Ohmishima Island Kokuhokan (a sword and armour museum), which is said to be the biggest museum of this kind in Japan. Amongst them were some swords with a historical significance, including one that was used to execute Kusunoki Masashige. In the evening, they joined Uno Sensei's Aikido students in a sports hall for training. It was a large group of students with about 30 adults and 25 children from very young age. Everyone loved the class although the English visitors were crying after the warm up which included hundreds of break-falls on the traditional hard mats! The highlight of the evening was, however, Uno Sensei, his teacher and colleagues' performing wadaiko, or Japanese traditional drumming, in the sports hall. Uno Sensei had been very modest about his skill but it was a very powerful and beautiful performance. A local press writer was there and Ted was invited to give an interview about the Japan visit. It was a very busy fun-packed day for all of them with all sorts of activities. But the night didn't end there. The members were taken to a local pub for a karaoke, where they found karaoke superstars amongst themselves as well as Uno Sensei!



Judo. He wished that his students would become capable of being useful in the community, gain the ability to return benefit and to become a support for society. The idea of *Jita Kyozei* is to benefit not only oneself but also others and to build a society for everyone. If one is capable of understanding the other person's circumstances and becomes considerate and helpful to others, this will lead to a mutual trust. Therefore, when one attains the real meaning of Kano Shihan's preaching, they will find the maximum satisfaction when they have done something to benefit others and society.

What can we do for our next generation?

An ultimate goal is the friendship between countries and peace in the world and mutual trust between them. The technological and industrial development could not have been possible without our predecessors' efforts and nothing has been coincidental or happened naturally. We must bear this in mind and think about what we can do for our children and grandchildren to live in a wonderful world.

Yamada Sensei's dream will not end after Sri Lanka but his goal is to spread this to the entire world.

This is Yamada sensei's aim and he is hoping that many people will follow these ideals.

CHANGE OF VENUE

Please note that the Merton Aikido class on Tuesday's has now closed. This is to facilitate major works to the building. As a replacement for the Tuesday class there is now Sutton Aikido. This is located on the boundaries of Carshalton and Sutton. Please see page 4 for the map and details. Apologies for any inconvenience caused.

Dear Friends and Students,

May I take this opportunity to thank you all so very much for the donation which Ted Francis and his group gave me when they visited me in Japan. This money will prove most useful for my trip to Sri Lanka when I make my next visit in July.

As some of you may already be aware, Sri Lanka is in the process of recovering from a difficult time and the plan is for a small group and myself to visit the country to help suggest and demonstrate methods of improving their infrastructure.

Once again, thank you very, very much,

Tenji sho-muu

Senta Yamada

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	Free
Wednesday	10SEP03	Rotherhithe
Thursday	11SEP03	Free
Friday	12SEP03	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.

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
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Email: 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 & 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

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

2000-22.00 TUESDAY Beginners
SUTTON AIKIDO
Sutton Arena Leisure Centre,
Middleton Road, Carshalton,
Sutton, Surrey SM5 1SL
020-8770 4088 07860 248061

