



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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## CONGRATULATIONS TO ALLY & DAVID

Connor Patrick Frank Barratt  
Born Friday 18<sup>th</sup> July, 2003  
at 11.39pm  
St George's Hospital, Tooting  
With his proud parents  
Ally & David.

Connor arrived in this world, weighing in at 5lbs 13oz. Fortunately for Mum he wasn't bigger as she couldn't get any pain relief, being fully dilated by the time she got to the hospital! Plus he was then delivered with the assistance of ventouse (sucked out with a vacuum).



But it was all worth it as they think he's the best thing in the whole wide world! They got home from the hospital in the afternoon after three days, and that was their first day on their own with him - very scary but also very exciting. We wish them all the happiness for the future.

## GB NATIONAL AIKIDO SQUAD



### GOOD LUCK TO THE SQUAD

The UK's top 60 players travelled as the GB National Squad to Osaka, Japan for the World Aikido Championships on 26<sup>th</sup> October, 2001. After an exciting 4 days of Aikido Competition, the medals were split between Japan and the UK with the UK winning places in six of the eight events.

This years World Aikido Championships and International Festival are held over 6 days and will see more than 500 of the worlds best players converging on the UK's host city, Leeds.

The National Squad was formed in 1988. It is the flagship of the British Aikido Association. The Squad comprises of the elite core of black belts from around the UK. The Squad has produced numerous World Champions including players who won a host of titles at previous World Championships held in Brisbane, USA & Japan. This years Squad, although still very young, are keen to retain and improve their titles in their home country.

## SUMMER GRADING 13<sup>th</sup> JULY, 2003

The day started at 9.30am with a class at NEMCA until 12.30pm. John Waite supervised the class dealing mainly with pointers on the five basic hand blade movements. The class was well attended with 19 students.

Most people had arrived by just after 12.30pm, so Paul Horton proceeded with the registration. Licenses were checked and everyone was asked to fill in their Grading Sheets. The grading formally started on time at 13.00pm, with all 25 of the candidates demonstrating foot and then hand movements.

*continued on page 2*

### DATES FOR 2003

- |            |   |
|------------|---|
| 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                            |
| 02NOV03    | Goshin Ho 4 <sup>th</sup> & 5 <sup>th</sup> Dan, Bannatynes – Contact Vanda & David or Adrian |
| 16NOV03    | BAA EC Meeting – Solihull – Contact Lesley Hepden   |
| 22NOV03    | KYU GRADE COMPETITION – Birmingham  |
| 07DEC03    | BAA National Dan Grading  |
| 18JAN04    | Kyu Grade Syllabus Course, Bannatynes..... – .....Contact Vanda & David or Adrian             |

SUMMER GRADING

continued from page 1



The grading ran smoothly with each of the three examiners, John Waite, Arthur Austin & Adrian Tyndale having a batch of candidates to look at and record each technique. For the Brown belts only each examiner assessed each candidate. A Grading Format sheet was devised which was closely followed. This helped the examiners to keep to a structured timetable. It also kept the lower grades, with relatively less to do, as busy as possible throughout the day.



As predicted, nerves got the better of some candidates. The reassurances from the members of the grading panel hopefully helped students to settle. It was planned to finish at 16.00pm and it did in fact finish a few minutes before that.

At the end of the grading John Waite summarized his view of the day's performance to the candidates as a general comment. He praised them for their efforts and explained that it was a good grading to a high standard. The new grades were announced and congratulations given in the form of applause.

The BAA Licenses were all signed sealed and returned to candidates. It was noted that still some students had not fully filled in their Licenses, which should include a passport-sized picture. The issue

### 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.

of Kikusui Kai Certificates will be arranged with John Waite and be issued in due course. BAA & JAA Certificates will be issued to those who have made the correct payment. New Dan grades, were Akhand Bari & Steve Ryan, congratulations to them and also Adrian Walters & Jamie Loader who achieved their 2nd Dan. By 17.00pm the building was cleared and everyone headed home.



#### Conclusion

As expected, it was a long day for all concerned Organisers, Examiners, 25 Candidates, Parents and Supporters.

The day ran to schedule and the financial status showed a surplus of funds. Overall the day went

very well, with the majority of candidates showing the efforts of their training in their excellent performances. A successful grading.

The entire event was recorded and may available on DVD from Tony Evangelou.

### JAPAN TRIP 2003 - Part 3

In the morning on Friday, the 19<sup>th</sup> April, our tour members left Imabari for Fukuoka to visit Yamada Sensei and his dojo. After a short sightseeing tour in Matsuyama, an old spa town not far from Imabari (in which they visited a wrong bath-house instead of the historic 19<sup>th</sup>-century Dogo Onsen bath house!), they headed off to Fukuoka via Hiroshima by ferry and *Shinkansen* (bullet train). The journey took a good whole day, and they arrived in Fukuoka quite late at night.

On the following day, Yamada Sensei met them at their inn, which was not far from his birthplace, so they heard. From there, the members visited a folklore museum just around the corner from the inn, where they saw the exhibits and dioramas celebrating the heritage of the area. After a light snack at a café, Yamada Sensei took them to the Japan's oldest Zen Buddhist temple, *Shofuku-ji*.



The temple was founded in the late 12<sup>th</sup> century by the priest *Eisai*, who introduced both Zen and tea to Japan. The tea trees could still be seen at the gate along the walls. This temple was closed to the public, and the access was allowed only to those

continued on page 3

people who belonged to the temple. Yamada Sensei's family had had a close association with the temple since its foundation, and his ancestors were all buried in a specially enclosed area in which all the past priests' gravestones stood. Yamada Sensei obtained a special permission from the temple, and let the members visit inside the temple. It was old but beautifully maintained building with a traditional Zen garden.



They were also allowed into the meditation room, in which they sat in *zazen* (meditation) posture for a while.

After visiting the temple, they headed for *Sekiryukan*, Yamada Sensei's dojo, which is said to be the oldest in Japan, with a history of over 300 years. The dojo had very unusual flooring, which had some sort of spring system under the traditional *tatami* mats that bounced as people moved around. The members were given some briefing on its history and Aikido training there.

After the training, the members enjoyed a walk in a park near the dojo and visited a Budo centre situated in the park. The weather was nice, and it was another enjoyable day in Japan.

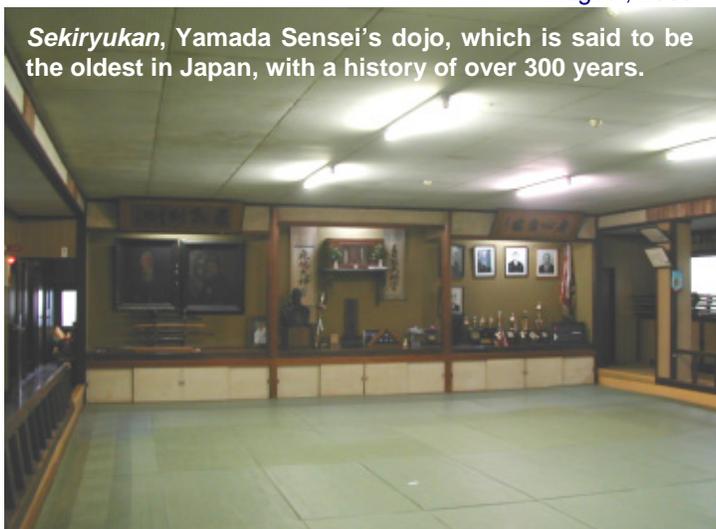
(to be continued)

**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.



*Sekiryukan*, Yamada Sensei's dojo, which is said to be the oldest in Japan, with a history of over 300 years.

**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 <b>Sayonara Dinner in London</b>
Monday	08SEP03	Free
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.

**PLEASE NOTE THAT THERE WILL BE A BAA COACH COURSE ON THE 6 & 7<sup>th</sup> AT MARGATE**

**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:

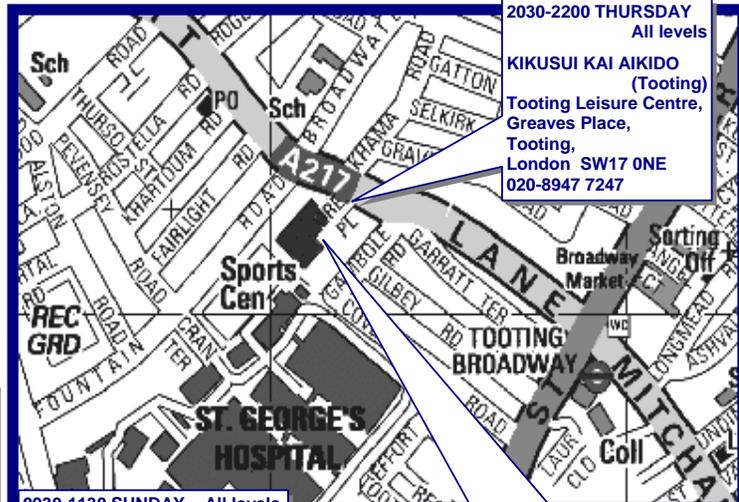
John Grima (020-8769 5255) to place your order

**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

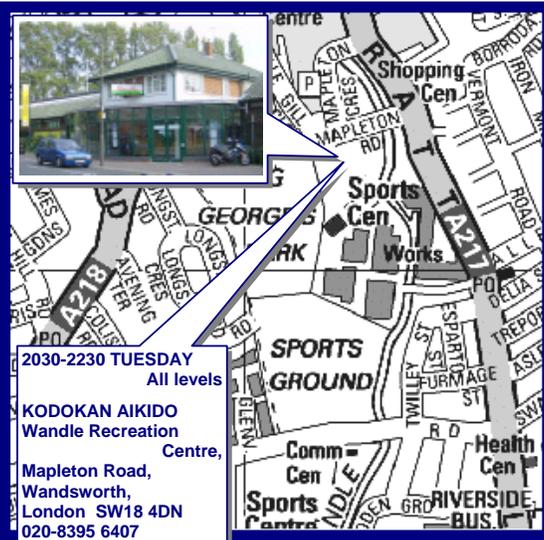
Email: [johnandpepi@xtra.co.nz](mailto:johnandpepi@xtra.co.nz) Mobile: +64(0)21-037-9508  
Phone: +64(0)9-476 5448 Fax: +64(0)9-476 5449

**CLASS TIMES, VENUES & LOCATIONS**

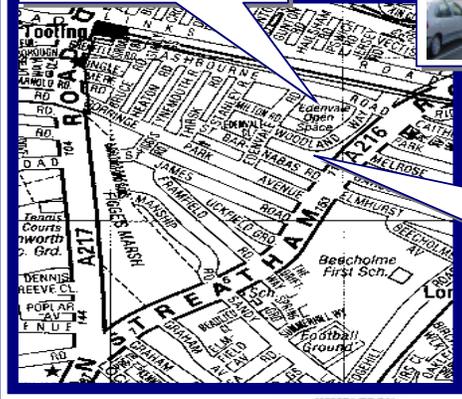


2030-2200 THURSDAY All levels  
**KIKUSUI KAI AIKIDO (Tooting)**  
Tooting Leisure Centre,  
Greaves Place,  
Tooting,  
London SW17 0NE  
020-8947 7247

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



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



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