



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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YAMADA SENSEI'S UK SEMINARS

From the 2nd to the 8th of next month The Community Channel will feature Aikido in their magazine show "Action". They are counting on viewers tuning in to hear what they have to say. This will be broadcast on Sky Digital 684 and Telewest 233, 9am-10am, 12am-1pm, 3pm-4pm and 6pm-7pm daily. And on Freeview 46 between 2.45am-5.45am daily



The Community Channel marked its third birthday on 18 September 2003 and is the UK's only national television channel dedicated to inspiring people to do more with their lives. Each week their magazine show, "Action", focuses on a theme or campaign that aims to give the viewer new ideas about what's going on and to give them a chance to sign up to get involved or help out in some way. Involvement can be big or small. Views and comments are registered using their online voting facility or by e-mailing in. These are then fed back to the charities and voluntary groups they feature.

Our thanks go out to Yamada Sensei for once more running several successful seminars around the UK. For those who missed him try to make it next time. Thank you also John Waite for his efforts in arranging things. Good attendances have enabled Yamada Sensei to further his plans to help the people in Sri Lanka. He left for Japan on the 19th of last month and by now he will be in Sri Lanka. *continued on page 3*



THE KABUTO, WHICH WAS
PRESENTED TO JOHN WAITE
LAST MONTH

Book now:
Contact John Grima
020-8769 5255

BAR LIVE DJ

AIKIDO XMAS PARTY
Saturday ~ 6th ~ December ~ 2003

From ~ 7.30 Till ~ Midnight

DANCING BUFFET

Harvest Home Function Room
27 Beddington Lane
Beddington ~ Surrey CRO 4TG
Ticket Price £15 per person

DATES FOR 2003 / 4

- 04OCT03 Safe & Sound Day Demo's 10am-16.00pm - Morden, contact Adrian
- 11OCT03 Junior Funday, Severn Islands, Rotherhithe - Contact Vanda & David
- 12OCT03 JAA GRADING, NEMCA Mitcham, Surrey - Contact Adrian
- 02NOV03 Goshin Ho 4th Dan, Jon Cameron 5th dan - Bannatynes - Contact Vanda & David
- 09NOV03 Kano Society Kata Course - Budokwai, 4-6pm - John Cornish 7th dan - 01306
- 16NOV03 BAA EC Meeting - Solihull - Contact Lesley Hepden
- 22NOV03 National Kyu Grade Championships - Birmingham - Contact Vanda
- 23NOV03 Introduction to Coaching Course - NEMCA - 1pm to 5pm - Contact Adrian
- 30NOV03 BAA GRADING, NEMCA Mitcham, Surrey - 1pm to 4pm - Contact Adrian
- 07DEC03 BAA National Dan Grading, Redditch - Contact Andy Stiggear
- 11DEC03 BAA Mini GRADING, Bannatynes - Contact Vanda & David
- 18JAN04 Kyu Grade Syllabus Course, Bannatynes..... -Contact Vanda & David or Adrian
- 25JAN04 BAA National Squad Grading - Contact Vanda & David

JAPAN TRIP 2003 - Part 5

The Japan Trip members flew from Nagasaki to their final destination, Tokyo, over night on Monday, 22 April. As a highlight of their Tokyo experience, the members stayed in a capsule hotel just for the night of arrival. The hotel had a peculiar atmosphere and culture, full of young business men and women and, although they arrived after midnight, inside it was as busy as it



one seemed to care whoever was sleeping in the adjacent cells. Although the members had no busy plan for the following day, they were woken up early because alarm clocks from the neighbouring cells started going off as early as 5.30am and rang one after another every 10 minutes!
In Tokyo, there were generally no fixed activities, a few of the members followed as a group, and some members visited wherever his/her heart desired. Some went to Imperial Palace, and saw the statue of *Kusunoki Masashige*, whose crest used the design featuring the chrysanthemum and water (*Kikusui*) as the symbol of loyalty. In Tokyo, there were lots of interesting districts, *Shinjuku*, *Roppongi*, *Akihabara*, or more traditional towns such as *Ueno* and *Asakusa*, to just name a few, and everyone enjoyed strolling around in this busy city.



On Friday, the 25th, the members visited Futami Sensei's dojo in Tokyo where they enjoyed an Aikido session with his students, followed by a welcome dinner in a local restaurant. On Saturday, they again visited his dojo in Hiratsuka, about 30km away from Tokyo and exchanged friendship with a larger group of students and his family. It was lovely weather on that day,

and they enjoyed strolling in the park in which the dojo was situated. They also had a lovely lunch together in a local canteen. In all occasions, they received a warm welcome by Mr and Mrs Futami and his students and those moments became one of the most memorable days during their trip to



could have been during the day. Each capsule had no lock from inside or outside, but no

Japan. The most interesting thing they found was the similarities in style of Aikido and including the break-fall practice.

On Monday, 28th, it was time to leave Japan. For all the members, it was certainly one of the most enjoyable and memorable trips in their life. Of course, the trip could not have been possible without the great support from Sensei's John Waite and Adrian Tyndale and the strong friendship and trust between the Kikusui Kai and the Japanese Sensei's Yamada, Uno, Futami, Nariyama, Sakai, Shodokan and all their students. They would like to thank you very much for all you did for them and wish that this friendship will grow even stronger and continue in the future.

All the best wishes from the Japan Trip members.

Domo arigato gozaimashita. Mata aimasho.

(Thank you very much and see you again)

THE END

Yamada Sensei's message is clear.

We must pursue what Dr Kano and Professor Tomiki tried to teach us about life through Judo and Aikido. Martial Arts are not just about learning techniques but have deeper meanings. Stop bad habits; yes improve techniques but the basics must always be

the same and these must not change. Learning many and advanced techniques is good but that is not what Aikido is all about. We must think about what we should learn and practice; the real meaning of Aikido.

Respect good principles and practice natural movement of mind and body.

We are group of friends and family. Our motto is to help and support each

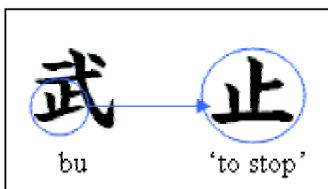
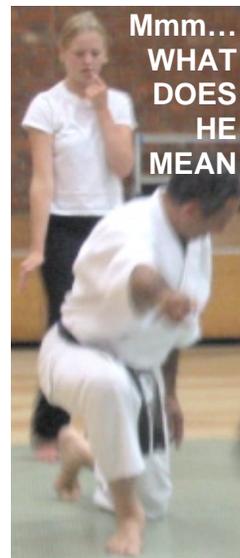


Exercises for martial artists.

The name 'Judo Taizo' was the original given by Tomiki Sensei. This is not appropriate because these exercises not only apply to judo but also are applicable to all martial arts. 'Budo Taizo' is perhaps more fitting? The original name cannot be changed but the real meaning of Tomiki's teaching should be understood and followed.

The Japanese character 'bu' as in 'bushido' consists of the character meaning 'to stop'. The real meaning of bushido is not 'to fight' but 'to stop using weapons and to stop fighting'. The implementation of good basics is important. These do not and must not change. To keep good principles and to strive to improve one's own bad habits and bad movements is imperative. As the basics are learnt, they should be

BUDO TAISO



applied to other and more advanced techniques gradually. The teachers should teach this to students and encourage them to be gentle to each other.

Our reason for studying Aikido should be for self-development and to learn how to and about helping others and to a lesser extent to fight with each other. All must enjoy what Aikido gives.



other.

It is important to think about what we can do for others as well.



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 soon. Place your order now to reserve your copy.

£11.00 + carriage

KIKUSUI KAI VIDEOS



Contact:

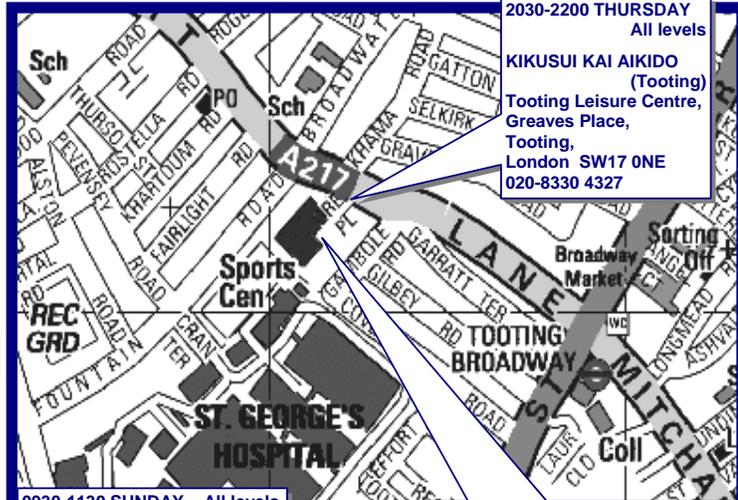
John Grima (020-8769 5255) to place your order

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 Mobile: +64(0)21-037-9508
Phone: +64(0)9-476 5448 Fax: +64(0)9-476 5449

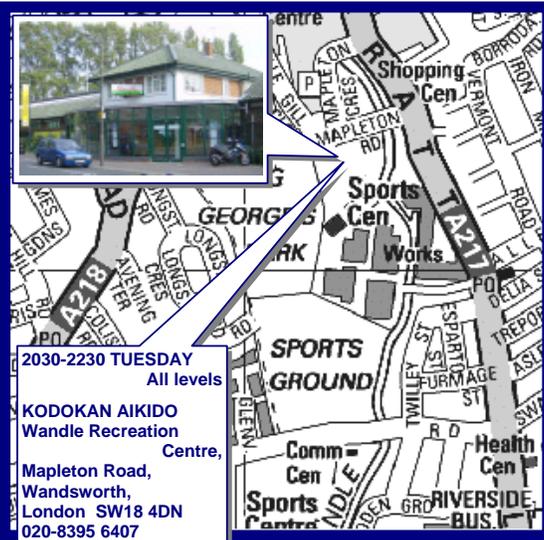
CLASS TIMES, VENUES & LOCATIONS



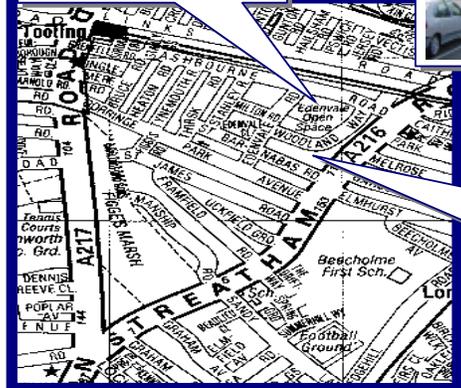
2030-2200 THURSDAY All levels
KIKUSUI KAI AIKIDO (Tooting)
Tooting Leisure Centre,
Greaves Place,
Tooting,
London SW17 0NE
020-8330 4327



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,
Keevil 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

