



菊水会
合気道

非理法權天

KIKUSUI KAI AIKIDO

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Newsletter

A PUBLICATION
TO PROMOTE THE
TOMIKI SYSTEM
OF AIKIDO



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無心無構

MU SHIN MU GAMAE

無心無構

Professor Tomiki's original characters,
with more readable equivalents above.

MUSHIN Empty Mind, Not thinking, Without
Conscience, Without emotion,
Mindless, Endless, No-mind-ness
MUGAMAE Without posture, Without stance,
No posture, No attitudeness

A philosophical concept that lies in the heart of
Tomiki's Budo, "Mushin Mugamae." "Mushin" is
a state in which the mind lets go from itself, no
longer seeing things as "this and that, good and
bad, right and wrong, gain and loss, life and
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death-all which must be seen as a oneness." "Mushin" is a
mind undisturbed by effects of any kind from which
proceeds a "flowing mind and body" and making possible
the performance of skilful technique without "conscious
efforts made to generate and sustain it." Mushin is the Zen
concept of "no mindedness," a state in which there is no
preconceived thought that interrupts the flow of physical
action. Mu means "nothing, empty, or no." Shin means
"mind or heart" in both the physical and in the spiritual
sense. Thus in terms of Zen, there is no separation
between thought and emotion. To feel it is to think it; to
think it is to feel it

The corollary of "Mushin" is "Mugamae", the body adopting
the posture or stance appropriate to any situation without
the conscious direction of the mind.

With no preconceived thought or emotion, action will be
one with thought and emotion. Thus to think it and to feel it
is to do it. A circle is always balanced. There is no
distinguishing top or bottom, left or right. It has no point or
goal but to be a circle. The planet Saturn represents the
eternal rotation of the solar system. Should the planet
cease to rotate, it will be destroyed, and harmony will cease
in the universe. The planets affect the tides, the never-
ending flow of water. Should the oceans cease to flow,
stagnation will occur. Stagnation in the physical world and

BYE, BYE TO JOHN & PEPI

Their trip to England this time ended with a
large Sayonara gathering and Indian meal on
the Wednesday evening. Next morning,
Thursday 16th October, 2003, a small group
waved good-bye to them as they left Heathrow
for America and then on to their home in New
Zealand. "Thank You" to John we are very
fortunate to have you as a teacher and a friend.
Good luck with your new life and challenges.

Yamada sensei shows his approval of
John Waite receiving the Kabuto,
Friendship Trophy. He was presented
with this in August by Futami sensei.



As grading time
approaches again
there will be the
inevitable flurry of
keen students
attending several
sessions a week to
make sure they are
fully ready for the
actual day.

Maybe sometimes
students feel a slight
impatience with
repeating basic
exercises (sweeps

BACK TO BASICS...

and turns, hand and foot movements and breakfalls) in
class, as what they want is to do is practice the techniques
needed for their next belt. I know I have felt exactly the
same in the past, but increasingly now realise that to miss
out on the basic elements at the beginning of each class is

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BAA SENIOR GRADING

SUNDAY 30th NOVEMBER, 2003

NEMCA AIKIDO

**Edenvale Playspace, Woodland Way, Mitcham,
Surrey CR4 2DZ**

commencing at 1.00pm

BRING YOUR BAA LICENCE

DATES FOR 2003 / 4

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 877382
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
06DEC03 KIKUSUI KAI CHRISTMAS PARTY - Contact John Grima 020-8769 5255
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
24APR04 BAA Nationals
27JUN04 BAA National Dan Grading

**Xmas Party
Numbers
nearly 100
to date**

BACK TO BASICS

continued from page 1

to short change yourself as far as your own personal development and expertise goes as well as short changing the group.

It seems to me that one of the ways we learn is simply through repetition. To learn to ride a bike as a child you had to cope with repeated attempts to balance and pedal until your body "knew" what to do without you thinking. The same applies to learning to drive: clutch, accelerator and brake were a mystery until your feet knew where to go and when. I had to "learn" to breathe in a particular way (through specific exercises) to help cope with giving birth...on the big day my body had been trained to do the right thing at the right time. I teach my own acting students basic juggling, as a bit of fun, but the real lesson is that physical repetition pays off.

I am amazed that after more than six years Aikido practise I am still being taught more refinements and subtleties to apparently straightforward moves.

I then can put these refinements to the test with a variety of Uke's during the exercises in class and see how the correct movement will work even with the "tougher" partners. Once your body has been taught to move efficiently and effectively it remembers how and suddenly all the techniques you ever execute are improved without you even noticing. So, as an individual there is much to be gained.

A wider benefit of wholeheartedly committing to the basic moves we are taught each class is maybe a more "global" one. If, as a group of students, we put our individual egos on hold and participate in a shared goal (to improve the practise of Aikido at all levels) for a proportion of every session, then we are living a bit of "mutual benefit". Beginners are nurtured and helped by higher grades and the higher grades are able to "give back" something to the group. The repetition of this attitude every week maybe is good for our "social" muscles. Being generous and patient is surely as good a goal as being skilled in our chosen martial art. So if you feel a twinge of impatience as you embark on your sweeps and turns, just throw that mental switch and put maximum commitment and concentration into the task and I'm sure the results will surprise you!

A HEALTHY AND HAPPY MIND



STAYING happy helps you to keep healthy, according to scientists who infected 300 volunteers with the common cold. American psychologist Sheldon Cohen found cheerful types were three times more likely to fight off the bug. He also discovered that positive thinkers moaned a lot less about their colds. Scientists are catching up with something that Psychics & Aikidoka have always known: THE MIND RULES THE BODY. A sunny outlook boosts the body's immune system and focuses the thoughts on physical activity. Sheldon always tells people who ask him to help with healing: "The power is already within you. Think positive, and release your full potential!" The best place to start is with a smile. With a happy face, the rest of your body will follow!



MUSHIN MUGAMAE

continued from page 1

in our personal lives will bring about defeat in martial arts and in life. The planet Saturn is bound by its rings, which represent constraint and control. The planet Saturn in harmony with the universe and its own self-contained cosmos, therefore, represents the mindless circle. Training in martial arts is meaningless unless it leads to the continual perfection of the practitioner, despite the outside forces of negativity and darkness that constantly work in opposition to spirituality and the light of hope. Thus the way of Mushin Mugamae is "the way of the mindless (endlessness) circle." There is not always a specific goal in a martial arts technique or in life. In most martial arts systems, the techniques have an "end in mind." Too often the goal is to hurt or maim an opponent. These techniques can also be easily countered, leaving the practitioner with no options. The circle stops. But a technique designed to be a means of achieving harmony with an opponent's flow has many options. Since the technique has not been predetermined, it will be difficult to defend against. Because the end is not in the martial artist's mind, it does not exist until created in response to the flow of combat. Also in reaction to an opponent's attack, a strike can become a block; a block can become a strike, with or without power. A strike can even turn into a pat on a potential opponent's back should the moment of conflict be eliminated prior to a physical confrontation. The correct technique will occur when the martial artist is in the flow of the mindless circle. A momentary defeat is only a chance to create another artistic endeavour based upon achieving the harmony contained in the mindless circle. Even in defeat if a martial artist is in the flow of the endless circle, the defeat can become a means to spiritual and physical regeneration. The defeat becomes a victory, and the circle is completed.

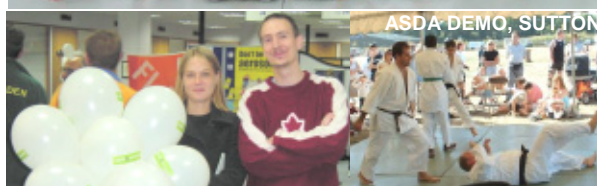
Even in life's every day endeavours, many individuals always look for ends or achievements and often lose sight of the means necessary to attain those goals. A missed opportunity in life is merely a chance for those individuals to aspire to another—perhaps more exciting—achievement that would never have been realized had their original goals been attained. Thus no antagonist and no political or social force can prevail in an attempt to thwart their attainment. But the problem is that many times those same individuals have looked only forward to that far off goal, and they failed to create the short-term means that would help them achieve that end. Unless they develop the skills necessary to achieve that goal, the goal will never come. If the perfection of a particular martial arts technique is a goal, it is first necessary to develop the timing, balance, speed, and power needed for proper execution.

A Zen proverb states something to this effect: "Those who wish to attain certain goals must first become certain men or women; once they have attained that state-- become those certain men or women-- the attainment of that certain goal will no longer concern them."

SUMMER EVENTS

With winter here and the evenings drawing in and the layers of clothing piling on we reflect on some of this years unreported events and the more summery moments!

At NEMCA there was the open day which the Mayor of Merton attended.



INSTRUCTORS & STUDENTS OF THE LADIES SELF DEFENCE CLASS TO RUN NOW AS LADIES AIKIDO ON TUESDAY'S @ NEMCA

YAMADA SENSEI MEETS KANO's GRANDSON

At the beginning of October, Yamada sensei (right), travelled up from Fukuoka, Kyushu, to Tokyo to visit his old friends Daigo-sensei and Matsushita-sensei, at the Kodokan Judo Institute. Daigo-sensei is the highest grade at the Kodokan, Matsushita-sensei, who was head coach at the Budokwai London, in the 60's, is now the Vice President of the Kodokan.

Yamada sensei also met Mr Yukimitsu Kano (centre), who is the grandson to Jigaro Kano and the President of the Kodokan Judo Institute and the founder of Judo. He met at the same time, Mr Naoki Murata (left), Curator and Professor of the Kodokan Judo Museum.



PROFESSOR MURATA AND
SENSEI's KANO & YAMADA

Pictures by:

Peter Martin, Swedish Judo Federation



DAIGO SENSEI & YAMADA SENSEI

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.

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

MY CONCEPT OF LOVE IN AIKIDO

Translated by Mr Itsuo Haba



PROFESSOR TOMIKI
& JOHN GAY SENSEI



In seeking the Truth, both master and disciple must be modest in their Heart and also must love the Truth.

The Way starts from the original precepts set down by the founder and reaches the final goal through the achievement of the successors.

To treat those achievements of the founder as the base and go beyond it:

To improve upon the achievements of the master and take them to a higher level by disciples successive works though master's works sometimes being succeeded or denied:

This is Creation.

This is Advancement.

Mutual Respect and Love exist here.

To respect master and love disciple is no doubt to respect Love and Truth.

KENJI TOMIKI

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.

NEW CENTRE...NEW CENTRE...

Family Aikido

Classes start this month at:

SHENE SPORTS AND FITNESS CENTRE,
Park Avenue, East Sheen, SW14 8RG
Monday's 5pm to 6pm

To enrol telephone: 020 8878 7578

KIKUSUI KAI VIDEOS



Contact:

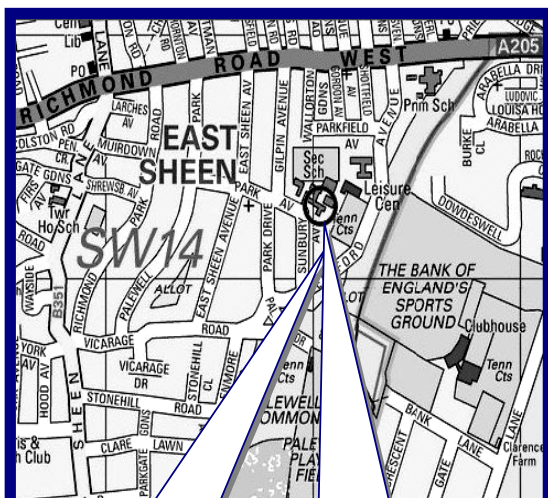
John Grima (020-8769 5255) to place your order

KIKUSUI KAI (NEW ZEALAND)

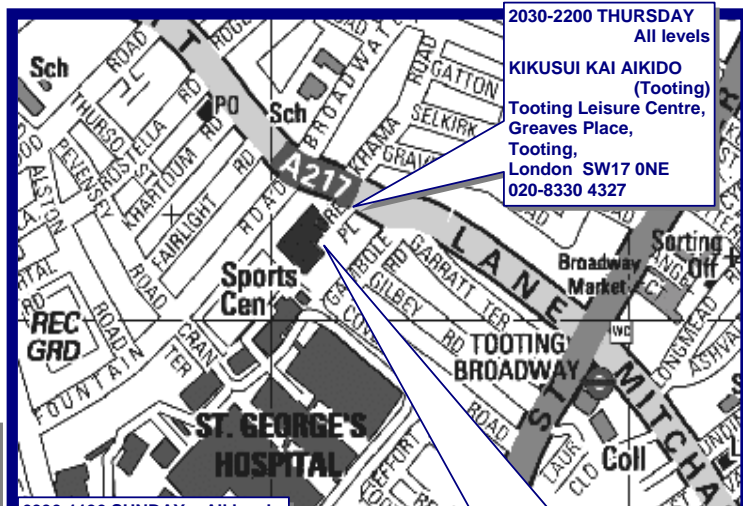
Thursday 19:00 - 20:30hrs Judokwai North Shore,
68 Hillside Road, Glenfield, New Zealand
Contact: John Waite 7th Dan, Pepi Waite 4th Dan

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

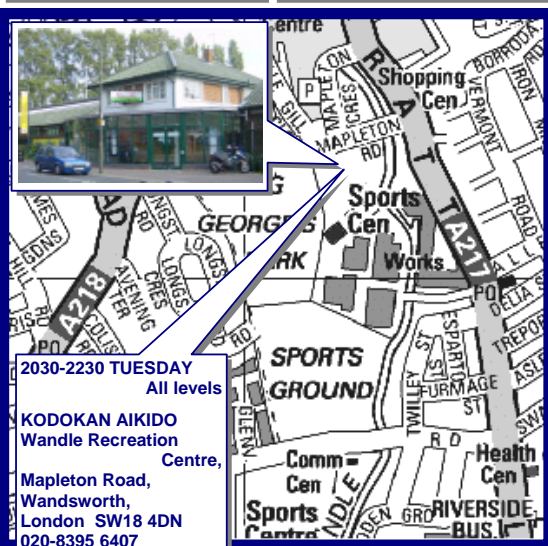


1700-1800 MONDAY Family Aikido
SHEEN AIKIDO
 Shene Sports & Fitness Centre,
 Park Avenue, East Sheen,
 London SW14 8RT
 020-8878 7578 07860 248061



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

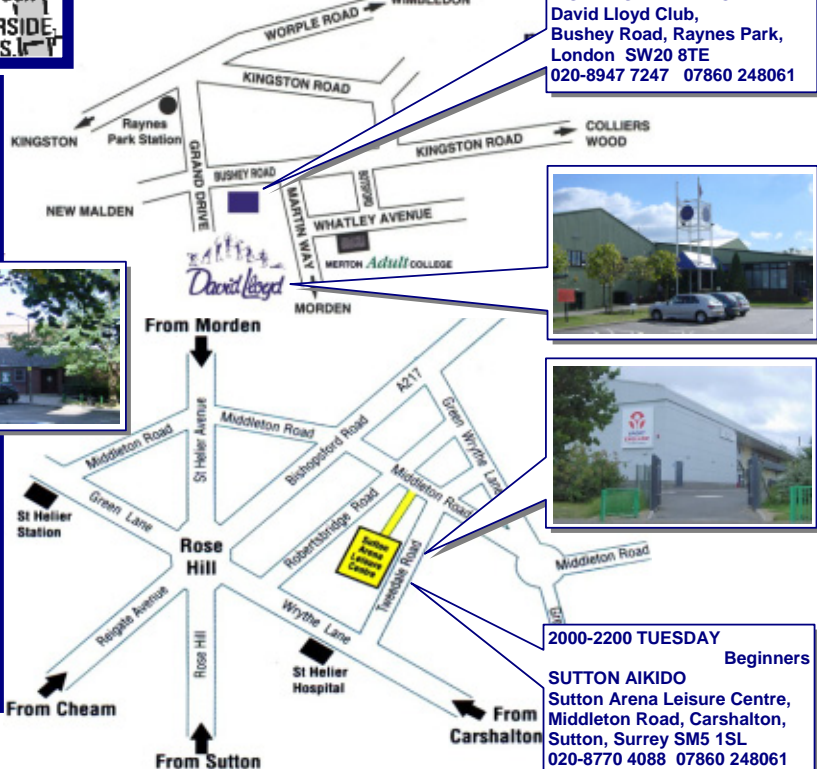
0930-1130 SUNDAY All levels
1930-2230 MONDAY Beginners
NEMCA AIKIDO
 Edenvale Playspace,
 Woodland Way, Mitcham,
 Surrey CR4 2DZ
 020-8769 5255 07860 248061



2030-2230 TUESDAY All levels
KODOKAN AIKIDO
 Wandle Recreation
 Centre,
 Mapleton Road,
 Wandsworth,
 London SW18 4DN
 020-8395 6407



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



2000-2200 TUESDAY Beginners
SUTTON AIKIDO
 Sutton Arena Leisure Centre,
 Middleton Road, Carshalton,
 Sutton, Surrey SM5 1SL
 020-8770 4088 07860 248061