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菊水会

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KIKUSUI KAI AIKIDO



December, 2003
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Newsletter

A PUBLICATION
TO PROMOTE THE
TOMIKI SYSTEM
OF AIKIDO



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HAPPINESS & GOODWILL COME FROM THE HEART

Ho..Ho..Ho..It's here again, that time of the year when classes stop and food, drink, parties and TV replaces your favourite activity. After this we can

then make resolutions to get back into shape for the gruelling year ahead. So enjoy and return in January raring to go. For those with withdrawal symptoms, classes will run as normal on Friday's. The festivities start on Saturday 6th December, with the

KIKUSUI KAI CHRISTMAS PARTY

This year looks to be the largest ever, with close to 100 people attending.

Also this year the O Do Ryu Judo Club celebrates it's 50th year, unfortunately on the same day. Some of the senior members of the Kikusui Kai and original BAA members will remember those early days, particularly this time of year.

It's not that it was cold in that dojo, but you could see the steam from hot keen bodies rising from their Gi's. Exhaled breath turned immediately to mist. Feet almost froze to the ice cold mats. Does anyone remember those good old days?

BAA GRADING AT ROTHERHITHE

Apologises to those of you keyed up for the cancelled grading last month. Unfortunately there were insufficient candidates ready to participate. It was felt that January would be better.

So the last Sunday in January, which is the 25th, is our next grading.

Well that's it for this year and remember that life without emotion is vacant and life without love is pointless! So from all at Kikusui Kai, Merry Christmas and a happy, prosperous and successful 2004.

BAA / BAB COACHING COURSE 10th & 11th January, 2004

This fully approved and certificated "Coach 1" course will run over two days at NEMCA (see map on page 4 for location). Day one will be mostly theory and starts at 1pm, finishing at 7pm. Day two is planning and Micro teaching sessions. The day starts at 8am and finishes at 2pm. Everyone at 1st Dan level and above should attend this, particularly if you are or are intending to teach. Passing this course completes the necessary requirement for PI Insurance. All Instructors must hold this cover, which the BAA arranges. The cost will be £35 for the two days. Please contact John Grima, at NEMCA, for further details.

CHRISTMAS AIKIDO CLASSES

Venue	Last class	First class
NEMCA (Sunday)	14DEC03	18JAN04
SHEEN (Monday)	NEW COURSE IN JAN04	
NEMCA (Monday)	15DEC03	05JAN04
SUTTON (Tuesday)	16DEC03	06JAN04
KODOKAN (Tuesday)	16DEC03	06JAN04
OPEN DOOR (Wednesday)	17DEC03	07JAN04
TOOTING (Thursday)	18DEC03	08JAN04
FIGHTING FIT (Friday)	CLASSES AS USUAL	



TAKE CARE
WITH
YOUR
UKEMI!



DATES FOR 2003 / 4

06DEC03	Kyu Grade Syllabus, Jon Cameron 5 th dan - Brighton - Contact Brian & Paul
06DEC03	KIKUSUI KAI CHRISTMAS PARTY - Contact John Grima 020-8769 5255
06DEC03	O DO RYU - 50 YEARS OLD, Party & Celebrations - Contact Wilf Hashimi 01372 463130
07DEC03	BAA National Dan Grading, Redditch - Contact Andy Stiggear
11DEC03	BAA Mini GRADING, Bannatynes - Contact Vanda & David
13DEC03	TANSEIKAN - 10 YEARS OLD, Party & celebrations - Contact Vanda & David
10JAN04	BAA / BAB Coaching Course - NEMCA - 1pm to 7pm - Contact John Grima
11JAN04	BAA / BAB Coaching Course - NEMCA - 8am to 2pm - Contact John Grima
18JAN04	Kyu Grade Syllabus Course, Bannatynes. - Contact Vanda & David or Adrian
25JAN04	BAA GRADING, Rotherhithe (Southern Area) - 1pm to 4pm - Contact Tony Evangelou
25JAN04	BAA National Squad Grading (Northern Area) - Contact Vanda & David
24APR04	BAA Nationals
27JUN04	BAA National Dan Grading

MERRY CHRISTMAS & A HAPPY NEW YEAR

This humorous article is proof that the Newspapers do get it wrong sometimes! Gregg Smith, the author, and his Smiley partner are neither blind nor Judo Legends.

GRADUATE MATHEMATICS FOR BLIND JUDO MASTERS

As this article from the Wimbledon News clearly demonstrates, a little knowledge can be a dangerous thing! This is an actual photo from the Wimbledon News; that is Gregg (with a Smiley partner) in the photo; that is the actual headline; and I was, in fact, visiting. However, one is left with a sense of unease -- as if all the pieces are right, but the whole picture just doesn't fit together.

You all know lots of different Aikido techniques: elbow techniques, wrist techniques, striking techniques, etc. You also know a lot of foot movements: forward, side, back, around, etc. You also know a lot of hand movements: inside sweep, outside sweep, inside turn, outside turn, etc. Once you understand these things, you have achieved the level of the three blind men who discover an elephant for the first time. For the two people on the planet who don't know this story, I'll digress and give you the Reader's Digest version of it before going on with my discussion of Aikido.

The Elephant Story

Three blind men came upon an elephant. The first blind man approached the elephant from the front, felt his trunk, and proclaimed: "I now understand the elephant. An elephant is like a big fire hose." The second blind man approached the elephant from the side. He felt the huge flanks of the elephant and proclaimed: "I now understand the elephant. An elephant is like a big wall." The third blind man approached the elephant from the rear. He felt the elephant's tail and proclaimed: "I now understand the elephant. An elephant is like a big rope." They then proceeded to fight among themselves about whose understanding of the elephant was correct. Finally, the elephant relieved himself of a great deal of processed foliage, along with huge volumes of accompanying gasses and walked off in disgust -- aghast that people could fight about such a simple thing as the nature of an elephant when everyone knows that an elephant is nothing but a machine for fertilizing the jungle floor.

The point here is that, like the nature of an elephant or the "Judo Legend Visits" article, any complicated thing has many characteristics, all of which are valid parts of the whole, and none of which is more valid than any other. Depending on your perspective and circumstances, one or another of those characteristics may be more important to you than they are to someone else with a different perspective who is possibly in different circumstances. However, that complicated thing usually also has a fundamental nature which is unchanging no matter how you look at it.

This brings us to the heart of this article: a discussion of post-graduate mathematics -- topology to be precise. Topology is the study of properties of geometric entities which are invariant under certain transformations. For those of you who are better at lifting loads of bricks than you are at proving the equivalence of the Axiom of Choice and Zorn's Lemma, that means (hang in there -- this gets easier) that you can push, stretch, bend, and twist things to your heart's content without changing their fundamental properties.

For example, if you think of simple shapes on a page, it seems logical that shapes like a circle, oval, square, and pentagon share a common characteristic of dividing the page into two parts -- the part INSIDE the circle, square, etc. and the part OUTSIDE the circle, square, etc. Furthermore, if you imagine that a circle, square or rectangle is made out of rubber (or that you have a very clever drawing program on your computer!) you can "stretch" a square to make it a circle, turn a circle into an oval, make an oval into an octagon (stop-sign shape), etc. without modifying the fact that all of these shapes divide the page into something called INSIDE and something called OUTSIDE. Now, if you think of something like a big X, it is clear that the X doesn't divide the page in the way that the oval, circle, etc. do. Consequently, we can say that for our purposes a circle, oval, square, triangle, etc. ARE ALL THE SAME THING -- just pushed around a bit, but that an X is not that thing -- it is something else.

The same holds true in three dimensions: You can, for example, smush a doughnut around until it becomes a teacup (try it tomorrow morning when you're drinking your coffee). The constant nature of the two is that they each have one hole. You could also perform the same magic trick on a house key (assuming it had a hole in it). So, house key equals coffee cup equals doughnut.

This brings us back to Aikido. What is Aikido? Balance. Movement. Kazushi (balance breaking). Technique. That is probably also their order of importance. Notice that technique is LAST. I'll say that again -- technique is LAST. The essence of Aikido is balance, movement and balance breaking, just as the essence of the shapes we discussed earlier was that they divided the page into INSIDE and OUTSIDE. The

Judo legend visits



number of sides on the figure (circle, square, pentagon, oval, dodecahedron) you can think of as the icing on the cake -- the Aikido technique at the end of the movement and balance breaking. No matter how you push, bend, or pull a circle, it still divides the page into INSIDE and OUTSIDE. No matter which of thousands of endings (techniques) you stick onto an outside sweep and body movement, the essence of the Aikido has not changed -- it's the balance, movement, and kazushi.

The next time you have an opportunity to see a style of Aikido that is slightly (or not so slightly) different from the one you do in your class, look for the topological constants -- the things that don't change. Those are the important things: 1) Balance, 2) Movement, 3) Kazushi, and FINALLY, 4) Technique. If you can see that those elements are present, then you won't be confused by the superficial things like techniques on the end of movements, and you'll also be better able to impress your children by telling them that a doughnut and a teacup are really the same thing!

Homework for next time:

a. Write an essay, not to exceed 500 words in length, on each of the following topics:

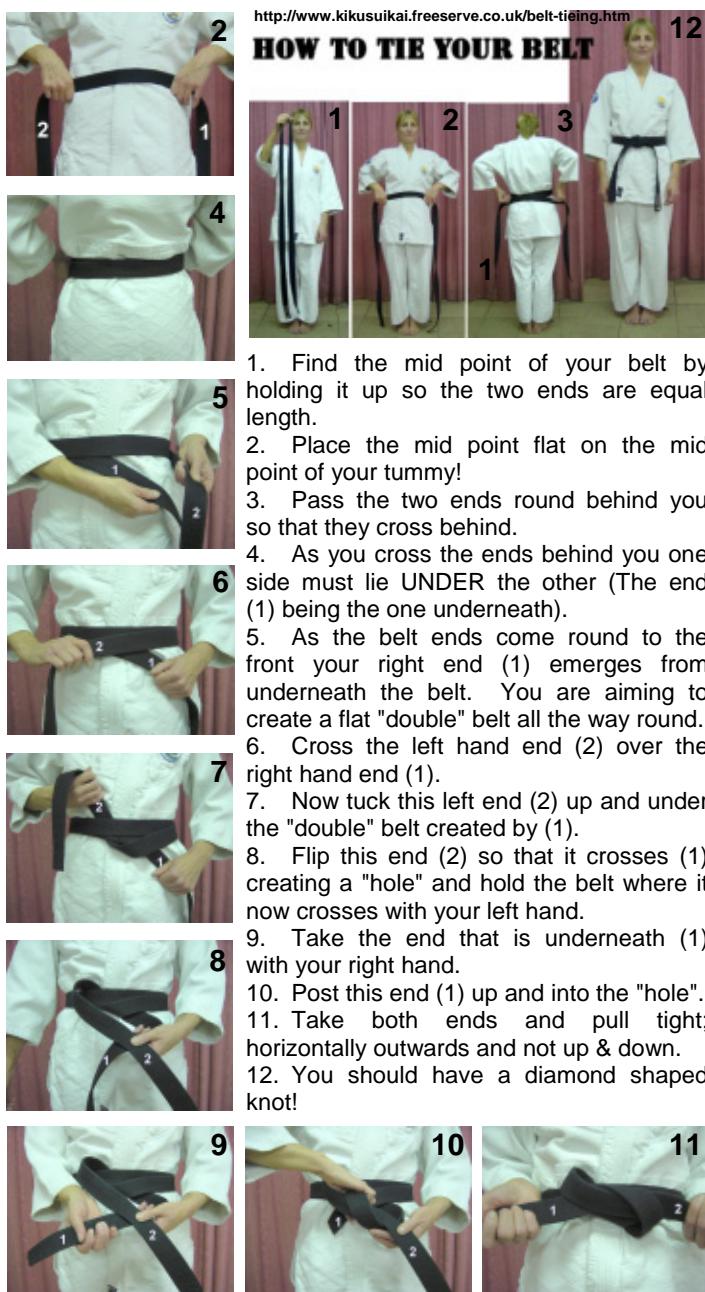
1. Is Aikido Judo?
2. Is Tennis Aikido?
3. If a legend is a load of old rubbish, and if Aikido is Judo, then am I a Judo Legend?

b. Practice this mantra:

Double bubble, load of trouble,
Planets seen by spaceship Hubble,
Tomiki, coffee, Judo, doughnut,
Take-away at Pizza Hut,
Ueshiba's circle squared,
Kobayashi's trousers flared,
Break their balance, then who cares?
Send them flying down the stairs.
It doesn't matter what you call it,
Just put the trash out, and we'll haul it.

<http://www.kikusukai.freemove.co.uk/belt-tying.htm>

HOW TO TIE YOUR BELT



1. Find the mid point of your belt by holding it up so the two ends are equal length.
2. Place the mid point flat on the mid point of your tummy!
3. Pass the two ends round behind you so that they cross behind.
4. As you cross the ends behind you one side must lie UNDER the other (The end (1) being the one underneath).
5. As the belt ends come round to the front your right end (1) emerges from underneath the belt. You are aiming to create a flat "double" belt all the way round.
6. Cross the left hand end (2) over the right hand end (1).
7. Now tuck this left end (2) up and under the "double" belt created by (1).
8. Flip this end (2) so that it crosses (1) creating a "hole" and hold the belt where it now crosses with your left hand.
9. Take the end that is underneath (1) with your right hand.
10. Post this end (1) up and into the "hole".
11. Take both ends and pull tight; horizontally outwards and not up & down.
12. You should have a diamond shaped knot!

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

KATA SESSIONS 2003

Kikusui Kai is 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.**

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.

CHRISTMAS STOCKING FILLERS

BAA Gi Badges	£3.00
BAA Car Windscreen Stickers	£1.00
Kikusui Kai Gi Badges	£3.00
JAA Gi Badge & Blazer pin badge (pair)	£10.00
Gi with white belt	£40.00
Kikusui Kai Video's (each)	£15.00
Competitive Aikido Book & CD	£21.00
Aikido, Tradition and the Competitive Edge	£16.00
Understanding Shodokan Aikido	£8.00
Soft Tanto	£19.00
Hard Tanto	£15.00

NEW CENTRE...NEW CENTRE...

Family Aikido

New Course starts 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:

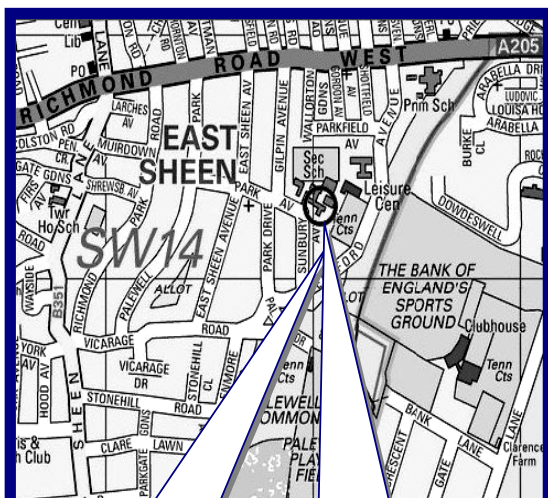
John Grima (020-8769 5255) to place your order

KIKUSUI KAI (NEW ZEALAND)

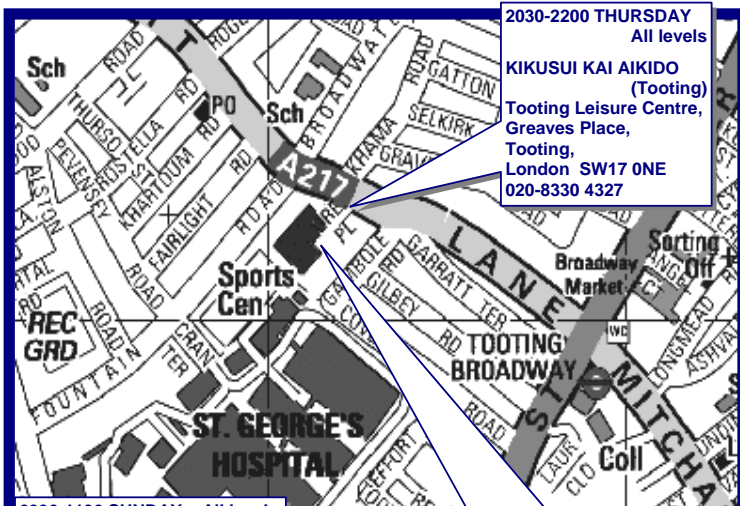
Thursday 19:00 - 20:30hrs Judokwai North Shore,
68 Hillside Road, Glenfield, New Zealand
Contact: John Waite 7th Dan, Pepi Waite 4th Dan

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

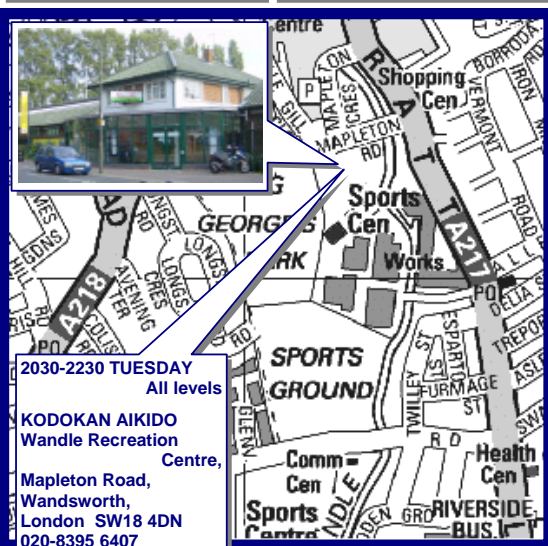


1700-1800 MONDAY Family Aikido
SHEEN AIKIDO
 Shene Sports & Fitness Centre,
 Park Avenue, East Sheen,
 London SW14 8RT
 020-8878 7578 07860 248061



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

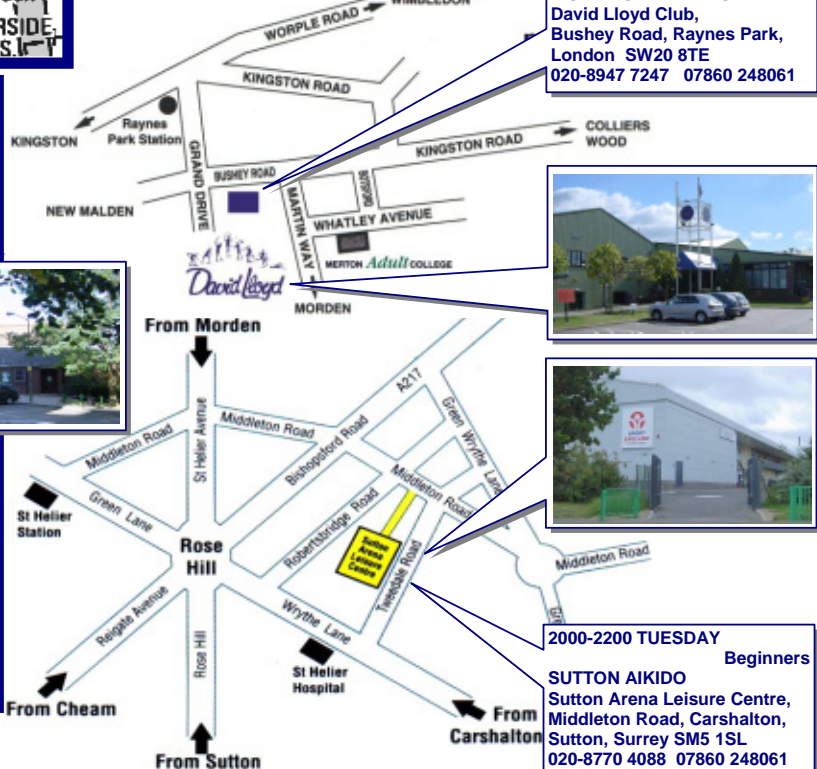
0930-1130 SUNDAY All levels
1930-2230 MONDAY Beginners
NEMCA AIKIDO
 Edenvale Playspace,
 Woodland Way, Mitcham,
 Surrey CR4 2DZ
 020-8769 5255 07860 248061



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