



菊水会  
合気道

天權法理非

KIKUSUI KAI AIKIDO

May, 2004  
Volume 3, Issue 5

# Newsletter

A PUBLICATION  
TO PROMOTE THE  
TOMIKI SYSTEM  
OF AIKIDO



KIKUSUI KAI  
AIKIDO  
P O Box 38032  
London  
SW19 4YB  
ENGLAND

PHONE:  
+44 (0)20 8947 7247

FAX:  
+44 (0)20 8946 7947

EMAIL  
Editor@  
kikusuikai-aikido.fsnet.co.uk

WEBSITE  
http://www.  
kikusuikai.freemove.co.uk

NEWSLETTERS ON LINE  
www.kikusuikai.freemove  
.co.uk/newsletter.htm



## CHAIRMAN'S ADDRESS BAA AGM 2004



## "WHAT DOES THE BAA DO FOR ME"?

This year has been one of the most successful and energetic years in the history of the BAA. But before commenting on activity I wish to address a question that has recently been brought to my attention. That is 'What does the BAA do for me'.

One of the questions posed to BAA Chairman, Bob Jones, on 25<sup>th</sup> May, 2004, when he visited Kikusui Kai's "Sutton Aikido" as a guest instructor.

The strength of the BAA lies in its unity and its common purpose. All large clubs within the BAA will always be net financial contributors to the association in order for it to carry out its many functions and provide national events. It operates very much like the National Health Service; it is always there for advice, consultation and support. Smaller clubs can therefore access the same provision as all the others.

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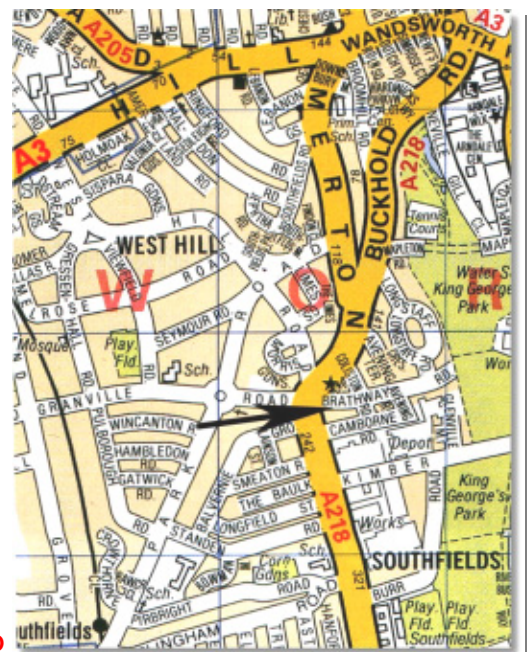
## BAA AREA GRADING

**Date:** Sunday 6<sup>th</sup> June, 2004

**Venue:**  
The Yawara Centre,  
203 Merton Road, Southfields,  
London SW18 5EE  
(Entrance in Brathway Road)

**Time:** Commencing at 1.00pm  
Practise session from midday

**BRING YOUR BAA LICENCE WITH PHOTO**



## DATES FOR 2004

- |         |                                                                             |
|---------|-----------------------------------------------------------------------------|
| 16MAY04 | BAA AGM & EC Meeting 2                                                      |
| 22MAY04 | JUNIOR FUN DAY - Seven Islands Leisure Centre, Rotherhithe                  |
| 06JUN04 | BAA SOUTHERN AREA GRADING - Yawara, Southfields, London SW18                |
| 06JUN04 | BAA ACCREDITATION COURSE FOR JUDGES - Contact Paul Wildish 020-8451 6194    |
| 19JUN04 | WIMBLEDON VILLAGE FAIR - Aikido Demonstration 3.15- 3.45pm - Contact Adrian |
| 27JUN04 | BAA National Dan Grading                                                    |
| 10JUL04 | JUNIOR FUN DAY - Knights wood Leisure Centre, Eastleigh                     |
| 18JUL04 | BAA EC Meeting 3                                                            |
| 16OCT04 | JUNIOR FUN DAY - Seven Islands Leisure Centre, Rotherhithe                  |
| 17OCT04 | BAA ACCREDITATION COURSE FOR REFEREES - Contact Paul Wildish 020-8451 6194  |
| 14NOV04 | BAA Meeting 4                                                               |
| 20NOV04 | BAA National Kyu Grade Competition - Birmingham                             |
| 28NOV04 | BAA SOUTHERN AREA GRADING - Rotherhithe                                     |

In recent years the BAA has been heavily involved in the negotiations related to payments to the BAB, which includes insurance; personal accident, professional liability, club and association cover. These costs have been much reduced over the last few years which have helped to keep membership fees down.

The BAA has also sponsored six Coach Tutors through the national BAB training programme. The benefits from which are passed on directly to the membership. It provides a CLO who ensures members are covered by insurance, coordinates coaching courses and provides advice on all coaching matters

BAB liaison takes a total of twenty days per year in person hours. This includes links to other organisations such as Sports Coach UK who give advice and support on coaching theory and legal matters.

Courses are another aspect of BAA provision Folkestone, Pensilva and Leeds have all been subsidised by the BAA. As is the course immediately prior to the two National Dan gradings each year.

Instructors in recent years that have been brought to the UK using BAA funds include Sensei's Nariyama, Uno, and Yamada.

The BAA has also provided free cloth badges for all members during the change of logo and free dan grade certificates for all current dan grades. As well as supplying excellent grading books.

The BAA lends its name and that of the JAA to all gradings, from 6<sup>th</sup> Kyu to 7<sup>th</sup> Dan giving UK and international currency to all those who pass their standards.

It provides an excellent web site with club information and acts as an advocate, promoting clubs on a national level. An excellent registration and secretariat system supplies and services the association with grading books and information.

Within the aspect of sport the BAA promotes three Senior National Competitions and currently two but soon to be three junior competitions. It supports a National Squad and with this has helped hundreds of Aikidoka visit Japan to compete and gain additional knowledge through training. It has also provided an opportunity for all to take part, even watch a World Aikido Championship.

The BAA has also invested in Judge and referee training and has now established a national programme

Technical standards are maintained by the BAA through access to a variety of instructors, all of which owe a great deal to their ability to learn and share from one another.

Constitutionally it provides the infrastructure in which clubs must operate that covers such things as child protection, data protection and insurance.

The BAA through its planning documents, minutes of meetings and chairman's correspondence provide information to all clubs as to what is happening.

It has fifteen unpaid officers who give their time and effort freely to support clubs and the membership.

Above all it provides status and a reputation for excellent standards within the UK and a model of a modern thriving Aikido Association...

If this is not enough all you have to do is tell us what you require

Lets build an association that promotes

- Giving rather than taking
- Sharing rather than being selfish
- Cooperation rather than conflict

**The success of the year**

The international in Leeds was undoubtedly a huge success both from the point of organization and competitive results. It demonstrated the UK improvement in competition Aikido I wish to personally congratulate every member of the squad, all BAA competitors and especially David and Vanda for their hard work in preparing the team- well done all.

Thanks must also go to Paul Wildish who trained and has continued to train the referees and judges. This is a welcome development for the BAA with the production a team of officials for all their competitions.

Finally on the international I would like to thank all the judges, referees and officials for the time and effort in making the 2003 World Championships and unprecedented success. The team can now look forward to Tokyo 2005.

The traditional Division continues to grow and provide another needed dimension to the association. I wish to thank Mike Smith for his continued support, advice and friendship.

Congratulations must go to Paul Wildish the new Vice Chairman of the British Aikido Board

A special mention must go to James Walker whose company sponsored the BAA National Championships this year, many thanks to James for his support.

And finally I would like to pay a special tribute to Jim Newcombe for the sterling work he has done as the BAA treasurer. He's managed to keep the books straight, keep the BAA solvent and provide excellent financial information and reports.

Aspirations for the New Year include the restructuring of the regions and the Executive Committee, establishment of a Junior Competition in the south of England, the establishment of a new Easter School based around London along with the restructuring of the Leeds and Pensilva schools, courses for smaller clubs by key instructors, a new junior badge system and new incentives scheme for new BAA clubs to be established.

**THANET MARTIAL ARTS**

Thanet Martial Arts Centre was first established in the mid 60's and started as a Judo club. Since then many generations of students from the surrounding areas of Margate, Broadstairs and Ramsgate have been successfully taught the art of Judo. Aikido was introduced to the Centre at around the start of 1993 and has grown to be very popular.

The Centre is situated in Zion Place, Margate, Kent CT9 1RP. It has a permanently matted practise area of 146 sq metres. with changing rooms, toilets and showers. The centre is a non-profit making trust with a friendly atmosphere and a large membership where you can pop in for a cup of tea and a chat if you are not training or watch your children training and meet other parents and members.

With the demise of Joe McEnroe's Folkstone Group, Thanet Martial Arts offers BAA members a viable alternative to practice with high grade fully insured and approved instructors and coaches.

Club Leader Richard Todd, depicted kneeling on the right, arranged a very successful course on Saturday 8<sup>th</sup> May, 2004. Students enjoyed the technical aspects of kata but were particularly enthusiastic when it came to the Randori. It is proposed that another is held on Saturday 23<sup>rd</sup> October, 2004.

Richard can be contacted on: Dojo: 01843 292411  
 Mobile: 07749 008587  
 Home: 01843 588497  
 Email: info@thanetmartialarts.info



**YAMADA SENSEI'S COMMEMORATION OF PROFESSOR TOMIKI'S 100<sup>th</sup> BIRTHDAY - part 3**

The true meaning of what Dr Kano meant by 'the path to attaining the right use of energy and co-survival of self and the others', can be only attained when one reaches the state of 'mushin', or emptiness of the mind. Furthermore, one can only talk about the Professor Tomiki's teaching of 'mushin seishin', or empty mind and spirit, without knowing its true meaning if his or her knowledge is not based on such an experience. Upon hours and hours of research, Professor Tomiki tried to make sense of Japan's budo theoretically. It must have been this state of mind and spirit that he really wished to convey to the people. Just before his death, Professor Tomiki visited Ayabe, the birthplace of Ueshiba Aikido, where he attained the state of "God-and Human amalgamation". This story is marked in an article in Aizen Shinbun newspaper.

What is wanted in this world now is not the power of philosophy or organisations to which we belong but that our minds should be free to decide how we make best use of them. I enjoy reading a monthly article in Sankei Shinbun newspaper titled "Nihon yo (Dear Japan)" by Shintaro Ishihara. In the 2nd of April issue of the article, the author expressed his anxiety about modern day society. He argues that the people's worries and dissatisfactions are rooted in the 'thin fundamental axis' in the social structure. In other words, the lack of vertical ethics. He recalls the society before the end of the War, in which people in their deep sense' had various kinds of virtue of bushido, moderation, humbleness, self-sacrifice and responsibility. He then turned his eyes to the present situation and calls it "disgraceful cultures" (8). I absolutely agree with his statement. At the same time, as a professional of budo, I feel the responsibility in finding what must be done.

The other day, I had an opportunity to attend a Meiji University Aikido training camp by an invitation from Mr and Mrs Akira Harada. It was a wonderful camp, in which the training was well united under the supervision of Mr Harada. What I was very pleased to see, in particular, is that the training was given according to Professor Tomiki's teachings including his Judo Taiso in a precise manner. Furthermore, what should be learned through practicing of wazas (9) and what the budo was for in the first place were taught over and over again. At the end of the training camp, I had a chance to give a speech. There, I mentioned these points and said that I would like them to keep up with the good practice according to Sensei Tomiki's teachings. It was my greatest pleasure to see every one of about 40 students replied to me with crisp and lively voice of "Hai! (Yes!)". The voices must have reached Tomiki Sensei up in the sky.

This "what for" is the key question when judging a matter whether it is for a good cause or for a bad one. Having met the Shumpu Editor, Mr Futami, who is always stressing this point, and Mr Uno in Shikoku, who also practices this belief in his teachings, I look forward to seeing where the world is heading in the fixture.

In autumn 1948, professor Tomiki returned from the War. Gradually he then started the activities based on the Judo Taiso in order to bring his ambition to the real life, which was mentioned earlier. By then, there were a great number of his supporters including the seniors at Waseda University and elsewhere and it was his glorious time. He published the "Judo Taiso" with the help of the father of one of his supporters, Mr Tadayuki Sato from Hamamatsu. There is no doubt that Mr Sato had understood the importance of his ambition. It was also around that time when I called on Sensei Tomiki for the first time from Ueshiba Shihan (10). By that time, I was lucky enough to have had several years of training given directly by Shihan Ueshiba. I had also been given three months of an intensive training at Shihan Ueshiba's birth house in Kishu Tanabe.

Having had precious experiences during the three months, I was ready to meet with Sensei Tomiki. Before then, when Sensei Tomiki was teaching at Kenkoku University, I was also going to Shinbuden everyday but I had never had an opportunity to meet him.

Now, what should we do as the students who have been taught according to Tomiki Sensei's teachings? I search for the answer while praying for the repose of the couple.

Gassho (in prayer)

7. What this means here is the Japanese people in their deep, deep conscious and unconscious mind.

8. Translator's comment: There is no English expression that can be used to convey the full meaning of the

original Japanese expression, 'haji o shiru bunka'. Even if I were asked how I would interpret the expression explanatory, I would loose words because I could not put them in words even in Japanese.

While I was translating this article, Sensei Yamada himself also contacted several people in search for a right expression, without a success.

9. Techniques

10. What is meant by the expression "from Ueshiba Shihan" is that by then, Sensei Yamada belonged to his Dojo

**END**

**AIKIDO REGALIA**

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

**Contact: John Grima Phone: 020-8769 5255**

**KIKUSUI KAI VIDEOS**



**Contact: John Grima**  
 19 Stanley Road, Mitcham, Surrey CR4 2BH  
**Phone: 020-8769 5255 Fax: 020-8696 0946**  
**Email: john@kj-g.freemove.co.uk**

**KIKUSUI KAI (NEW ZEALAND)**

**Monday 20.00 – 21.00hrs Northcross Community Centre, 877 East Coast Bays Road, Browns Bay, New Zealand**  
**Thursday 20.30 – 21.30hrs Judokwai Northshore, 68 Hillside Road, Glenfield, New Zealand**

**Contact: John Waite 7th Dan, Pepi Waite 4th Dan**  
 12, Mercury Lane, Mairangi Bay, North Shore, Auckland 1311, NEW ZEALAND

**Website: http://www.kikusui.org.nz**  
**Email: johnandpepi@xtra.co.nz Mobile: +64(0)21-037-9508**  
**Phone: +64(0)9-476 5448 Fax: +64(0)9-476 5449**

**THE ANCIENT SECRETS OF AIKIDO**

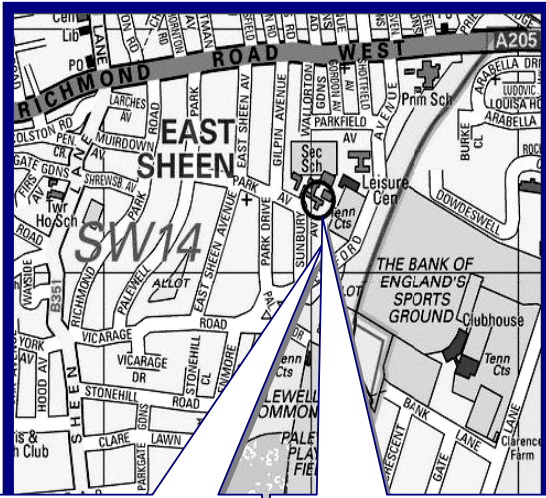
By Senta Yamada



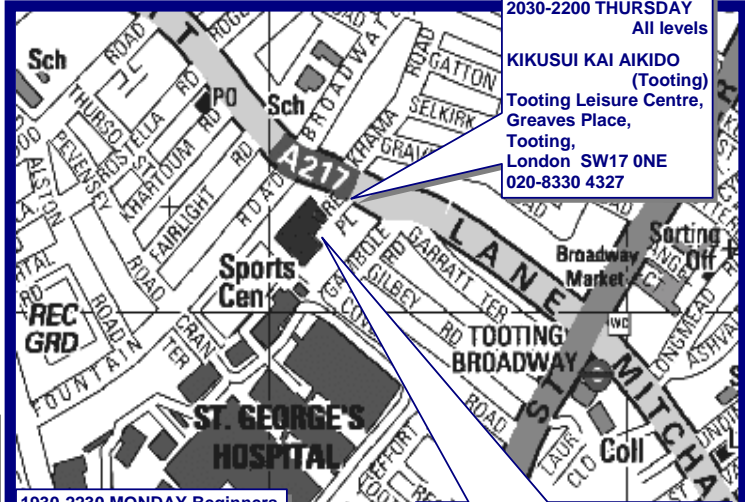
This is a publication written by the man who brought Tomiki Aikido to the United Kingdom back in 1959. Six years later he left London and some of his students went on to form the British Aikido Association. He is still teaching Aikido regularly around the world. At this moment he is building a group in Sri Lanka. Sales of this book will assist Yamada sensei's fight to help people less fortunate than most.

**£18.00 + carriage**

# CLASS TIMES, VENUES & LOCATIONS

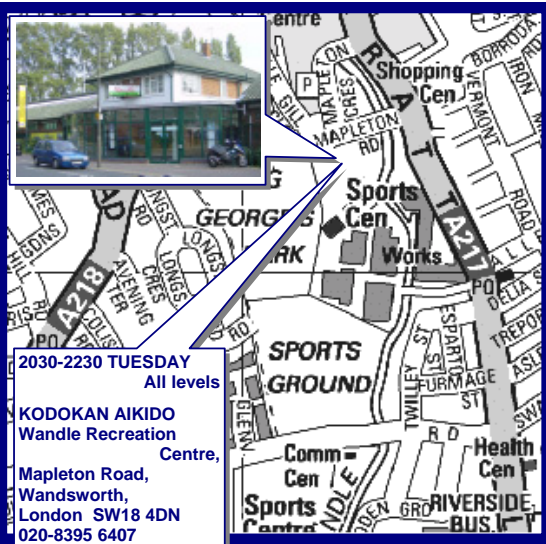


**1700-1800 MONDAY**  
Family Aikido  
**SHEEN AIKIDO**  
Shene Sports & Fitness Centre,  
Park Avenue, East Sheen,  
London SW14 8RT  
020-8878 7578 07860 248061

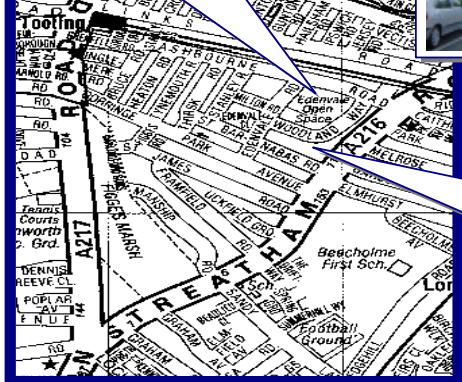


**2030-2200 THURSDAY**  
All levels  
**KIKUSUI KAI AIKIDO**  
(Tooting)  
Tooting Leisure Centre,  
Greaves Place,  
Tooting,  
London SW17 0NE  
020-8330 4327

**1930-2230 MONDAY Beginners**  
**NEMCA AIKIDO**  
Edenvale Playspace,  
Woodland Way, Mitcham,  
Surrey CR4 2DZ  
020-8769 5255 07860 248061



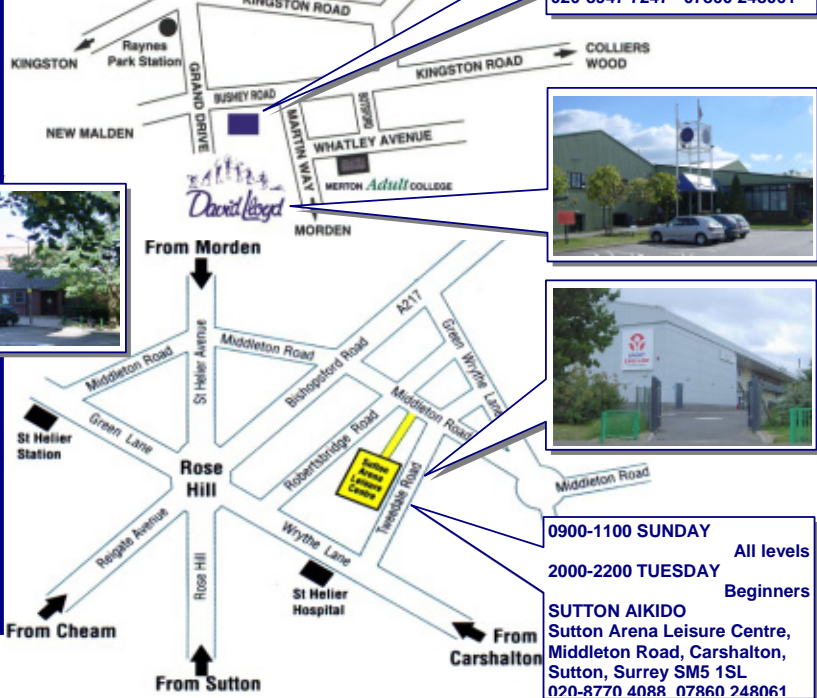
**2030-2230 TUESDAY**  
All levels  
**KODOKAN AIKIDO**  
Wandle Recreation  
Centre,  
Mapleton Road,  
Wandsworth,  
London SW18 4DN  
020-8395 6407



**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



**0900-1100 SUNDAY**  
All levels  
**2000-2200 TUESDAY**  
Beginners  
**SUTTON AIKIDO**  
Sutton Arena Leisure Centre,  
Middleton Road, Carshalton,  
Sutton, Surrey SM5 1SL  
020-8770 4088 07860 248061

