



合気道
菊水会

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KIKUSUI KAI AIKIDO

June, 2004
Volume 3, Issue 6

Newsletter

A PUBLICATION
TO PROMOTE THE
TOMIKI SYSTEM
OF AIKIDO



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DAVID FIELDING, MBE

David Fielding received an MBE for services to Aikido in the Queen's Birthday Honours today 13th June, 2004.

He is the first non-Japanese player to become Men's Individual World Champion, a 5th Dan, Manager of the GB National Squad and ex-Guinness world record holder. In a career spanning 25 years he competed in 9 World Championships winning a record 17 International medals, 4 of which were Gold.

David first started Aikido in the early eighties in Sheffield with Barry Vigrass and trained for five years at Leeds

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BAA AREA GRADING

6th June, 2004

The day started at 9.00am with a class at Sutton Aikido until 11.00am. Adrian Tyndale supervised the class dealing mainly with pointers on timing and revision for the grading. It was a small class with 13 students attending. The group then travelled over to the Yawara Centre in Southfields where they settled in to a further practise session. Most people had arrived by just after 12.30pm, so we proceeded with the registration. Licences were checked and everyone was asked to fill in



their Grading Sheets. The grading formally started on time at 13.00pm, with all 20 candidates and their ukes demonstrating foot and then hand movements. The grading ran smoothly with each of the three examiners, Arthur Austin, Robert 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. Robert Austin, the Senior Examiner of the day, reassured those taking part, which helped them to settle. It was planned to finish at 16.00pm and it did in fact finish slightly before time.

At the end of the grading, each examiner summarised their view of the day's performances, as a general comment. They were praised for their efforts and

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DATES FOR 2004

- 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 John Grima
- 27JUN04 BAA National Dan Grading
- 10JUL04 JUNIOR FUN DAY - Knights wood Leisure Centre, Eastleigh
- 18JUL04 BAA EC Meeting 3
- 28JUL04 to 01AUG04 LEEDS AIKIDO SUMMER SCHOOL – Contact Bob Jones 01943 863857
- 09OCT04 AIKIDO JUJITSU JUDO KARATE COURSE @ FOLKESTONE – contact John 07860 517086
- 16OCT04 JUNIOR FUN DAY - Seven Islands Leisure Centre, Rotherhithe
- 17OCT04 BAA ACCREDITATION COURSE FOR REFEREES – Contact Paul Wildish 020-8451 6194
- 23OCT04 THANET MARTIAL ARTS AIKIDO COURSE – 1pm –5pm Contact Richard Todd 01843 588497
- 14NOV04 BAA EC Meeting 4
- 20NOV04 BAA National Kyu Grade Competition – Birmingham

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Central before moving to London. He regularly trained at Sidcup, Clapham and Yawara with the Elephant and Castle becoming his main base. He joined the National Squad at its inception in 1988 and has not missed a session since. In 1993 together with his partner Vanda Fairchild, founded Tanseikan, a thriving club which runs Aikido classes in Southwark, Lewisham and Bromley. David was awarded the Wilkinson Sword in 1995 for his leadership of the National Squad. In 1997 he became the first Aikidoka to receive 4th Dan's from the BAA and JAA and in 2002 became the first Aikidoka to be awarded a BAA 5th Dan on technical merit.

David also runs a thriving junior aikido class in Rotherhithe, South London and said "I'm over the moon" and "I can't wait to show the kids the medal, they will be so pleased". "It is important to teach children from a young age the value of self-discipline and regular physical exercise".

As well as leading the National Squad and running Tanseikan with Vanda, David is also a Special Adviser for the Association of Charity Chief Executives (ACEVO) and an Independent Assessor for Ministerial appointments. Prior to this he was Director for Corporate Services at the National Lottery Community Fund and has worked in senior roles in local government and the voluntary sector. David said "I tend to keep the professional life separate from my sporting life but have found aikido principles very handy for dealing with demanding Politicians!"

As to next steps, David said "I'm looking forward to spending another two months training in Japan and then teaching at the Leeds Summer School". " Longer term, I hope we can all continue to strengthen the National Squad and build upon all those great performances we saw last year in Leeds".

MBE for Aikido World Champion,
David Fielding



TALENT

Students often ask "Do I have talent?" This isn't an uncommon question, though to answer it is very difficult.

What is talent? A natural ability, special aptitude, distinctive skill or gift, undoubtedly there is such a thing as "natural ability" in all sorts of areas of life. Sometimes natural talent, because of dispositional factors such as shyness or lack of confidence, tentativeness, fear of ridicule, is not as evident, as in others who are more confident and outgoing. Natural talent can often be overlooked because of environment or not meeting the right person or being in the right place at the right time. Natural talent is often disguised and in some cases is never brought out or recognised. Some people are multi-talented with endless talents, others have fewer of these gifts but shine much stronger, therefore, more noticeable talents often rely on their appreciation by a like-minded person. These are all common definitions yet what they fail to take into account is that anyone judging this "Talent" will have a subjective viewpoint. What may seem to be raw talent to one person, to someone else may seem completely the opposite. They also fail to accept that talent can be acquired and has to be worked at. The expression 1% Inspiration, 99% Perspiration is an accurate assessment of any situation where someone seems to have an extraordinary talent.

Aikido teaches a very salutary lesson, in that it seems to be an activity that doesn't require a god given gift in order to be a worthwhile and "revealing" pursuit. The word revealing is used because it seems to unearth "talents" in people that they maybe didn't even know they had. Observing a fellow Dan grade (not an instructor) help teach some Kyu grades in class, one is struck by an emerging "talent" in communication, patience and sympathy in dealing with the students. Also we learn the talent of co-operation, persistence in studying a difficult art, the improvement of our physical skills and stamina. We learn to listen and watch, to notice detail and transfer these observations into practice. If most of us were to list the things we are now "better" at doing I think we would be pleasantly surprised at how our "talents" had increased!

The study and practice of Aikido in its raw roots is a "Martial" form, but in its subtleties it is far reaching and in essence is little more than teaching us to improve and understand ourselves. By doing this we gain the added ability to help others find their talents too.

From the outside these talents may not be recognised for what they are as they aren't showy or loud, but if you ask yourself the question "Am I talented?" I think you know the answer has to be a resounding "Yes".

Sadly very talented people are sometimes restricted by the inextricable intricacies of life and not allowed to reach their full potential through circumstances beyond their control. Daily life itself can interfere with this process. We all may want to practise more, but families, work and other commitments are also very important, so we must prioritise and choose.

In this case, a quote from actor and film star Robert De Niro is fitting and appropriate...

“THE TALENT IS IN THE CHOICES”

So even though we cannot physically practise we can still give Aikido great amounts of private thought during our daily routine and it will help us to better understand and cope with the occasional drudgeries bestowed on us from time to time.



So keep smiling and exploit your talents!
xXx



KIKUSUI KAI (NEW ZEALAND)

with John & Pepi Waite



With Adrian Walters and Mirella Genziani fresh back in England from their respective trips to New Zealand we bring you the latest updates on life the other side of the world. First we must congratulate John & Pepi on their recent marriage, so now it's all official!

Report from the land of the Long White Cloud

Over the Easter holiday Pepi and I went down to Dunedin, which is situated at the lower end of the South Island of New Zealand. We arrived on Monday the 5th of April and it was so cold I suggested to Pepi that we return to Mirangi Bay. This cold snap lasted for two days but on Wednesday the weather made a remarkable recovery and things started to improve. The main purpose of our visit was to catch up with Gregg Smith, renew my friendship with an old Judo contact of mine, named Brian Cloynes, who I had not seen for 30 plus years and at the same time have a look around another part of New Zealand.

We knew that Gregg would be away on an in-service course for the first couple of days of our visit, but he had kindly made arrangements for a friend who ran a car hire firm to meet us at the airport, take us to the house and leave us the hire car. We used this to do a little bit of sightseeing on our own which was fun because we had no idea where

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explained that it was a good grading and to a high standard. The new grades were announced and congratulations given in the form of applause.

The BAA Licences were all signed sealed and returned to the candidates.

New Dan grades were Tim McClean, Greg Dorn, Jo Watts, Carlos Pittol and Leonard Buckley, congratulations to them all.



Before closing the day, the three examiners from the grading panel performed a short demonstration of Koryu Dai Yon and the Randori no Kata from grips.

to go or what to look for. The one thing we did find was that the South Island although a little chilly, was very beautiful. The scenery was breathtaking. Driving the roads was a pleasure with even less traffic than in Auckland.

Gregg arrived back on the Thursday so we contacted my Judo friend and he arranged to pick us up and take us to his dojo. Brian used to train at the Regency Dojo in North London when Yamada Sensei was teaching there. He has lived in Dunedin since the mid 60's. When he first arrived it turned out that he was the highest graded Judo player on the island and soon established his own club and things have grown from that.

I was invited to take a couple of sessions at the dojo, which I was happy to do. On the first session I taught some Aikido related Judo techniques and on the next session taught the Kodokan Goshin-jitsu. Both sessions went over very well. So much so that I was made an honorary member of the club. So I guess that means I will have to travel down there at least once a year. But it will have to be in the summer.

Gregg's house is situated just outside Dunedin but still only five minutes drive from the centre of town. The view across the valley from his back window was magnificent. When we looked straight ahead we had a view over the city to the mountains beyond and on the left we had a view of the sea. He and Janet had made a very wise choice. He informed us that he has been given his first posting for teaching practise which will be in a town called Napier which is on the North Island so hopefully we will see something of him while he is there. Napier is a beautiful little town with a number of vineyards surrounding it so the weather should be pleasant.

We returned home on the 22nd of May and when you think that on leaving Dunedin it was 12 degrees, wearing five layers of clothing and on arriving at Auckland airport it was 20 degrees, we were stripping off like crazy (Without the music). It was nice to get back to wearing shorts and tee shirts again, I can tell you!

We start teaching again on Monday evening. it will be nice to see the students all wearing their new Gi's and coloured belts. Well that's all from us for now.



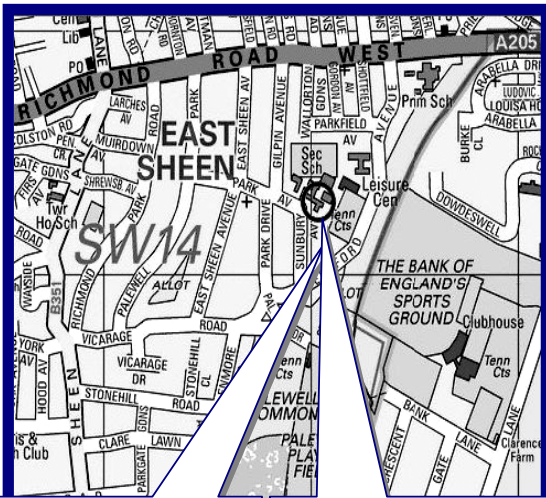
KIKUSUI KAI (NEW ZEALAND)

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

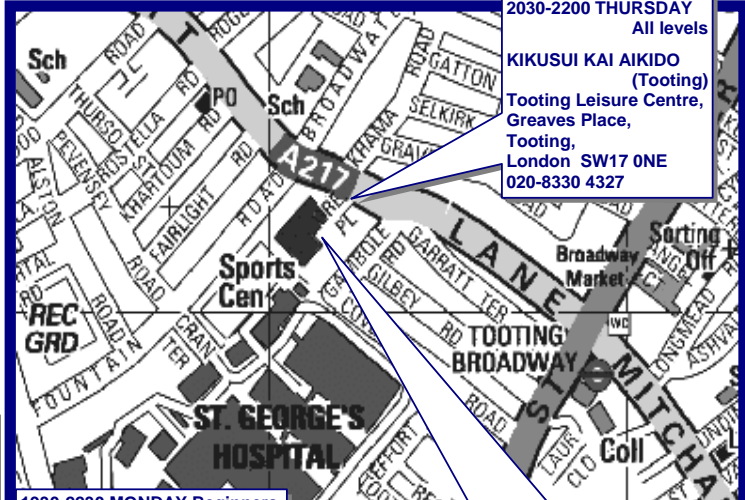
Contact: John Waite 7th Dan, Pepi Waite 4th Dan
12, Mercury Lane, Mairangi Bay, North Shore,
Auckland 1311, NEW ZEALAND

Website: <http://www.kikusuiwai.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

CLASS TIMES, VENUES & LOCATIONS

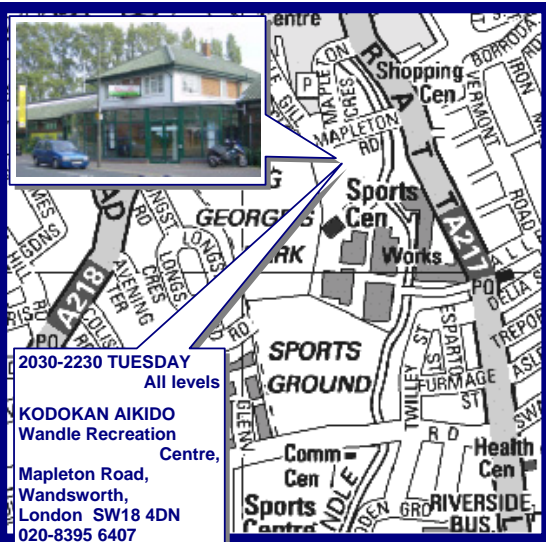


1700-1800 MONDAY
Family Aikido
SHEEN AIKIDO
Shene Sports & Fitness Centre,
Park Avenue, East Sheen,
London SW14 8RT
020-8878 7578 07860 248061

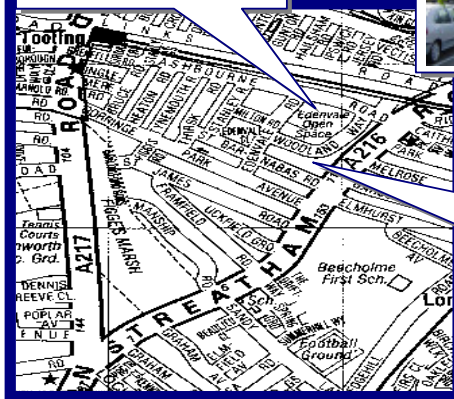


2030-2200 THURSDAY
All levels
KIKUSUI KAI AIKIDO
(Tooting)
Tooting Leisure Centre,
Greaves Place,
Tooting,
London SW17 ONE
020-8330 4327

1930-2230 MONDAY Beginners
NEMCA AIKIDO
Edenvale Playspace,
Woodland Way, Mitcham,
Surrey CR4 2DZ
020-8769 5255 07860 517086



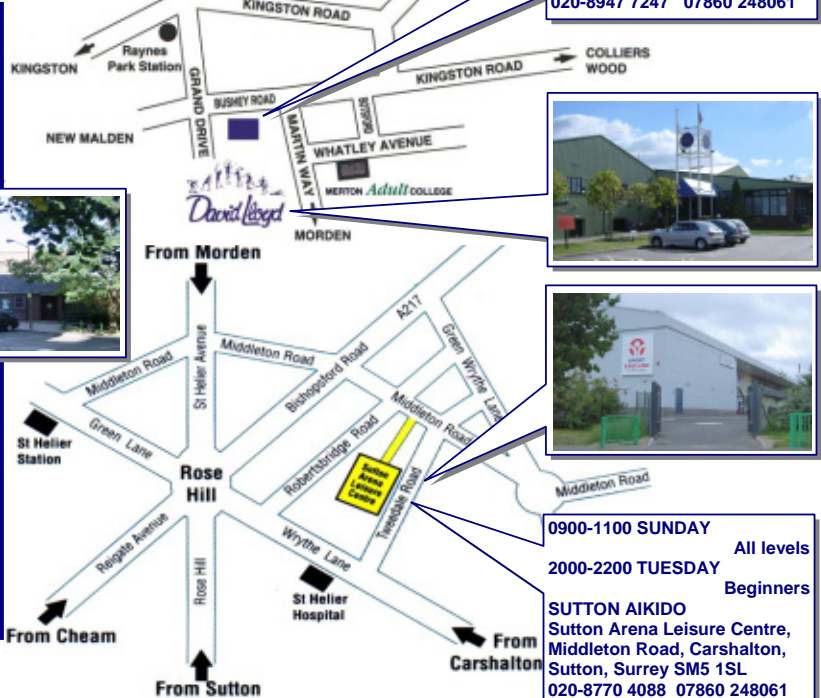
2030-2230 TUESDAY
All levels
KODOKAN AIKIDO
Wandle Recreation
Centre,
Mapleton Road,
Wandsworth,
London SW18 4DN
020-8395 6407



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



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

