



# Shodokan Aikido UK

Newsletter 50 - April 2009

[www.shodokanaikido.co.uk](http://www.shodokanaikido.co.uk)

## News

We are now well into 2009 and this is the first Newsletter this year (so you haven't missed any...). All your entries for Kyoto should be in now and a number of events are coming up that you need to put into your diary...

## Shodokan Closed Event

On Sunday 16<sup>th</sup> November Shodokan held its annual closed event..

The closed event is deliberately a non-competitive event and the kongodantaisen is an opportunity for SAUK members who would not normally take part in a competition.

Each club instructor does a short demonstration of any part of the Shodokan system, and there were some very good demonstrations on the day. Most notably, Ben Robins of Nottingham University club doing the suwari waza with one of his students, Fabienne, who'd only started aikido a month before!

### The demos were;

Sheffield City = Scott Allbright & Richard Beeching - jo techniques  
Nottingham Uni = Ben Robins & Fabienne - suwari waza  
Tonbridge Wells = James Burman & Dave Findley - tanto dori  
Heriot Watt Uni = Martin Livingston & Zee - nage no kata  
Leeds Uni = Justin & Tom - randori no kata oyo waza  
Sheffield Hallam Uni = Louise Saul & Maggy Nalaskowska - randori no kata  
Sheffield Uni = Chris Leong & Sam Coveney - tanto randori no kata  
York St. John = Matt Houlton & Craig - 4th dan syllabus  
London Shodokan = Paul Herbert & Rob Cardell - Goshin no kata

These represent 9 clubs. We currently have 14 so we are hoping that this year we can get an even larger attendance.

The seminar covered the nidan tanto section of the Goshin no kata.

There was also a referee and scoring section - a very important development within the SAUK.

This is only the second year we have run this event but it was substantially bigger than the 1st. About 50 people attended. So thanks to all who came along and we look forward to seeing you again this year.

## Japanese Kyu Certificates

Jon Cameron is producing Shodokan Aikido UK Kyu certificates for adults and children.

Jon would need the name, grade, date of the examination and whether it is for a senior or junior. Certificate cost £2.00 each.

Please email Jon on [jc@shodokan.net](mailto:jc@shodokan.net)

## Forthcoming Events

Sat 11<sup>th</sup> July

### Shodokan Open - Dartford

This is now only three months away and gives the opportunity to practice both Embu and Randori at all levels in a competitive and sporting atmosphere. The entry forms will be issued to all club instructors in a few weeks time.

## General News

### DAN GRADE TRAINING SESSIONS

A senior grade only, training session has begun in Tunbridge Wells at the Vale Road Methodist Church. This takes place on the first Friday of every month and is open to all Dan Grades and 1st kyu's who are training for their dan grading. Starts at 7.00pm and goes through to 10.00pm. (Due to Skenfrith, the session scheduled 1st May has been moved to the 8th May)

### SELF DEFENCE COURSE

Alan Macquarrie will be holding a one day self defence course in London. This will take place on June 6th at Bromley pavilion Centre. This will look at both the psychology of being in high risk situations and some simple rules to avoid conflict.

Open to all (family & friends), this will be a fascinating insight into what it means to be in a risk situation and how we really do and should react! If you are interested in attending this please let me know on [shodokan.london@googlemail.com](mailto:shodokan.london@googlemail.com)

This needs to be booked in advance and cost for the day will be £15.



## World Championships, Kyoto, Japan 20<sup>th</sup> to 23<sup>rd</sup> September 2009

Entry forms should now have been sent to Japan for this...

### Important Points

- 1. Aim:** The tournament will be held on the 30th anniversary of Tomiki Shihan's passing. This will be a time for participants of Aikido from all over the world to meet and gather at the historic Kyubutokuden, a dojo rich in the tradition of budo, located in the equally historic city of Kyoto. It will also be a time to forge friendships and unite with each other in the spirit of Aikido.
- 2. Tournament Name:**  
International Aikido Festival  
The 8th International Aikido Tournament
- 3. Sponsor:** NPO Japan Aikido Association  
President: Masako Tomiki
- 4. Supervisor:**  
Kansai Aikido Competition Federation Shodokan  
1-28-7 Hannan-cho  
Abeno-ku  
Osaka-shi  
Osaka-fu 545-0021  
E-mail: [shodokan@nifty.com](mailto:shodokan@nifty.com)
- 5. Co-Sponsor:** The Nikkan Sports Press
- 6. Support:** Kanto Aikido Association
- 7. Dates:** September 20th - 23rd, 2009
- 8. Venue:**  
Kyoto Butokuden Budo Center Gymnasium  
Butokuden  
46-2 Entonbi-cho  
Seigoin  
Sakyo-ku  
Kyoto 606-8323 Japan
- 9. Daily Schedule:**  
**September 20th (Sunday)**
  - Aikido seminar
  - International referee and judge training course  
**September 21st (Monday)**
  - Aikido seminar
  - Explanation of tournament rules
  - International referee and judge training course
  - Preliminary rounds of tournament competition
  - Dan grading for overseas participants  
**September 22nd (Tuesday)**
  - 2nd day of tournament
  - TAIN meeting  
**September 23rd (Wednesday)**
  - 3rd day of tournament
  - Finals
  - Award Ceremony
  - Party

### 10. List of events

#### Randori

- Men's Team Randori
- Men's Individual Randori
- Women's Team Randori
- Women's Individual Randori

#### Enbu

- 17 Basic Randori Techniques (Non-Dan grade, without tanto)
- 17 Basic Randori Techniques (Dan grade, with tanto)
- Koryu Goshin no Kata (Dai San, suwari waza and tachi waza 16 techniques)
- Free Style (free/open kata, without weapon, within 2 minutes, a second uke is not allowed)
- Mixed Team Event

### Please note:

- Enbu: Participants may enter one enbu event only (17 Randori Basic
- Techniques, Koryu Goshin no Kata or Free Style)
- Participants may, however, enter the Mixed Team Event (enbu or Randori sections) regardless of whether they have competed in one of the separate enbu events.
- Referees assigned to the Randori events may not take part in them as competitors; enbu judges may not compete in enbu events.

### 11. Entry fees

#### A. Registration fee

3,000 yen per person (compulsory for both officials and players).

The registration fee will give attendees access to the seminars to be held during the festival. This fee will also apply to people who only wish to take part in the seminars.

#### B. Event fees

¥ Team Events / Men: 15,000 yen per team (10,000 yen per team for male visitors from overseas)

¥ Team Events / Women: 9,000 yen per team (6,000 yen per team for female visitors from overseas)

¥ Individual Events: 3,000 yen per person (2,000 yen per person for visitors from overseas)

¥ Enbu: 6,000 yen per team (pair) (4,000 yen per team (pair) for visitors from overseas)

#### C. Accommodation

The hotels and prices will be announced at a later date.



# EVENT CALENDAR

## Competitions & General Events

Dan Grade training sessions	1 <sup>st</sup> Friday of every month (NOTE: Session on 1 <sup>st</sup> May moved to 8 <sup>th</sup> May due to another event)	Tunbridge Wells
Sat, 11 <sup>th</sup> July - 10am-6pm	Shodokan Open Event	London - Dartford
22-23 September	8 <sup>th</sup> International Aikido Tournament	Japan, Kyoto
Mid November	Shodokan Closed Event	Sheffield - EIS

## Seminars & Courses

June 6th	Self Defence Course/Alan Macquarrie	Bromley, Pavilion Centre
12 <sup>th</sup> - 15 <sup>th</sup> June	Summer student boot camp	North
Sat, 13 <sup>th</sup> June /1-5pm	Seminar - South	London - Dartford
December	Seminar - Xmas Do	TBC

## Squad Training

Sat, 16 <sup>th</sup> May	Squad Training South	Tunbridge Wells
Sat, 30 <sup>th</sup> May	Squad Training North	Sheffield - Kyogikan
Sat, 20 <sup>th</sup> June	Squad Training South	Tunbridge Wells
Sat, 27 <sup>th</sup> June	Squad Training North	Sheffield - Kyogikan
Sat, 4 <sup>th</sup> July	Squad Training South	Tunbridge Wells
Sat, 25 <sup>th</sup> July	Squad Training North	Sheffield - Kyogikan
Sat, 8 <sup>th</sup> August	Squad Training South	Tunbridge Wells
Sat, 29 <sup>th</sup> August	Squad Training South	Sheffield - Kyogikan

### TRAINING VENUES:-

Dartford Judo Club, Cotton Lane, Dartford DA2 6PD

Sheffield - Kyogikan Unit 15, 68 Eldon Street, Sheffield S1 4GT

Tunbridge Wells, Vale Road Methodist Church Hall, Tunbridge Wells, Kent



## SHODOKAN CLUBS

### Belfast

Belfast	Tuesday	7:30 - 9:30pm	Courtney Hall, Cregagh Road, Belfast
	Thursday	7:00 - 9:00pm	Paul Bradley / <a href="mailto:aikipaulj@ntlworld.com">aikipaulj@ntlworld.com</a>
Belfast	Monday	6:30 - 8:00pm	Valley Aikido, Valley Leisure Centre Craig Chambers / <a href="mailto:aikidocraig@btinternet.com">aikidocraig@btinternet.com</a>
Belfast	Wednesday	7:30 - 9:30pm	Killyleagh Aikido Club David Millar / <a href="mailto:davidmillars@onetel.com">davidmillars@onetel.com</a>

### Ittaikan Dojo

Brighton	Monday	6:00 - 7:30pm	Dorset Gardens, Brighton
	Wednesday	6:45 - 7:45am	Paul Bonnet / <a href="http://www.brightonaikido.co.uk">www.brightonaikido.co.uk</a>
	Thursday	7:00 - 9:30pm (juniors 7-8pm)	
	Saturday	7:00 - 8:00am	
		4:30 - 6:30pm	
	Sunday	10:30 - 12:00pm (juniors)	

### Shodokan London

Dartford	Tuesday	7:30 - 9:00pm (all levels)	<a href="http://www.shodokanaikido.com">www.shodokanaikido.com</a> Dartford Judo Club, Cotton Lane, Dartford DA2 6PD Di Buckley m 07713 619 567 / <a href="mailto:postmaster@thebuckley5.plus.com">postmaster@thebuckley5.plus.com</a>
Greenwich	Tuesday	7:30 - 9:30pm (all levels)	St. Marks Methodist Church & Centre, 22 Greenwich South St London SE10 8TY / <a href="mailto:erikdop@googlemail.com">erikdop@googlemail.com</a> , 07817 151 584
Islington	Thursday	7:00 - 9:00pm (all Levels)	City University, Northampton Square, EC1 <a href="mailto:jim.newcombe@hotmail.co.uk">jim.newcombe@hotmail.co.uk</a>
Bromley	Sunday	9:00 - 10:00am (juniors)	Pavilion Sports Centre, Bromley
	Sunday	10:00 - 11:30am (adults)	Pavilion Sports Centre, Bromley
	First Sunday	10:00 - 11:30am (weapons)	Pavilion Sports Centre, Bromley * No classes on bank holiday weekends* Chris / <a href="mailto:shodokan.london@google.mail.com">shodokan.london@google.mail.com</a>

### Central London Shodokan

London W1	Monday	8:00 - 10:00pm	<a href="http://www.centrallondonshodokanaikido.co.uk">www.centrallondonshodokanaikido.co.uk</a> International Student House, Great Portland Street
London WC1	Monday	6:00 - 7:30pm (adults basics)	Albion College 23, Bloomsbury Square, WC1A 2PJ
	Monday	7:30 - 9:00pm (adults basics/applications)	Marlon Hoating
	Tuesday	4:15 - 5:00pm (juniors 5-9)	
	Tuesday	5:00 - 6:00pm (juniors 10-14)	
	Wednesday	6:00 - 7:30pm (adults basics)	
	Wednesday	7:30 - 9:30pm (adults basics/applications)	
	Thursday	6:00 - 6:45pm (juniors)	
	Thursday	7:00 - 9:00pm (adults Randori, all levels)	
London WC1	Saturday	10:00 - 11:00am (juniors 6-10yr)	Albion College 23, Bloomsbury Square, WC1A 2PJ
	Saturday	11:00 - 12:00pm (juniors 11-16yr)	* No classes on bank holiday weekends*
	Saturday	2:00 - 3:00pm (adults weapons)	
	Saturday	4:00 - 6:00pm (adults Randori, all levels)	

### Hikarikan Shodokan BAA

London	Tuesday	8:00 - 10:00pm	Woodlane Sports Centre, Woodlane, Dagenham, RM81JX Rob Jackson, <a href="mailto:rob@hikarikan.co.uk">rob@hikarikan.co.uk</a>
	Wednesday	7:00 - 9:00pm	Elephant & Castle Leisure Centre Contact: Paul Wildish, <a href="mailto:hikarikan_city@yahoo.co.uk">hikarikan_city@yahoo.co.uk</a>
	Fridays	7:30 - 9:00pm	Moberly Sport & Education Centre The Quadrant, Kilburn Lane, London W10 4AH
	Sunday	3:00 - 5:00pm	Romford YMCA, Rush Green Rd, Romford, Essex, RM7 0PH Rob Jackson, <a href="mailto:rob@hikarikan.co.uk">rob@hikarikan.co.uk</a>

### Tanseikan Shodokan

London SE1	Tuesday	6:30 - 8:00pm (juniors)	City of London Academy (COLA), 240 Lynton Rd, SE1 5LA
		8:00 - 9:30pm (adults)	Sean Muharrem
London SE12	Tuesday	6:15 - 7:45pm (juniors)	Burnt Ash Methodist Church, Burnt Ash Hill, Grove Park, SE12 Vanda Fairchild ( 0208 857 3241



London SE12	Thursday	8:00 - 10:00pm (adults)	Bannatynes Health Club, Marvels Lane, Grove Park, SE12 Vanda Fairchild ( 0208 857 3241
London SE16	Saturday	9:30 - 11:00am (junior) 11:00 - 12:45pm (adults)	Seven Islands Leisure Centre, 100 Lower Rd, Rotherhithe, SE16 David Fielding ( 0208 857 3241

### East London Shodokan Club

Essex	Tuesday	8:00 - 10:00pm	Wood Lane Leisure Centre, Wood Lane, Dagenham RM8 1JX
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### Renshukai Aikido (Shodokan)

Essex	Monday	7:00 - 8:30pm	The Gymnasium (Buller Road entrance) Eastbury Comprehensive School, Barking, Essex IG11 9UH Instructors: Stephen Male, Kenneth Casey
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### Herriot Watt University

Edinburgh	Tuesday	7:15 - 9:15pm	<a href="http://www.shodokanedinburgh.com">www.shodokanedinburgh.com</a>
	Sunday	1:15 - 3:15pm	Martin Livingston e: <a href="mailto:martin.livingston@talk21.com">martin.livingston@talk21.com</a>

### Sussex Sport Aikido

Hove	Tuesday	7:30 - 9:30pm	St Andrews, (Old Church) Hall, Church Road, Hove
Brighton	Friday	8:00 - 10:00pm	University of Sussex, Sports Centre, Falmer, Brighton Lynne e: <a href="mailto:L.mayne@sussex.ac.uk">L.mayne@sussex.ac.uk</a>

### Kyogikan Dojo

#### Sheffield City Aikido Club

Unit 15, 68 Eldon Street, Sheffield S1 4GT

#### Sheffield University Aikido Club

Sheffield University / [www.aikido.union.shef.ac.uk](http://www.aikido.union.shef.ac.uk)

#### Sheffield Hallam University Aikido Club

Sheffield City / [www.aikidosheffield.org.uk](http://www.aikidosheffield.org.uk)

Sheffield	Monday	5:00 - 6:30pm (Randori)	
	Tuesday	6:30 - 8:00pm (Sheffield University + Sheffield Hallam)	
	Tuesday	8:00 - 9:30pm (City)	
	Wednesday	5:00 - 6:30pm (Sheffield University)	
	Thursday	5:00 - 6:30pm (Taught Randori)	
	Friday	5:00 - 6:30pm (Sheffield Hallam University)	
	Friday	6:30 - 8:00pm (City)	
	Friday	8:00 - 9:00pm (Weapons)	
	Saturday	11:30 - 1:00pm (1st Kyu + above)	
	Saturday	2:00 - 3:30pm (Competition training)	
	For details contact ( 07785 230 384, <a href="mailto:celinepagnier@yahoo.co.uk">celinepagnier@yahoo.co.uk</a> or <a href="mailto:scottallbright@yahoo.co.uk">scottallbright@yahoo.co.uk</a> Please contact us before visiting as timetable changes during University holidays.		

### South Manchester Shodokan

Manchester	Thursday	6:30 - 7:30pm (juniors)	Moss Side Leisure Centre
(South MCH)	Thursday	7:30 - 9:30pm (adults)	

### Manchester Aikido Club (Shodokan)

Manchester	Wednesday	7:30 - 9:30pm	YMCA, Liverpool Road, Castlefields, Manchester
	Saturday	2:00 - 4:00pm (seniors only)	

### Nottingham University Shodokan

Nottingham	Tuesday	7:00 - 8:30pm	Nottingham University Sports Centre
	Wednesday	8:00 - 10:00pm	
	Thursday	7:00 - 9:00pm	

### Shodokan Tonbridge & Tunbridge Wells

Tonbridge	Saturday	10:00 - 11:00am (juniors)	Swanmead Sports Ground, Swanmead Way, Tonbridge Kent
	Saturday	11:00 - 12:30pm (adults)	Di Buckley m 07713 619 567 / <a href="mailto:postmaster@thebuckley5.plus.com">postmaster@thebuckley5.plus.com</a>
Tunbridge Wells	Tuesday	8:00 - 10:00pm (adults)	Vale Road Methodist Church Hall, Tunbridge Wells, Kent James Burman ( 07904 339 828, <a href="mailto:james@jamesdrivingschool.com">james@jamesdrivingschool.com</a>

### Shodokan Wales

Wales	Monday	7:30 - 10:00pm (from age 14)	Monmouth Leisure Centre
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### York Aikido Club

York	Monday	7:00 - 9:30pm	<a href="http://www.york-aikido.org">www.york-aikido.org</a>
	Tuesday	7:00 - 9:30pm	York St John, Temple Hall Bldg, Dance Studio
	Wednesday	7:00 - 9:30pm, Sport Session	Railways Institute
	Thursday	7:00 - 9:30pm	Railways Institute York St John, Temple Hall Bldg, Dance Studio Contact: Yann Golanski" < <a href="mailto:yann@york-aikido.org">yann@york-aikido.org</a>