

# SHODOKAN AIKIDO UK

## Newsletter 53 - January 2010



### Introduction

Ok - it's been a while since the last Newsletter...but a lot going on this year and hopefully we have managed to mention everything below.

A quick look back on last year; the highlight being definitely for those of us lucky enough to make it to Kyoto! This time, in contrast to 2005, the event was really dominated by the Japanese who took most of the medals. Although for us in the UK the highlight of the Competition has to be Christian Kirkham's victory in the Men's individual - again well done Christian!

Prior to that we had our own 2009 Shodokan Open with a great turn out; the highest number of competitor's (80) for our third year. Congratulations to the winners and well done to all for competing and giving it a go.

And then on Sunday 15th November Shodokan held its annual closed event. The closed event is deliberately a non-competitive day and the Kongodantaisen was the only "competitive" element, a great opportunity for members to have a go!. This was a great day and an appropriate way to finish off a year with some excellent Aikido Competition.

So this year we continue providing a whole series of seminars and Training sessions alongside your regular club Training sessions which provide more than enough extra Training for you...

### Seminar with Jerome Chin Aelong Dartford Judo Club Saturday 30th January

For 2010, the Southern Clubs have put together an events list to offer a wider choice of training options for members. You will have seen in the schedule of the events for 2010 that we have planned in a number of Aikido Seminars throughout the year that will focus on particular aspects of the Aikido syllabus. These are open to all Aikidoka, right from beginners through to senior grades and also to juniors over 12 years old.

The first of these is on Saturday 30th January and will be led by Jerome Chin Aelong - these seminars will be a great opportunity to look at a particular part of the Shodokan syllabus in detail so look forward to seeing you there.

Time: 1:00 - 4:00pm  
Cost: £15.00 or £10.00 - Juniors  
Venue: Dartford Dojo Club  
Cotton Lane, Dartford DL2 6BD  
Social: Evening at local pub

### Advanced Training Sessions Tunbridge Wells 2nd Saturday of each month

Following on from 2009, the monthly training sessions (started by Erik Dop) will now continue as Advanced Training Sessions in 2010. This provides an opportunity for members looking for more bespoke tutoring, alongside Randori & Embu coaching to train at a much higher level - so be prepared for a good work out! Each session will be led by a different senior instructor from the South East. The first of these sessions took place in January and I can testify it is a tough work out - but great training!! Please note that you must be a graded member to attend.

Date: Saturday 13th February  
Time: 2:00 - 5:00pm  
Cost: £6.00  
Venue: Tunbridge Wells, Vale Road  
Methodist Church Hall  
Tunbridge Wells, TN1 1BX

For further information or if you like to be added to the email reminder list, please let us know at shodokan.london@yahoo.co.uk

### SAUK Squad Sessions Last Saturday of each month Kyogikan, Sheffield

Squad sessions will start again at the Kyogikan dojo in Sheffield. As before, squad sessions will be on the last Saturday of every month, at the same time 11am to 3pm. The cost of squad sessions is £15 for employed people and £10 for university students.

Please note that all previous squad members will also have to take the squad entry fitness test - don't rest on your laurels! The squad entry test will be held at the Burton Street Gym on Saturday 30th January so make sure you bring your training shoes! We will all meet at the dojo first at 11am.

If you don't make the squad entry time you will not be able to attend squad until April, when another fitness test will be rescheduled, so no entry to squad unless you're fit enough!

All SAUK instructors have been emailed with the details of what you need to do and the Squad Training Structure, therefore please speak with your instructor first about trying for this. For more information contact Scott Allbright, scottallbright@yahoo.co.uk

## **Sheffield Course** **1st, 2nd and 3rd Dan Grading Syllabi** **Sat 6th & Sun 7th February**

Sheffield have organised a course for 1st Kyu grades and above for the first weekend of February, Sat 6th and Sun 7th February. The emphasis is on the 1st, 2nd and 3rd DAN grading syllabi.

It will be the normal 11.30am-1:00pm session on Saturday, followed by 30min lunch break, and continue from 1:30pm until 5:00-6:00pm. The following day, we'll start at 10:30 until 2:00-3:00pm.

Location: Kyogikan Dojo in Sheffield

Instructor: Scott Allbright

Cost: £15.00 for 1 day / £20.00 for 2 days

Let Celine Pagnier know whether you will be attending, so that WE have an idea of numbers. Please promote within your clubs and pass onto any aikidoka.

Celine Pagnier - celinepagnier@yahoo.co.uk by 1st February - places limited to 16 people.

## **Seminar with Sensei Sato, 6th Dan** **26th - 28th February** **Belgium**

There will be a seminar and JAA-grading (on request) in Belgium with Sensei Sato.

Friday 26th February 2010  
Time: 8:00pm - 10:00 pm  
Shobukai Dojo - Instructors Course

Saturday 27th February 2010  
Time: 3:30pm - 8pm  
Sporthall Brasschaat - Open Seminar

Sunday 28th February 2010  
Time: 3:00pm - 7:30pm  
Sporthall Brasschaat - Open Seminar

The topic of the seminar will be: the relationship between Aikido and Judo. Instructor: T.Sato 6th Dan Aikido & 5th Dan Judo. Please visit: [www.shobukai.be](http://www.shobukai.be) for more details or Eddy Wolput at [ewolput@telenet.be](mailto:ewolput@telenet.be)

## **Juniors Fun Day, Eastleigh** **Saturday 13th March**

A juniors fun day will be held at Eastleigh on 13th March. The Day will consist of Adult and high grade junior demos. Also, the afternoon will consist of a mini-competition with Embu, Ninindori all mixed on the day, Tanto Taisabaki and lots and lots of games and fun. Spectators welcome and if you don't know until a few days before who can attend, as is often the case with Junior's, that's not a problem, they can always make pairs.

Start 10:00am / Finish 3:30-4:00pm

Cost £10 per Child

Address: Toynbee School, Bodycoats Road, Eastleigh, SO53 2PL

If you plan to attend John would appreciate you letting him know how many kids will be coming from your club. John Carpenter, [john@southamptonaikido.co.uk](mailto:john@southamptonaikido.co.uk), m 07830 040 625

## **Skenny - Wales Aikido Spring Course** **Friday 30th April to Monday 3rd May** **Hosted by Shodokan Aikido Wales & Brighton Ittaikan Aikido Club**

Please keep this date free in the diary. Instructors, programme, venue, costs & accommodation will be emailed as soon as possible.

Jon will be sending out application forms but please email to let him know ASAP if you would like to come along.

Any questions then please contact Jon or Paul:-

Jon Gorf - [jongorf@ntlworld.com](mailto:jongorf@ntlworld.com)

Paul Bonett - [bonettpa@yahoo.co.uk](mailto:bonettpa@yahoo.co.uk)

## **Southern Seminar with** **Steve Evans, Coach and Christian** **Kirkman, Aikido World Champion** **Saturday 22nd May at Dartford, London**

2005 Shodokan Coach, Steve Evans and the current 2009 Aikido World Champion, Christian Kirkham will be holding a seminar in May of this year.

Christian started Aikido at the age of 14 years and Steve who also started his Aikido career in the juniors coached the 2005 Shodokan Aikido Team to considerable success. This will be a Great opportunity for you to meet 2 well known Aikido practitioners and to listen to their thoughts on how to create the mind set for winning at a competitive level. The seminar will also run through various practices, drills and exercises that both have either done and taught so you can also experience some of the Training that you need to do to compete in Aikido.

We would encourage those who are thinking ahead for the next World Championships in 2013 or interested in competition generally to come along and take part in what should be a very exciting seminar.

OPEN TO ALL - EVERYONE WELCOME  
whether a beginner or high grade!

Date: Saturday 22nd May 2010  
Time: 1:00pm - 5:00pm  
Cost: £15.00  
Venue: Dartford Dojo Club  
Cotton Lane, Dartford DL2 6BD  
Social: Evening at local pub

## Dan Grade Sessions

Dan Grade only training sessions in Tunbridge Wells. This takes place on the first Friday of every month and is open to all Dan Grades.

Date: Friday 5th February  
Time: 7:00pm - 10:00pm  
Cost: £6.00  
Venue: Tunbridge Wells, Vale Road  
Methodist Church Hall  
Tunbridge Wells TN1 1BX

## Newsletter Items?

Feel free to send us any articles or ideas that you would like to see included in future Newsletters – although keep in mind that the editor will always have the final say on whether it goes in or not! Please email [shodokan.london@googlemail.com](mailto:shodokan.london@googlemail.com)

**So nothing political or controversial please!  
The Editor wants an easy life!**

## Japanese Kyu Certificates

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

Sifting through the many hundreds of letters we get from you every week, one in particular caught the eye of the editorial team; this suggested adding some thoughts, words of wisdom, history of Aikido, etc, to the Newsletter. We felt this was a very good idea and so have included some thoughts from Japan on the students progress that we came across in Kyoto last year.

### Students Progress Shu Ha Ri

### 守 - 破 - 離

Shu Ha Ri forms a three kanji word in which each character is part of a three step philosophy for learning new things. This philosophy developed in Japan from similar principles found in China that originate from the World of Martial Arts. The Shu Ha Ri concept was first formally described by Fuhaku Kawakami (1716 -1807) who was a high ranking tea teacher, closely associated with Kyoto's Daitoku-ji Zen monastery, as Jo-Ha-Kyu in the way (Tao of Tea). However the true father of this philosophy is believed to have been Zeami, the founder of Japan's Noh theatre tradition. The concept is now part of nearly any traditional organized learning process in Japan; tea ceremony, flower arrangement, martial arts training and other ritualized learning processes.

**守 SHU/mamo (ru) - (v.) to protect; to obey. To learn from and respect the teachers lesson.**  
Shu is first and it is the most important step in any learning process. In the beginning, all you need to do is accept and follow as closely as possible what the teacher says. Listen carefully to all instructions, imitate everything your teacher shows you and try over time to take in your teachers philosophical mind set so that it becomes your own. Until you are really sure you have mastered the fundamentals, you must trust in the teacher. But as you become more and more skilled in the basics, you will begin to get the feeling that your teacher wants you to act on your own. This leads one to the next step in the Shu Ha Ri philosophy.

**破 HA/yabu (ru) - (v.) to tear; to rip; to break. Destroy the teacher and become one yourself.**  
In the Ha phase, you need to destroy the image of the teacher and become independent. In this stage you must apply the special knowledge and techniques you have so carefully "learned" to progress towards a new, fresh sense of yourself as the master. Finding your own way is never easy and for this reason the Ha phase is extremely challenging for most students.

**離 RI/hana (reru) - (v.) to separate; to leave. To transcend the teacher and create oneself.**  
Finally, when one has perfectly completed the first two steps, it is time to transcend and move into a sphere that is purely ones own. It is in this stage that one becomes a master of whatever one has learned.

# Event Calendar

Sat 30th January (1-5pm)	Seminar with Jerome Chin Aleong	Dartford	shodokan.london@yahoo.co.uk
Fri 26 - Sun 28 February	Seminar with Sensei Sato	Belgium	Eddy Wolput - ewolput@telenet.be
Sat 6th & Sun 7th February	1st Kyu & Dan Grade Course	Sheffield	celinepagnier@yahoo.co.uk
Sat 27th February (1-5pm)	Seminar South (Information to follow)	Dartford	shodokan.london@yahoo.co.uk
Sun 7th - Sat 13th	Kyogikan Kangeiko	TBC	scottallbright@yahoo.co.uk
Sat 17th & 18th April	Student Nationals	Leeds	scottallbright@yahoo.co.uk
Sat 13th March (10-4pm)	Juniors Fun Day	Eastleigh	john@southamptonaikido.co.uk
Fri 30th April to Mon 1st May	Skenny - Wales Spring Aikido Course	Wales	jongorf@ntlworld.com
Sat 5th May	Seminar - TBC	York	scottallbright@yahoo.co.uk
Sat 22nd May (1-5pm)	Seminar - Steve Evans & Christian Kirkman	Dartford	shodokan.london@yahoo.co.uk
Fri 11th - Sun 13th June	Student Boot Camp Garrigill	TBC	scottallbright@yahoo.co.uk
Sat 19th June	Kyu Grade Inter Club Challenge	South - Hove	Jerome Chin Aleong & Lynne Marne
Sat 17th July	Shodokan Open	Dartford	shodokan.london@yahoo.co.uk
Sun 26th September (1-5pm)	Seminar	South	shodokan.london@yahoo.co.uk
Sun 23rd October	Shodokan Closed & Seminar	North - Sheffield	scottallbright@yahoo.co.uk
Sat 4th Dec	Seminar & Xmas Bash	North - TBC	scottallbright@yahoo.co.uk
2011	International Championships	UK	TBC

## Regular Events

Sat, 30th January	SAUK SQUAD SESSIONS	Kyogikan, Sheffield	scottallbright@yahoo.co.uk
Sat, 20th February			
Sat, 27th March			
Sat, 24th April			
Sat, 29th May			
Sat, 26th June			
Sat, 31st July			
Sat, 21st August			
Sat, 25th September			
Sat, 30th October			
Sat, 27th November			
Sat, 20th December			
Sat, 13th February	ADVANCE TRAINING SESSIONS (confirmation emails will be sent monthly)	Tunbridge Wells	shodokan.london@yahoo.co.uk
Sat, 13th March			
Sat, 10th April			
Sat, 8th May			
Sat, 12th June			
Sat, 12th July			
Sat, 11th September			
Sat, 9th October	SOUTHERN KYU GRADINGS & SEMINARS (with panel of senior Aikido Dan grades)	TBC	shodokan.london@yahoo.co.uk
Sat, 13th November			
Sat, 20th March			
Sat, 7th August	Dan Grade Sessions	Tunbridge Wells	shodokan.london@yahoo.co.uk
Sat, 20th November			
Fri, 5th February			
Fri, 5th March			
Fri, 7th May			
Fri, 4th June			
Fri, 2nd July			
Fri, 6th August			
Fri, 3rd September			
Fri, 1st October			
Fri, 5th November			
Fri, 3rd December			

## Venue Information:

Dartford - Dartford Judo Club, Cotton Lane, Dartford DL2 6BD  
 Sheffield - Kyogikan, Unit 15, 68 Eldon Street, Sheffield S1 4GT  
 Sheffield - English Institute of Sport (EIS) Sheffield, Coleridge Road, Sheffield S9 5DA  
 Tonbridge - Swanmead Sports Ground, Swanmead Way, Tonbridge TN9 1PP  
 Tunbridge Wells - Vale Road Methodist Church Hall, Tunbridge Wells, Kent TN1 1BX  
 York - Railway Institute, 22 Queen Street, York YO24 1AD

**If any club has an event they would like to add an event to the schedule,**

**please email  
[shodokan.london@yahoo.co.uk](mailto:shodokan.london@yahoo.co.uk)**

## Belfast

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

## Brighton - Ittaikan Dojo

Brighton	Monday	6:00 - 7:30pm	www.brightonaikido.co.uk
	Wednesday	6:45 - 7:45am	Dorset Gardens, Brighton
	Thursday	7:00 - 9:30pm (Juniors 7-8pm)	Paul Bonnet, bonettpa@yahoo.co.uk, 07774 629014
	Saturday	7:00 - 8:00am	
		4:30 - 6:30pm	
	Sunday	10:30 - 12:00pm (Juniors)	

## Shodokan London

Bromley	Sunday	9:00 - 10:00am (Juniors)	www.shodokanaikido.com
	Sunday	10:00 - 11:30am (Adults)	The Bromley Pavilion Centre, Kentish Way, Bromley BR1 3EF
	First Sunday	10:00 - 11:30am (Weapons)	shodokan.london@yahoo.co.uk, m 07904 095 690 * No classes on bank holiday weekends*
Dartford	Tuesday	7:30 - 9:00pm (All levels)	Dartford Judo Club, Cotton Lane, Dartford DA2 6PD Di Buckley, m 07713 619 567, postmaster@thebuckley5.plus.com
Greenwich	Monday	7:45 - 9:45pm (All levels)	St. Marks Methodist Church, 22 Greenwich South St, London SE10 8TY
	Wednesday	7:30 - 9:30pm (All levels)	Erik Dop, erikdop@googlemail.com, 07817 151 584
Islington	Thursday	7:00 - 9:00pm (All Levels)	City University, Northampton Square, London EC1 jim.newcombe@hotmail.co.uk

## Shodokan Tonbridge & Tunbridge Wells

Tunbridge Wells	Tuesday	8:00 - 10:00pm (Adults)	Vale Road Methodist Church Hall, Tunbridge Wells, TN1 1BX
	Thursday	8:00 - 10:00pm (Adults)	James Burman, 07904 339 828, james@jamesdrivingschool.com
Tonbridge	Saturday	10:00 - 11:00am (Juniors)	Swanmead Sports Ground, Swanmead Way, Tonbridge, TN9 1PP
	Saturday	11:00 - 12:30pm (Adults)	Di Buckley, 07713 619 567, postmaster@thebuckley5.plus.com

## Central London Shodokan

London W1	Monday	8:00 - 10:00pm	International Student House, Great Portland Street
London WC1	Monday	6:00 - 7:30pm (Adults basics)	www.centrallondonshodokanaikido.co.uk
	Monday	7:30 - 9:00pm (Adults basics/applications)	Albion College 23, Bloomsbury Square, WC1A 2PJ
	Tuesday	4:15 - 5:00pm (Juniors aged 5-9)	* No classes on bank holiday weekends *
	Tuesday	5:00 - 6:00pm (Juniors aged 10-14)	Marlon Hoating
	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)	
	Saturday	10:00 - 11:00am (Juniors aged 6-10)	
	Saturday	11:00 - 12:00pm (Juniors aged 11-16)	
	Saturday	2:00 - 3:00pm (Adults weapons)	
	Saturday	4:00 - 6:00pm (Adults Randori, all levels)	

## 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, 07957 403 578, aikidouk@aol.com
London SE12	Thursday	8:00 - 10:00pm (Adults)	Bannatynes Health Club, Marvels Lane, Grove Park, SE12 Vanda Fairchild, 07957 403 578, aikidouk@aol.com
London SE16	Saturday	9:30 - 11:00am (Junior)	Seven Islands Leisure Centre, 100 Lower Rd, Rotherhithe, SE16
		11:00 - 12:45pm (Adults)	Vanda Fairchild, 07957 403 578, aikidouk@aol.com

## East London Shodokan Club

Essex	Tuesday	8:00 - 10:00pm	Wood Lane Leisure Centre, Wood Lane, Dagenham RM8 1JX 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

<b>Hikarikan Shodokan BAA</b>		
Dagenham	Tuesday 8:00 - 10:00pm	Woodlane Sports Centre, Woodlane, Dagenham, RM81JX Rob Jackson, rob@hikarikan.co.uk
Elephan & Castle	Wednesday 7:00 - 9:00pm	Elephant & Castle Leisure Centre Paul Wildish, hikarikan_city@yahoo.co.uk
Kilburn	Fridays 7:30 - 9:00pm	Moberly Sport & Education Centre, The Quadrant, Kilburn Lane, London W10 4AH
Romford, Essex	Sunday 3:00 - 5:00pm	Romford YMCA, Rush Green Rd, Romford, Essex, RM7 0PH Rob Jackson, rob@hikarikan.co.uk
<b>Herriot Watt University</b>		
Edinburgh	Tuesday 7:15 - 9:15pm Sunday 1:15 - 3:15pm	www.shodokanedinburgh.com Martin Livingston e: martin.livingston@talk21.com
<b>Sussex Sport Aikido</b>		
Hove Brighton	Tuesday 7:30 - 9:30pm Friday 8:00 - 10:00pm	St Andrews, (Old Church) Hall, Church Road, Hove University of Sussex, Sports Centre, Falmer, Brighton BN1 9RB Lynne Mayne e: l.mayne@sussex.ac.uk
<b>Kyogikan Dojo</b>		
	Sheffield City Aikido Club Sheffield University Aikido Club Sheffield Hallam University Aikido Club	Unit 15, 68 Eldon Street, Sheffield S1 4GT Sheffield University / www.aikido.union.shef.ac.uk Sheffield City / 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 Scott or Celine, 07785 230 384, celinepagnier@yahoo.co.uk or scottallbright@yahoo.co.uk Club Secretary, Chris Leong, christ_c80@yahoo.com.hk. Please contact us before visiting as timetable changes during University holidays.
<b>South Manchester Shodokan</b>		
Manchester (South MCH)	Thursday 6:30 - 7:30pm (Juniors) Thursday 7:30 - 9:30pm (Adults)	Moss Side Leisure Centre
<b>Manchester Aikido Club Shodokan</b>		
Manchester	Wednesday 7:30 - 9:30pm Saturday 2:00 - 4:00pm (Seniors only)	YMCA, Liverpool Road, Castlefields, Manchester
<b>Nottingham University Shodokan</b>		
Nottingham	Tuesday 7:00 - 8:30pm Wednesday 8:00 - 10:00pm Thursday 7:00 - 9:00pm	Nottingham University Sports Centre
<b>Shodokan Romford</b>		
Romford	Sundays 6:00 - 7:30pm	Fitness First, Atlanta Boulevard, Romford RM1 1BT (no membership to Fitness First required) Stephen Male e: stevemale@live.co.uk
<b>Shodokan Wales</b>		
Wales	Monday 7:30 - 10:00pm (from age 14)	Monmouth Leisure Centre
<b>York Aikido Club</b>		
York	Monday 7:00 - 9:30pm Tuesday 7:00 - 9:30pm Wednesday 7:00 - 9:30pm (Sports session) Thursday 7:00 - 9:30pm	www.york-aikido.org York St John, Temple Hall Building, Dance Studio Railways Institute, 22 Queen Street, York, YO24 1AD Railways Institute, 22 Queen Street, York, YO24 1AD York St John, Temple Hall Building, Dance Studio Yann Golanski, yann@york-aikido.org