



Shodokan Aikido Newsletter

Newsletter 56 - July 2010

www.shodokanaikido.co.uk

Full results from a very successful Shodokan Open with just under 60 competitors this year. There was some first class Aikido and very worthy champions.

There are details of Nariyama Shihan's visit to Spain for those who are not attending the BAA Summer School at the end of this month and information on the next event, the Shodokan Closed in York.

Also, some very sad news on the passing away of Terry McIlwrath, all our thoughts are with Terry's family.

Shodokan Open 2010 Results

With the event running exactly to time and the standard of refereeing and scoring teams at a very high standard, this again is showing how the ongoing training of the officials is paying off. On page 3 of the newsletter there are further details of the new SAUK Referee Course and qualification that will provide the opportunity for all to continue their accreditation towards local, national and international refereeing and training for roles in score teams.

Thanks to all the competitors and officials during the day for contributing to another successful event.

Tournament Results

- Event 1: Nage No Kata
Gold Russell / Seabourne, Shodokan London
Silver Gay / Breatly, Shodokan London
- Event 2: Randori No Kata
Gold Garcia / Rundle, SSAC
Silver Poraritis / Taylor, Shodokan London
Bronze Ang / Gunter, Kyogikan
- Event 3: Tanto Randori No Kata
Gold Adams / Beeching, Kyogikan
Silver Fielding / Muharrem, Tanseikan
Bronze Wolput / Uyttebroeck, Shobukai
- Event 4: Goshin No Kata
Gold Pagnier / Nalaskowski, Kyogikan
Silver Coveney / Chater, Kyogikan
Bronze Beeching / Adams, Kyogikan
- Event 5: Randori Womens - Dan Grade
Gold Wolput, Shobukai
Silver Nalaskowski, Kyogikan
Bronze Garcia, SSAC

- Event 5: Randori Womens - Kyu Grade
Gold G Garcia, SSAC
Silver L Saul, Edinburgh
Bronze C Sage, Kyogikan
- Event 6: Randori Mens - Dan Grade
Gold J Bird, Kingfisher
Silver T Ascroft, Ittaikan
Bronze Williams, Tanseikan
- Event 6: Randori Mens - Kyu Grade
Gold T Ascroft, Ittaikan
Silver Da Silva, Shobukai
Bronze M Vincent, SSAC
- Event 7: Randori Teams
Gold Coveney, Beeching, Pagnier
Kyogikan
Silver Bird, Russell, Middleton
Shodokan-London/Tunbridge Wells
Bronze De Silva, Da Silva, Wolput
Shobukai

League Table

- 1st place Kyogikan (Trophy Winners)
2nd place Shodokan London
3rd place SSAC - Hove
4th place Shobukai
5th place Kingfisher, Tanseikan, Ittaikan *equal points*
6th place Edinburgh
7th place Tunbridge Wells



...coming up

Nariyama Shihan's Seminar Malaga, Spain 2nd & 3rd August

From Shodokan Aikido Spain; we would like to welcome all (regardless of grade or club affiliation) to attend Nariyama Shihan's Seminar, which will take place in Malaga. The seminar will include an instructor course and a referee course.

Monday, 2nd of August:

10am - 1:00pm, First session
4pm - 7pm, Second session
9pm, Official dinner (deails TBC)

Tuesday, 3rd of August:

10am - 1pm, Third session

Full seminar €50/ Single session €20

Spain is working on a small guide, including cheap hotels and transport. Please confirm your attendance, questions or suggestions, offer of assistance to inglomal@gmail.com, www.shodanaikido.es

ATS & Dan Grade Training 14th August, Greenwich

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. Please note that you must be a graded member to attend.

Instructor: Dave Findlay, 3rd Dan

Next: Saturday, 14th August

Time: 12:00-3:00pm

Cost: £10.00

Held at St Marks Methodist Church, 22 Greenwich South St, London SE10 8TY

SAUK Squad Training Information

This month's squad will not include the fitness test and entry into the squad as advertised. This is because it clashes with Nariyama sensei's visit to Sheffield in the BAA summer school. Although the

Squad training will be on as usual we are moving the entry and fitness requirement to August so Shodokan members wishing to join the squad don't have to make a choice between shihan and the squad!

The August squad will be Saturday 21st (and not the usual last Saturday) to avoid the bank holiday weekend.

The next squad entry date will be Saturday 30th October, and this will be the **last chance** to enter squad before the International Championships in Leeds in 2011. This is because no one can be selected for the SAUK team who has not completed at least 6 months squad practice prior to the competition.

Remember the SAUK squad is the only official route into SAUK teams selected for international events. Entry is from 3rd kyu for women and 2nd kyu for men. All kyu grades attending these sessions and trying for the Squad are expected to know all 17 kihon no kata and have a good level of breakfalling.

Club owners/instructors to send recommendations directly to Scott Allbright, 5th Dan - scottallbright@yahoo.co.uk

Aikido Pub Crawl - London Saturday 21st August

Note in your diary and details to follow! Everyone welcome including family and friends! Big Bob, e: r_p_jenner@hotmail.com

Shodokan Closed York - Railway Institute 4th and 5th September

There will be seminars, demonstrations, referee course and Kongodantaisan on the Sunday. Full programme will be sent nearer to the time.

Saturday registration: 10:00 - 10:30am

Saturday: 11:00am - 6:00pm

Saturday night: evening social!

Sunday: 9:30am - 12:00pm

Fees: £20 both days/ £15 one day

Matt Houlton, m: 07971 887 746

Alan Macquarrie Seminar Bromley Pavilion Centre 18th & 19th September

Following on from the successful course last year, Alan Macquarrie will be back in London with a new course.

Last year was a fascinating insight from Alan and we look forward to more this year on the Saturday and Sunday. Friends and family are welcome (Note: this course is for people over 16 years). Please email shodokan.london@yahoo.co.uk if you would like more information.

Costs: £20 both days / £10 one day

Venue: Bromley Pavilion Centre

Shodokan London-Hove Aikido Festival with Phil Newcombe, 7th Dan & Scott Allbright, 5th Dan 9th & 10th October

Shodokan London is pleased to announce the first Aikido Festival. The festival will be a 2 day event consisting of seminars on the Saturday, and a basho on Sunday. The basho shall have both embu and shiai and will cater for all levels. Social on Saturday evening - all are welcome!

The seminars will be led by several Shodokan Aikido instructors:-

Phil Newcombe, 7th Dan

Scott Allbright, 5th Dan

Paul Bonett, 5th Dan

Jerome Chin-Aleong, 4th Dan

Erik Dop, 3rd Dan

Costs: £30 both days, £20 one day.
Students get 20% discount.

Venue: King Alfred's Sport Centre,
Town Centre, Hove BN3 2FR

For more any further information, programme and club registration, please contact the organiser Erik Dop on mobile 07817 151 584 or aikido.greenwich@googlemail.com

southern panel grading

Shodokan London, Tunbridge Wells and Tonbridge have introduced three Kyu Gradings/Seminars throughout the year. Open to all their club members grading for any Kyu grades and mandatory for those grading for 1st & 2nd Kyu.

Next grading is Saturday 7th August

Time: 12:00-3:00pm

Venue: St Marks Methodist Church
22 Greenwich South Street, Greenwich,
London SE10 8TY

soon to be released!

Nariyama Shihan's Aikido Randori Book



Aikido randori is a competitive practice followed within the Japan Aikido Association (JAA) and allied organisations around the world.

Judo and kendo are well known for incorporating competitive practice

and, as an extension, competitions. Competitive aikido is less well known but is equal to both as a contemporary budo from historical, technical and educational viewpoints.

It is widely known that competitive aikido was created by Kenji Tomiki (1900-1979). His hard work and research in the latter years of his life concluded in the creation of a systematic practice method for randori in aikido.

This book describes this practice system, from the basics to application, along with an explanation of the underlying principles and a clarification of the historical and theoretical foundations of competitive aikido.

The result is a detailed work of reference that will not only benefit your randori practice but will improve your level of kata and give you a deeper insight into aikido in general.

Tetsuro Nariyama is the Chief Technical Director of the JAA.

Aikido Thought

each newsletter will feature a little aikido philosophy



Kenji Tomiki
(North Japan Aikido
Competition in Kakunodabe,
August 1978)

“Some people say that I founded competition aikido, but I did not. All of you are the founders. Many years of your efforts have brought in the achievement we have today. Everybody's effort will make aikido perfect!”

shodokan closed Kongodantaisen

4th & 5th September

Railway Institute, 22 Queen St, York YO24 1AD

There will be seminars by Scott Allbright, 5th Dan and Jon Cameron, 5th Dan, demonstrations, referee course and Kongodantaisen on the Sunday. Full programme will be sent nearer to the time.

Saturday registration: 10:00 - 10:30am

Saturday times: 11:00am - 6:00pm + social in the evening!

Sunday times: 9:30am - 12:00pm

Fees: £20 both days/ £15 one day

Contact: Matt Houlton & Ken Miller

mjh@mjhoulton.wanadoo.co.uk, m 07971 887 746

sauk referee qualification

Head Referee for SAUK, Scott Allbright will be formalising the national Referee Course and qualification at this event.

This follows on from the continual assessment of all referees and scoring teams that have been participating in the Shodokan Competitions over the past few years.

All those wishing to be registered as referees will be assessed at this event and it will be made clear what further training they need to undertake to progress through the various stages of refereeing.

2nd etal european championships

4th & 5th September

The University Sports Centre, Ceske Budejovice, Czech Republic

<http://tomiki-aikido.wikispaces.com/ETAN+European+Championship>

Organiser: Bob Jones, 07803 668 979, jonesbinw@btinternet.com

shodokan london & hove aikido festival

9th & 10th October

King Alfred's Sports Centre, Hove

New to the calendar, The Shodokan Aikido Festival, Saturday will be seminars with Phil Newcombe, 7th Dan and other SAUK instructors and the 2nd day will be a basho event for all levels.

Erik Dop, 07817 151 584, aikido.greenwich@googlemail.com

Costs: £30 for both days, £20 for one day, Students 20% discount

european championships 2011 Leeds, UK

Confirming the rumours, the European Championships will be held in the UK, Leeds in 2011.

world championships 2013

JAA Japan

Despite the championships being 3 years away, training began as the last championships finished!! An excellent target to aim for and a great

Jon Cameron,

Senior SAUK instructor based in the UK, is available to instruct at any club. Please contact him directly on m 07540 744304 or jc@shodokan.net

... Also Jon is producing Shodokan Aikido UK Kyu **Certificates** for adults and juniors. Send email with name, grade, date of the examination and whether it is for an adult or or junior. Certificate cost £2.50 each.

Letter to the Editor

Interested in having your say, please email shodokan.aikido@yahoo.co.uk



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 to publish! Please email shodokan.london@googlemail.com

Nothing political or controversial please! The Editor wants an easy life!

shodokan international clubs directory

Tokyo	<p>JAA Japan Tetsuro Nariyama Shodokan Aikido International Headquarters 1-28-7 Hannan-cho, Abeno-ku, Osaka 545-0021 +81 (6) 6622 2046 / +81 (6) 6622 2046 Email: shodokan@nifty.com</p>	<p>please email shodokan.london@yahoo.co.uk if you would like your aikido club listed in the directory</p>
Malaga	<p>Shodokan Aikido Spain Philip Newcombe, 7th Dan +34 952 131 670, Rafael Moreno, Malaga University Sport Centre. (AEASHO Dojo) +34 667 410 639, Phil Newcombe, Polideportivo Municipal Tiro de Pichon (Shodokan Aikido Spain Shidobu Dojo) Email: juanicolopez@gmail.com</p>	
Wellington	<p>New Zealand Louise Parkin 3rd Dan Shodokan Aikido Island Bay WellingtonTomiki Island Bay Surf Club, Island Bay Parade, Island Bay, Wellington +64 (0)21 832 251, mlouiseparkin@gmail.com</p>	
Englewood	<p>USA Tomiki Aikido of the Americas, 5752 South Kingston Way, Englewood, CO 80111 Bob Dziubla, rdziubla@noblegroup.com Dave Nettles, nettles@tomiki.org Sean Flynn, flynn@vassar.edu +1 (303) 740 7424 or +1 (303) 740 7424</p>	
Georgia	<p>Georgia Vakhtang Sikharulidze (III Dan JAA) President of Georgian Tomiki Aikido Federation Web Site: www.aiki.ge Vakhtang Sikharulidze, 3rd Dan + 995 99 171 866, vakhtangs@hotmail.com</p>	

shodokan aikido UK club directory

Belfast	<p>Belfast Shodokan Tuesday 5:45 - 7:15pm (juniors) Tuesday 7:30 - 9:30pm (adults) Thursday 7:30 - 9:30pm (adults)</p>	<p>Contact Dave Carleton davecarleton@hotmail.com Paul Bradley, aikipaulj@ntlworld.com Courtney Hall, 76A Cregagh Road, Belfast</p>
Bristol	<p>Shodokan Bristol Tuesday 8:30 - 10:00pm</p>	<p>www.ShodokanBristol.co.uk Bristol Grammar School Sports Centre, Elmdale Road, Bristol BS8 1SR Ali Topping, bristolshodokanaikidoclub@gmail.com</p>
Bromley	<p>Shodokan London (Bromley) Thursday 7:00 - 9:00pm (>16yrs & Adults) Sunday 9:00 - 10:00am (>5 to 15 yrs) Sunday 10:00 - 11:30am (>16yrs & Adults)</p>	<p>www.shodokanaikido.com The Bromley Pavilion Centre, Kentish Way, Bromley BR1 3EF Chris Stamate, 07904 095 690, shodokan.london@yahoo.co.uk</p>
	<p>Weapons Training - First Thursday & First Sunday class of the month (except bank holidays) Basho Training - Third Thursday & last training Sunday class of the month * No sunday classes on bank holiday weekends*</p>	

Dartford	Shodokan London (Dartford) Tuesday 7:30 - 9:00pm (All levels) Basho Training - one evening per month	www.shodokanaikido.com Dartford Judo Club, Cotton Lane, Dartford DA2 6PD Di Buckley, 07713 619 567, postmaster@thebuckley5.plus.com
Greenwich	Shodokan London (Greenwich) Tuesday 7:30 - 9:00pm (All levels) Saturday 10:00 - 11:30am (Beginners Course) Saturday 11:00 - 13:00pm (>16yrs + adults)	www.shodokanaikido.com St. Marks Methodist Church, 22 Greenwich South St, London SE10 8TY Erik Dop, 07817 151 584, erikdop@googlemail.com, 07817 151 584 Erik Dop, 07817 151 584, erikdop@googlemail.com, 07817 151 584
Islington	Shodokan London (City Islington) Thursday 7:00 - 9:00pm (All Levels)	City University, Northampton Square, London EC1 Jim, jim.newcombe@hotmail.co.uk, 07753 838 736 www.cityshodokanaikido.com
Tunbridge Wells	Shodokan Tonbridge & Tunbridge Wells Tuesday 8:00 - 10:00pm (Adults) Thursday 8:00 - 10:00pm (Adults) Basho Training - First Tuesday training of the month	Vale Road Methodist Church Hall, Tunbridge Wells, TN1 1BX James Burman, 07904 339 828, james@jamesdrivingschool.com
Tonbridge	Saturday 10:00 - 11:00am (Juniors) Saturday 11:00 - 12:30pm (Adults)	Swanmead Sports Ground, Swanmead Way, Tonbridge, TN9 1PP Di Buckley, 07713 619 567, postmaster@thebuckley5.plus.com
London SE1	Tanseikan Shodokan Tuesday 6:30 - 8:00pm (Juniors) 8:00 - 9:30pm (Adults)	City of London Academy (COLA), 240 Lynton Rd, SE1 5LA Sean Muharrem, seanmuharrem@yahoo.co.uk
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 BR1	Thursday 8:00 - 10:00pm (Adults)	Downham Health & Leisure Centre, 7-9 Moorside Road, Bromley BR1 5EP Vanda Fairchild, 07957 403 578, aikidouk@aol.com
London SE16	Saturday 9:30 - 11:00am (Juniors) 11:00 - 12:45pm (Adults)	Seven Islands Leisure Centre, 100 Lower Rd, Rotherhithe, SE16 Vanda Fairchild, 07957 403 578, aikidouk@aol.com
Essex	East London Shodokan Club 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
Edinburgh	Herriot Watt University Tuesday 7:15 - 9:15pm Sunday 1:15 - 3:15pm	www.shodokanedinburgh.com Martin Livingston martin.livingston@talk21.com
Hove	Sussex Sport Aikido Tuesday 7:30 - 9:30pm	St Andrews, (Old Church) Hall, Church Road, Hove Jerome Chin-Aleong, jica27@hotmail.com
Brighton	Thursday 8:00 - 10:00pm	University of Sussex, Sports Centre, Falmer, Brighton BN1 9RB Lynne Mayne, l.mayne@sussex.ac.uk
Sheffield	Kyogikan Dojo Sheffield City Aikido Club Sheffield University Aikido Club Sheffield Hallam University Aikido Club 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)	Unit 15, 68 Eldon Street, Sheffield S1 4GT Sheffield University / www.aikido.union.shef.ac.uk Sheffield City / www.aikidosheffield.org.uk
	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.	
Manchester (South MCH)	South Manchester Shodokan Thursday 6:30 - 7:30pm (Juniors) Thursday 7:30 - 9:30pm (Adults)	Moss Side Leisure Centre, Moss Lane East, Moss Side, Manchester M15 5NN

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 James Hayton, ja_hayton@yahoo.co.uk
 Thursday 7:00 - 9:00pm

Shodokan Romford

Romford Sunday 6:00 - 7:30pm Fitness First, Atlanta Boulevard, Romford RM1 1BT
 Stephen Male, stevemale@live.co.uk

Shodokan Wales

Wales Monday 7:30 - 10:00pm (from age 14) Monmouth Leisure Centre, Old Dixton Road, Monmouth
 Monmouthshire NP25 3DP
 Bob Forrest-Webb, forrestwebb@btinternet.com

York Aikido Club

York Monday 7:00 - 9:30pm www.york-aikido.org
 Tuesday 7:00 - 9:30pm York St John, Temple Hall Building, Dance Studio
 Wednesday 7:00 - 9:30pm (Sports session) Railways Institute, 22 Queen Street, York, YO24 1AD
 Thursday 7:00 - 9:30pm Railways Institute, 22 Queen Street, York, YO24 1AD
 Matt Houlton & Ken Miller, mjh@mjhoulton.wanadoo.co.uk
 York St John, Temple Hall Building, Dance Studio
 Yann Golanski, yann@york-aikido.org

associate Shodokan club directory**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 Bonett, bonettpa@yahoo.co.uk, 07774 629014
 Saturday 9:30 - 11:00am (Juniors)
 4:30 - 6:30pm

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 7:45 - 8:45pm (Applications) Albion College 23, Bloomsbury Square, WC1A 2PJ
 Wednesday 6:00 - 7:30pm (Adults basics) Marlon Hoating, ymca_shodokan_aikido@hotmail.com>
 Wednesday 7:45 - 8:45pm (Applications)
 Thursday 5:00 - 5:45pm (Juniors)
 Saturday 10:00 - 11:00am (Juniors 6-10 years)
 Saturday 11:00 - 12:00pm (Juniors 11-16 years)
 Saturday 4:00 - 6:45pm (Adults Randori, all levels)

Hikarikan Shodokan BAA

Dagenham Tuesday 8:00 - 10:00pm Woodlane Sports Centre, Woodlane, Dagenham, RM81JX
 Rob Jackson, rob@hikarikan.co.uk

Elephant & 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#