

* * DOJO * *

*Newsletter of the London Aikido Club,
60A Windus Road, Stoke Newington, N16 6UP*

*May 1992
No. 1*

"Aiki is not an art of fighting with an enemy; it is not a technique for destroying an opponent, it is a way of creating harmony in the world and of uniting people"

Morihei Ueshiba
Founder of Aikido

WHY DO WE NEED A NEWSLETTER?

Over the years our club has relied on the grapevine, a cramped notice-board and late nights at the pub for the general circulation of information.

While the club was quite small and everybody knew everybody else, this was fine. Now we are too big for this 'system' to work effectively any more and we need a more efficient and comprehensive way of informing all the members of all the activities of the club. Hence this newsletter.

The newsletter will serve to inform all members of club news - and by news we mean everything from interesting gossip to the details of future courses. The frequency of circulation will depend on how much information there is to send out, but we anticipate about every six weeks.

Contributions are welcome from everyone about anything you think might interest other members.

SOME BACKGROUND - CLUB MANAGEMENT

The London Aikido Club exists to promote the highest standard of Aikido we can achieve, and to hopefully promote the ideals of Aikido within the community. Our predominant goal is Aikido, not profit, although we have to survive in the commercial market place.

Andy Hathaway is a full-time professional instructor, although Aikido is not his sole source of income. There are no other paid employees.

Principal responsibility for the London Aikido Club resides with the Chief Instructor, Andy Hathaway, who maintains the lease and bank accounts.

General management is in the hands of Yvonne Tabailou. Kevin Dowd is our maintenance man. Janice Hemmings compiles the newsletter.

There is an advisory committee chaired by Mark Brownrigg, which meets on a regular basis. All members are encouraged to attend Committee Meetings - every voice is important.

The next meeting is on June 20th at 12.30 in Steptoe's Pub, Stoke Newington Church Street.

THOUGHTS ON GENERAL COMMUNICATION

The newsletter idea springs from the need for better dissemination of information, but this is only one aspect of communication which we are concerned about. We want to encourage people to ask questions and seek assistance.

Clearly the disciplined hierarchical nature of Aikido classes is not conducive to friendly chats in the corner. The requirements of safety and good practice would in any case rule this out on the mat.

However any of the instructors or any of the senior ranks (those wearing hakama) are only too pleased to discuss any problems you may have. Most of them have probably experienced most of the difficulties you may have.

Andy, in particular, would welcome feedback from all students. All aikidoka have problems, but within the club we have a great deal of expertise at devising strategies to overcome them. This is a critical part of training.

One problem is meeting us since we are usually tied up with teaching. At one level, a friendly chat in the changing room could easily turn into an arrangement for a drink.

As for Andy - 12-1pm on Saturday is now set aside for meetings. He is there almost every week, and aside from this is usually happy to make an appointment to discuss things. Chatting on the spot is always an option, but clearly when classes are on, his main priority has to be the training on the mat.

A final point: it needn't only be the less experienced looking up. Make a point of chatting to newcomers. A dojo is a forbidding

environment to the uninitiated.

OTHER CLUBS

There is now an outpost of the London Aikido Club in Acton on Thursday nights.

Eamon O'Keefe and Clive Munro run a class from 8 to 10pm every Thursday night at The Reynolds Sports Centre, Gunnersbury Lane (nr Acton Town Tube) suitable for all levels.

RECENT SUCCESSES

Rankings in Aikido are hardly the main goal of training, but as 'flowers by the wayside' they have an attractive role to play.

Paddy Bergin recently attained Nidan (2nd dan) after several years of dedicated and serious training.

Newly qualified beginners or shodans (1st dans) are: Tony Shaper, Janice Hemmings, Alastair Ross, Kevin Dowd, Clive Munro and Eamon O'Keefe. Training continues, but congratulations anyway.

In the kyu ranks, the following were successful:

5th Kyu:

William Atkinson
David Price
Emanuel Clopeau
Colin Bergin
Brian Bergin

3rd Kyu:

Ian Stewart

Reuben Davies

2nd Kyu:

Andy Graham
Vincent Pickering

INJURIES

Happily we have very few accidents in the dojo. This is due to careful teaching and the observance of certain meticulous principles: always start to train slowly and warming up gradually, always being fully aware of your surroundings, always throwing towards the walls (not at them!).

Occasional stresses and strains are sometimes improved by rest, but massage and competent physiotherapy will greatly improve the healing process. To this end, the details of the Olympic Sports injury group have been appended to the newsletters.

Family doctors, with the best will in the world, do not see sufficient athletic injuries to develop real expertise, and nearly always advise 'rest'.

Treatment is often necessary, not only to speed healing, but to facilitate it at all, and sports physios often have the expertise and equipment. They also know when to refer patients to medical specialists.

In addition, Yvonne Tabailou of LAC is a qualified professional massage practitioner and may be able to help with soft tissue injuries. Her professional

number is 081-986-9746.

PRIVATE LESSONS

Individual private tuition can be valuable in solving particular problems and focusing training. Private tuition is now the responsibility of Clare Cooney (081-888-6973), a long standing second dan of LAC.

Andy also takes private students by appointment.

DETAILS OF COURSES

Tuesday 8-10pm:

This is a well attended course taught by Andy which explores relationships between weapons training and unarmed training. It develops the most basic and important principles underlying all Aikido, and as such, is attended by a wide cross section of students from beginners to 2nd dans.

It restarts on JUNE 30TH, and as many students as possible are encouraged to enrol. It really explores the essence of Aikido.

Thursday 6-8pm:

Our usual beginners course runs at this time. The next Thursday beginners course will start on JULY 2ND.

Thursday 8-10pm:

A course oriented to teaching for yellow/orange belts. This is a very friendly group making rapid progress, and would be an excellent place for lapsed students to restart. The next course begins on MAY 28TH.

Friday 8-10pm:

Another well established small group working towards the orange belt standard. New group members would be welcome, and another good place to restart. The next course begins on MAY 22ND.

Saturday 12-2pm:

A new course working from red to yellow belt, starts MAY 30TH.

Saturday 2-4pm:

This course is for general Aikido practice working towards the orange/green belt level, though red and yellow belts would not be out of their depth. This course restarts on MAY 30TH. An excellent restart time.

Saturday 4-6pm:

A new beginners course, starts MAY 30TH.

Sunday 10-12am:

This is a special weapons course relating armed to unarmed training with special emphasis on atemi (striking to vital points) and the combative aspects of Aikido. This course restarts on JUNE 14TH, and is suitable for all students.

Sunday 12-2pm:

A well established group working systematically towards their orange belts. New members would be welcome. This course restarts on JUNE 21ST.

Sunday 2-4pm:

Careful study of the ken and its relationship to various techniques. A very good introduction to Aikido

weapons practice. This course restarts on JULY 5TH.

Sunday 4-6pm:

A friendly group working towards yellow belt rank, and systematically studying the basic techniques ("kihons"). A good place for a lapsed student to restart from. This course restarts on JULY 5TH.

GENERAL MATTERS

Students wishing to pay by standing order can negotiate an arrangement.

We have in process the establishment of a video library for loans to members. Andy is also planning to make instructional videos.

Members who have paid membership and not given in their photos, please do so. All members should have a white book.

Any comments and suggestions for future newsletters would be gratefully received.

BUSINESS CARDS:
(free insertion!!)

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**HEATING PLUMBING &
ELECTRICAL**

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PROFESSIONAL
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