

# 合気道

Quarterly Updates from London Aikido Club

## Easter Weekend Special Training

The Easter weekend was an opportunity for us to look at Shihonage in some detail. On Sunday we began with a morning session at Rushmore school looking at ken suburi and moved on to look at the relationship between the switch in hanmi in happo no kiri with the turn required to execute a clean, tight and

efficient shihonage. The afternoon session on Sunday built on this theme and looked at the evolution of shionage from a number of kokyu nage variations. Bank Holiday Monday gave us two very special classes indeed. The morning session took us through henkas on what to do when you fail to get a shionage and have to rely on a

second technique. The afternoon session was dedicated more advanced techniques including one completely fabulous sutemi waza sacrifice throw that had everyone baffled at first and then grinning with delight as we worked it out. You miss these special trainings at your peril anyway, but this was truly special.

## DOJO CONNECTIONS AND AFFILIATIONS

We try to keep the politics to a minimum and concentrate on our practice of Aikido, but it is a simple reality that we need really sound credentials if we are to retain the opportunity to continue to practice. The network gives us protection, authenticity and valuable input.

**The Aikikai** is the international organisation headed by Moriteru Uyeshiba, the doshu, grandson of the founder Morihei Uyeshiba, O Sensei. Our dan grades register with the Aikikai, and as such are recognised throughout the world.

**Takemusu Aiki Kyokai (TAK)** is the international organisation created by the only two shihan

created by Morihiro Saito Sensei, Paolo Corallini and Ulf Evenas.

**United Kingdom Takemusu Aiki Federation (UKTAF)** is the UK branch of Takemusu Aiki Kyokai, led by Andy Hathaway.

**The London Aikido Club (LAC) and its associates** (Acton, Rushmore, Gloucester (Bernard Dodd), Glasgow (Andy Murdoch) are the current members of UKTAF, but we are open to connection with like minded dojos

[Membership](#)

The Aikikai is joined at dan rank. LAC membership is free and lifelong. LAC is a recognised dojo within TAK. Individual lifetime membership of TAK and

UKTAF is secured by a one off payment of £20. The funds being used to support the network – websites and other communications. The network is very valuable, enabling us to attend and run international seminars, and gives us contact with the expertise of Sensei Paolo and Sensei Ulf and the other members of the advisory board of TAK. There is an international pool of information which it is essential for us to tap into; the visit of Hirokawa Sensei was quite unforgettable. If you wish to join, please fill in a form available at the dojo.

### Special Features:

- Thoughts on training from Andy Murdoch.
- Training Notes from Andy.
- Club News.

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## Dojo Etiquette: Cleaning the dojo is part of your training

In Japan children in nursery school finish their day not with sugar-fuelled running around a school yard but by tidying their classroom. Children as young as 3 or 4 years old will take a brush or a mop and clean the classroom while other wipe down desks and tidy away brushes and pens. In the UK this might seem like a punishment detail and would have parents

rushing to the school to complain. In Japan it is a natural part of the culture to care for your place of work, study or training. From the earliest age this idea that education is about how you behave, not only what you know is inculcated into everyone. Budo training is not simply a physical workout but a preparation for life. Respect for your surroundings and concern

for others should be uppermost in your mind. Make sure that the dojo, changing area and general areas are at least as clean and tidy as you found them. If something is wrong or out of place, do not quietly rebuke the poor behaviour of others and then do nothing yourself. Put it right and move on. Remember it is all part of the training.

## Important News on Membership Fees -

The club has also decided to reinstate membership fees of £5 per month (an annual fee is simply to complex to administer). This should be paid by direct debit to the club account. The forms for setting up the direct debit are available in the dojo. We regret this increased cost but the rent review is forcing us to look at ways of raising more money.

Within the UK, all matters connected to 'sport' are supervised by [Sport England](#) i.e. the Government. For Aikido, Sport England recognises [The British Aikido Board \(BAB\)](#) as the governing body for Aikido. Its principle functions are to organise insurance and to verify the credentials of instructors. Most sports and leisure centres will not rent facilities to clubs without governing body recognition. LAC is a member of BAB through the [UKAF, the United Kingdom Aikido Federation](#). The UKAF awards ranks recognised in the UK. (In fact, they were always accepted everywhere, including Iwama). [Membership of UKAF is essential and must be renewed every year. It ensures that you are insured while training.](#) Member clubs of UKAF are not necessarily also members of UKTAF.

### Confused?

Don't worry, just remember to [Keep your UKAF up-to-date](#). Our position within the national and international scenario is as solid as it could be. If you don't actually join UKTAF, you will still have all the benefits of the network. (Hint! We would very much like you to join).

## Full-time dojo,full-time sensei – an insider’s view from the outside

“You don’t know what you’ve got ‘til its gone” as the old cliché goes. As a regular student of some 11 or so years at Stoke Newington who then moved out of London (350 miles or so back to Scotland which makes the commuting a bit of a pig). I now only train at a part-time dojo. This has made me appreciate the luxuries offered by having a full-time dojo,full-time sensei and how much better it is to train and develop your aikido under these circumstances.It is a very easy thing to take for granted,so I thought I’d give you all some food for thought.

Classes every evening and all day at weekends give you more of a chance to find training times that suit you. I only have the chance to train (at present) Tuesday and Sunday nights – if I miss one of these, I can’t make that up by going the next night; half my week’s training is gone at a stroke. Students should be able to find class times that suit them and adapt if,for example, they work shifts or irregular hours. You also have a range of teachers including sensei Andy (no debate here, you should get to his classes) with different approaches,so the choice of teachers is yet another plus.I would advise you to try different ones – everyone has something good to offer.

Want to raise your game? It is easy to factor in another session or more per week and even vary them when other circumstances keep you from your regular training times. Private lessons can be arranged, generally as a supplement to regular training to work on particular points in your training.

There has also been a tradition of special practices on bank holidays where certain themes are explored by sensei Andy; two or three days of 4 hours or so per day. These are open to all students and give you a chance to train harder, work with different training partners including more experienced students and have a beer or two and a chat afterwards if you are so inclined.I certainly am!!

All of this gives you easier access to training opportunities that make it so much easier to progress in your aikido.It is also my feeling that the attitude is somewhat different at a full-time dojo as the students feel much more part of the dojo and share the responsibility for cleaning, fresh flowers in the kamiza etc. This sense of belonging elevates practice from just being something you turn up at to something more (More what? I think that can only be answered by doing it and seeing what it means to you).It’s a very different feeling to exercising at a sports centre amongst other people’s mess – don’t get me

started on that one!!

None of this was quite as obvious to me when I was training in London as it was my first martial arts dojo and didn’t know differently. But,as I can no longer train like I used to, I realise how good it is. I am lucky enough to still visit London and get some training in and its always a treat. Also nice to see old faces again.

What’s the moral of the story? Count your blessings!!! There are very few (if any) aikido dojos in this country that will offer you this much opportunity with a first-rate sensei and as many senior students/instructors offering support.

Good training

Andy Murdoch



Andy Murdoch Nidan

## Contact Us

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### We're on the Web!

See us at:

<http://www.londonaikido.demon.co.uk/>

## Private Lessons

Individual lessons can be a valuable way to focus on your training in depth and to work on identifying and coping with any problems.

They are not meant to replace the general training and should only be considered as a supplement to it.

These can be arranged by

appointment with Andy.

Other Sempai provide extra training on an occasional basis with students preparing for gradings or those wanting to examine particular techniques in more detail. Up to now no charge has been made for this training. Not charging for

training keeps the ideals of sempai-kohai relationship and we would very much like to keep this tradition alive. Again, however, due to the rent review we would ask people to make a nominal charge of £5 per session (not per person) for use of the downstairs dojo to help cover costs.

## Other Aikido clubs

The Acton affiliate is the longest running and largest offshoot of the main dojo in Stoke Newington. The club is thriving with an average of 14-18 regulars on the mat every Thursday night. It is a mixed class with everyone from the newest beginners to some (very) old hands

who have been regulars for more than a decade.

In all this creates a very safe and welcoming environment for beginners and every year we get 2-3 people who stay the course and go on to work their way up through the gradings. Many of the regulars also attend training at the main dojo in Stoke

Newington and beginners are urged to present themselves at HQ as they settle into training and aikido starts to become part of their lives.

Acton welcomes visitors from the main dojo and the bi-annual visit from Andy is a major event.

### About the newsletter...

We will be keeping this an e-zine to keep costs down and content as flexible and as up-to-date as possible.

an edition once every two or three months, but that will depend on all of you sending in items, ideas for pieces, ads for your services, your old DVDs and aikido books etc.

Send all or any of the above to me at

[iwama@londonaikidoclub.co.uk](mailto:iwama@londonaikidoclub.co.uk)

We would like to publish

## FORTHCOMING SEMINARS: DATES FOR YOUR DIARY

Date	Time	Venue	Instructor
May 7	11-4	Windus Road	Andy Hathaway
May 27	11-1	Rushmore	Andy Hathaway
May 27	2-4pm	Windus Rd	
May 28	11-1	Windus Rd	
May 28	2-4pm	Windus Rd	
August 25	11-1/2-4	Windus Rd	Andy Hathaway
August 26	11-1	Rushmore	
August 26	2-4pm	Windus Rd	
August 27	11-1/2-4	Windus Rd	
Nov 3/4	tba	Kelmcott Leisure Centre	Shihans Paolo Corallini and Ulf Evenas

### And Finally....

Best wishes go to Colin Langlais suffering in hospital with a back problem. Get well soon from all of the gang.