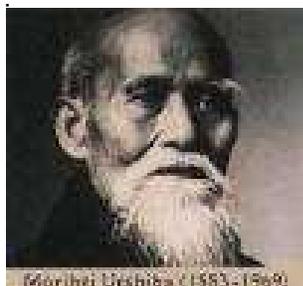




Cambridge AIKIDO Newsletter

D O O J I O M I T I Q U E T T E * R E E V O L U T I O N * W A T C H M E N * R I N G S A N D O T H E R J W E I R Y B E F O R E P R A C T I C E *



Morihei Ueshiba (1883-1969)

"To practice properly the Art of Peace, you must: Calm the spirit and return to the source, cleanse the body and spirit by removing all malice, selfishness and desire. Be ever grateful for the gifts received from the universe, your family, Mother Nature, and your fellow human beings."

Excerpted by William McLuskie from "The Art of Peace" a collection of quotes by O'Sensei, Morihei Ueshiba (1883-1969) translated by John Stevens.

Sensei Sargeant Seminar

Feedback from Richard Small

I hope lots of people will, like me, express our thanks and respects to Sensei John Longford and all those hard working people in the background that assisted in making this Cambridge Seminar probably the best ever. Well done, absolutely brilliant. All of Mark166 queries were answered in full by some brilliant and enlightening teaching by Sensei Tony Sargeant. It struck me that here we were trying some real Aikido, Sensei demonstrated it and we tried it! It was a very happy event, well attended and lots of old faces to be seen (meant in the nicest possible way). I bought 4 of those great T shirts (Nigel told me they were as worn by O'Sensei himself ... what a bargain)

'Spirit of Iwama' it says, I believe, and our old friend Andy Channer showed us just this when he stood from his wheel chair and walked to collect his honorary Shodan Certificate. He confided in me (see I can keep a secret) this was the first time he had tried walking with minimum support from colleagues. Congratulations to all those who went up a grade, it really was a happy day and an inspiration for all that were there to put that '10%' extra in to what we do in our Aikido and I suppose life itself too. Thanks to you all that made this possible, thanks.

Richard

Posted on the TIA Discussion Board - 30 Apr 2007 - Reproduced here with permission from the author

PS -it really was the most advanced seminar I have attended not only with the teaching but all the arrangements and photo etc really well done, thanks, Richard

Congratulations

to all of our Yudansha who received the following grades at the seminar weekend:



Sensei John Longford - 5th Dan,
Sensei Jenny Ousey - 4th Dan,
Heather Fielding - 2nd Dan
Nigel Porter - 2nd Dan

Letter from Sensei John...

I would like to thank every member of the Cambridge Club who helped out on the Seminar. I had plenty else to do and it was great that I did not have to worry that things would not get done.

I had a lot of feedback on the course and since and all of it was positive.

I would also like to congratulate Jenny on achieving her Yondan, Heather on her Nidan and Nigel on his Nidan.

Sensei John Longford

PERSONAL PROFILES:

Sensei Jenny Ousey **4th Dan**

Why and when did I start aikido?

I started aikido in April 1987 because my friend Manda (who had trained before) wanted to practice again. She found a class in Cambridge which was taught by Sensei Tony Sargeant. When he saw us training, he thought that Manda would continue aikido and I would give up because I was so hopeless. How wrong he was! Manda gave up again after about 2 years, admittedly after breaking her neck being thrown kaiten-nage, whilst obviously I am still training.



Why do I do aikido?

First, it helps me to forget about the pressures of my every-day life during training. Second, I enjoy the physical exercise. Third and most importantly, I enjoy the quest to continue to learn and improve, with the knowledge that the path never ends.

What are my best and worst moments in aikido?

I don't have one particular best moment but I always enjoy my training and look forward to all of the classes. Also I love going to aikido seminars both at home and abroad. They are always great fun both on and off the mat and you always meet such nice people.

My worst moment was when I was ridiculed in front of the class by my teacher when I was training with a 3rd kyu and I was a nidan. I guess this always happens to everyone and one should learn by one's mistakes although I did not grasp what I was doing wrong!

Is aikido relevant to every day life?

I am not convinced that Aikido can be used as a serious street fighting technique but I think it could get you out of trouble; apparently the police use techniques such as sankyo to arrest people. I also believe that Aikido can teach us about how our personality can affect our lives. For example, if one has a dominant character then their aikido may be too strong, or conversely those who are not extrovert may be timid in their aikido techniques. If you can improve on your approach in aikido training, then it will help in your approach to life off the tatami.

UK Seminars 2007

20th May
Sensei Matthew Hill 5th Dan,
Cambridge

17th June
Various ARF Uttoxeter

6th - 8th July
Sensei Pat Hendricks 6th Dan,
Salisbury

3rd - 5th August
Sensei Hoa Newens 6th Dan,
Lilleshall

12 - 14 October 2007
Sensei Daniel Toutain 6th Dan,
Stevenage

3rd - 4th November
Sensei Ulf Evenas Shihan & **Sensei Paolo Corallini** Shihan, London

18th November
Sensei Tim Buswell 5th Dan,
Cambridge

for full details see
www.aikidoseminars.co.uk

Club Events



Nothing arranged at the moment....perhaps Beer on Wednesday after the class – or anyone interested in meeting up at the beer festival????



Editor's comments: Issue 3: Well, plenty of things have happened and come to light to fill this edition! Special thanks to Sensei John, Lawrence and Mark who have all come up with some great ideas and contributions for the newsletter. As before, if you have anything Aikido related, club related, or club member related; funny, serious; photos, drawings, quizzes, crosswords, text, etc, that you want me to consider putting into print for you, please email it to me on mara.sheldon@googlemail.com, or pass it to me after one of the classes. ☺ Mara

The Aikido Tree – Sensei Paul McGlone

Just recovering from a knee operation at the moment. While lying in hospital after the op, I was thinking on Richard's messages. I was thinking of how in the past I have seen the way some teachers demonstrate technique at their level, and the students are expected to copy the high level technique without explanation.

Some thoughts..... (probably thanks to the anaesthetic!!)

You see a bird sitting high in a great tree in your neighbour's field, singing its song. You too would like to have a bird singing from a tree in your field too, but you do not have a tree.

So you buy some seeds and because you are impatient and cannot wait for a tree to grow you throw the seeds high in the air, hoping the birds will perch on them. (Duh!!)

A bird does not perch on a seed; it will perch in the branches of a tree.

A tree starts its growth in the ground and the stronger its roots, the better its chance of becoming a great tree.

Similarly your aikido starts in the ground. You must build strong roots, foundations, basics - whatever you wish to call them.

From there your aikido grows, based upon its roots. Initially you will have just one or two branches, and a few leaves.

As you grow you will gain a stronger trunk, more branches, and many more leaves. Your leaves will sense the wind, the rain, the sunlight, and move with them. (This is being aware of your partner's energy and moving in accordance with its flow.)

In the autumn your leaves will fall, and you will weather the winter then have more new growth in the spring. (This equates to the periods every aikidoka goes through when they think their aikido doesn't work anymore. Persevere, and use that time to consolidate your basics then come out in the 'spring' ready to grow again).

You can feed your tree with fertilisers, and ensure it has enough water. (This will be you regular attendance and

perseverance at classes and seminars, reinforcing your roots. If the roots become weak, the tree will fall over and die.) Then one day you have a great tree which all the birds want to sing from. BUT - You cannot short circuit the growth process.

You must travel the whole path to where you are going. And if you think you've arrived..... Well just look further.

Posted on the TIA Discussion Board - 27 Apr 2007 –
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They're starting them young nowadays.....

Presenting Cambridge Aikido Club's newest member, who is demonstrating iriminage (without the Uke – we couldn't find one small enough). Meet Luke Stephen Russell, born 23 Feb 07 Weight 8lb 14oz. Congratulations to Bernhard and his good lady on this magnificent achievement. We would like to know when he is going for his Yellow belt?

Dojo Etiquette *Do not engage in rough-housing or needless contests of strength during class.*

Small Ads.....

Aikido Stuff

Aikido TIA Sweatshirts, T-shirts, mugs & car stickers available from Nigel Porter, and soon available on the TIA website.....

Gi for free!

I have a size 3 Gi top and matching trousers that someone gave me, but they are miles too big! They are the tie-up style, but that won't help them stay up. I would prefer to swap them with someone for a size 2 set (which would fit better) but otherwise they just need to go. They are in good condition and were given to me. Ask me at a lesson or email me on:
mara.sheldon@googlemail.com

Counting in Japanese



The Aikido counting system is the same as the Japanese, because Aikido was developed in Japan.....!! ☺

1	Ichi (eech)	6	Roku (rohk)
2	Ni (knee)	7	Shichi (sheech)
3	San (sahn)	8	Hachi (hahch)
4	Shi (she)	9	Ku or Kyu (coo or queue)
5	Go (go)	10	Ju (joo)

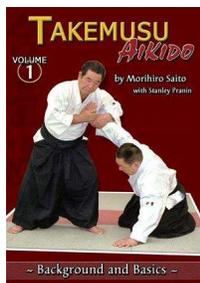
Japanese counting is logical. To get a number like **13**, all you have to do is put a 3 (san) after the 10 (ju). You get **ju-san**. To get numbers like **23**, you would put a 2 (ni) in front of the 10 (ju) to get the twenty, and then and then add the 3 (san) to the end, giving **ni-ju-san**. If you want to go higher than 99, you will have to look up the rest yourself! ☺

BOOKS! Don't be bored.... Practice your Aikido in your front room...

Takemusu Aikido Volume 1 -5

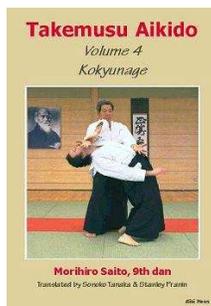
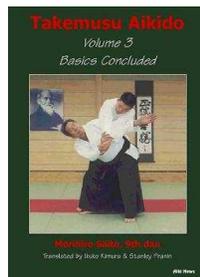
These books cover a vast number of techniques with excellent photographs. Most are still available or are just been reprinted via Aikido Journal
<http://www.aikidojournal.com>

Volume 1 – Basics, Ikkyo, Nikkyo, Sankyo, Yonkyo



Volume 2 – More Basics, Shihonage, Kotegaeshi, Iriminage

Volume 3 – Basics concluded, Koshinage, tenchinage, Kaitennage, Morotedori Kokyuhō, Suwariwaza Kokyuhō and jujinage



Volume 4 – Kokyunage

Volume 5 – Bukidori and Ninindori



Cambridge Aikido classes are held regularly at Hills Road 6th Form College Sports Centre

Times:

Sundays: 10.30 - 12noon

Mondays: 8.30pm-10pm

Wednesdays: 7pm -8.30pm

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