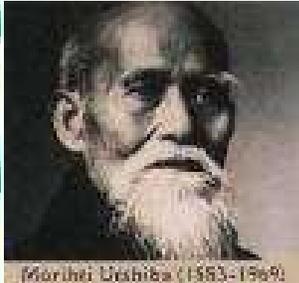


Cambridge AIKIDO Newsletter



Morihei Ueshiba (1883-1969)

"In your training do not be in a hurry, for it takes a minimum of ten years to master the basics and advance to the first rung. Never think of yourself as an all-knowing, perfected master; you must continue to train daily with your friends and students and progress together in the Art of Peace. "Excerpted by William McLuskie from "The Art of Peace" a collection of quotes by O'Sensei, Morihei Ueshiba (1883-1969) translated by John Stevens.

Does Aikido work in real life?

As I walk with my daughter to the car, a drunk blocks our path.

He places his left hand on my shoulder. I take another step forward. He may be trying to avoid me rather than bump into me. He isn't. He takes a grip and holds tightly.

Picture. I place my left hand over his and hold it to me. I sidestep slightly and draw his hand tightly into the hollow of my shoulder; his little finger pointing towards his nose. I step in, my toe to his toe, and grip his left forearm with my right hand. I turn slightly to face him, kinking his elbow. I drop my weight. He crashes to the floor, howling in pain. I push him away from me. He continues to howl. I walk away. I have no need to finish him with a pin. Two seconds. His friends who have gathered around, look at him, slack jawed, and move away to let my daughter and me pass.

My 8 year old takes my hand. "Was that Nikkyo Daddy?" "Yes, Chook." She skips. We leave.

What really happened.....?

As he placed his hand on my shoulder, and I automatically reacted, stepping and covering his hand with mine, his mate shouted, "Leave 'im alone! 'E's got a li'le girl wiv 'im!"

He slurred, "Oh, yeah! Sorry mate." And unhanded me.

Did aikido work? I'd read the situation. I was unfazed. As the assault became a committed attack, I acted. When my assailant unhanded me, I walked away calmly, not hysterical at an encounter that I was unable to deal with.

Ukes only land blows if we let them. Sword practice is about cutting at the moment of being cut - without fear.

Is aikido applicable in a real situation?

Yes.

Robin Plummer (2007)

Congratulations!!



To both Lawrence and Elisa who achieved the level of Shodan after their impressive Dan grade presentations at the recent Sensei Tim Buswell seminar in Cambridge.

Feedback from Sensei John...

I would like to personally congratulate both Lawrence Hobson and Elisa Barcellos on passing their Shodan Gradings. They both did very well.
Sensei John Longford

PERSONAL PROFILES:

Sensei Bill Perry 3rd Dan

Why and when did you start aikido?

I started Aikido here in Cambridge at the then Howard Mallet club in June 81, having previously dabbled in first Judo and then Shotokan Karate. Since it appeared different from other arts in offering the prospect of deeper more subtle "rules" it intrigued me, and I also enjoyed the dynamic interaction (i.e. I enjoyed being chucked about!). The club at that time was led by Sensei Tony Sargeant and boasted a good range of belts and personalities to practice with,

this variety making the lessons something to look forward to.

Have you trained anywhere else?

When my work contract at B.A.S. ran out I had the opportunity to take the plunge and visit Japan, something I'd long had at the back of my mind to do. Off I went to Iwama in 1985 (now a 3rd Kyu), for a 6-month stint, which ended up being 2 1/2 years. I now feel fortunate to have seen the art of Aikido from inside its home, and feel that my time there sowed the seeds of my path in Aikido, many of which are only now surfacing, and others have yet to appear.

Where is your Aikido taking you at the moment?

Currently I am working on cultivating a less rigid expression and more spontaneous execution of techniques. This is not simple for me as I'm not by nature an easily self-expressed person,.... so that's all the more reason to do it, and there's no hurry! As in many other areas of life, Aikido is full of contradictions, which bring to light its subtlety and continuously changing nature. We begin by learning "rules" to get a feel for the bare bones, out of necessity, but as we progress we recognize that there are NO hard and fast rules beyond its underlying fundamentals, which given much perseverance, we learn to spontaneously express on the mat and in our lives.

Can you let us in on any secrets that will help our Aikido?

Any Aikido "secrets" there may be can be discovered with honest perseverance and an open (flexible) mind, a simple but not easy recipe!



UK Seminars 2007-8

20 January

Sensei Tim Buswell 5th Dan,
Swadlincote

18 - 20 April

Sensei Daniel Toutain 6th Dan,
Edinburgh

3 - 4 May

Sensei Tony Sargeant 6th Dan,
Cambridge

3 - 4 October

Sensei Tony Sargeant 6th Dan,
Reading

14 - 16 November

Hitohiro Saito Sensei
TBA

for full details see
www.aikidoseminars.co.uk

Small, Anonymously donated (at suppliers request) but Cool article....

I read a quotation by a Tai Chi master, though it'll do for Aikido - or anything else for that matter. He said:

There are two important things in Tai Chi (aikido):

The first is to start

The second is to carry on.

Overcoming Adversity

By Andy Channer



Alone in the Darkness in my hospital bed,
Thinking sometimes I would be better off dead,
Then one night I had a dream.
That Aikido and Tai Chi would be the answer for me,
Alone in the Darkness in my hospital bed,
I did all the moves in my head, it did not matter,
That I was confined in my bed,
Day and night I trained my mind,
I would become an inspiration to all mankind,
I was deep down, but I was not prepared to drown,
Alone in the Darkness in my hospital bed,
All those wonderful things going round in my head,
Throws and locks, weapons, and rolls,
I do not feel like I would be better of dead,
I am glad that I have got that notion out off my head,
Surrounded by light in my hospital bed!

I wrote this Zen poem about the time that I spent two and a half years in Hospital, yet I found the strength to overcome my adversity, if I can inspire one of you to overcome your adversity, and in turn you inspire another to overcome their adversity, it will have been worth the sacrifice, best wishes on your personal journey through life, never give up, look adversity straight in the eyes, and “do not” back down, be positive, and you will reap the rewards, (I have)!

Good luck in your training,
A strong Mind will help you achieve your goals!

Andy

BOOKS! Does your Auntie E not know what to get you? How about some of these for Christmas....??

Sensei Hoa Newens

Aikido Curriculum

Volumes 1 – 6

High quality DVD well demonstrated and narrated useful for all levels.

Volume 1 – Aiki Ken

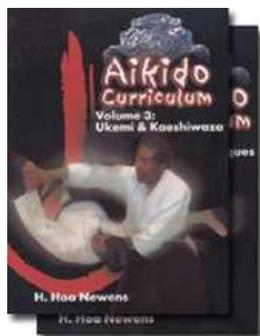
Volume 2 – Aiki Jo

Volume 3 – Ukemi and Kaeshiwaza

Volume 4 – Core techniques

Volume 5 – Bukidori

Volume 6 – Kokyunage



Book Info provided by Mark Lane 2007

Small Ads.....

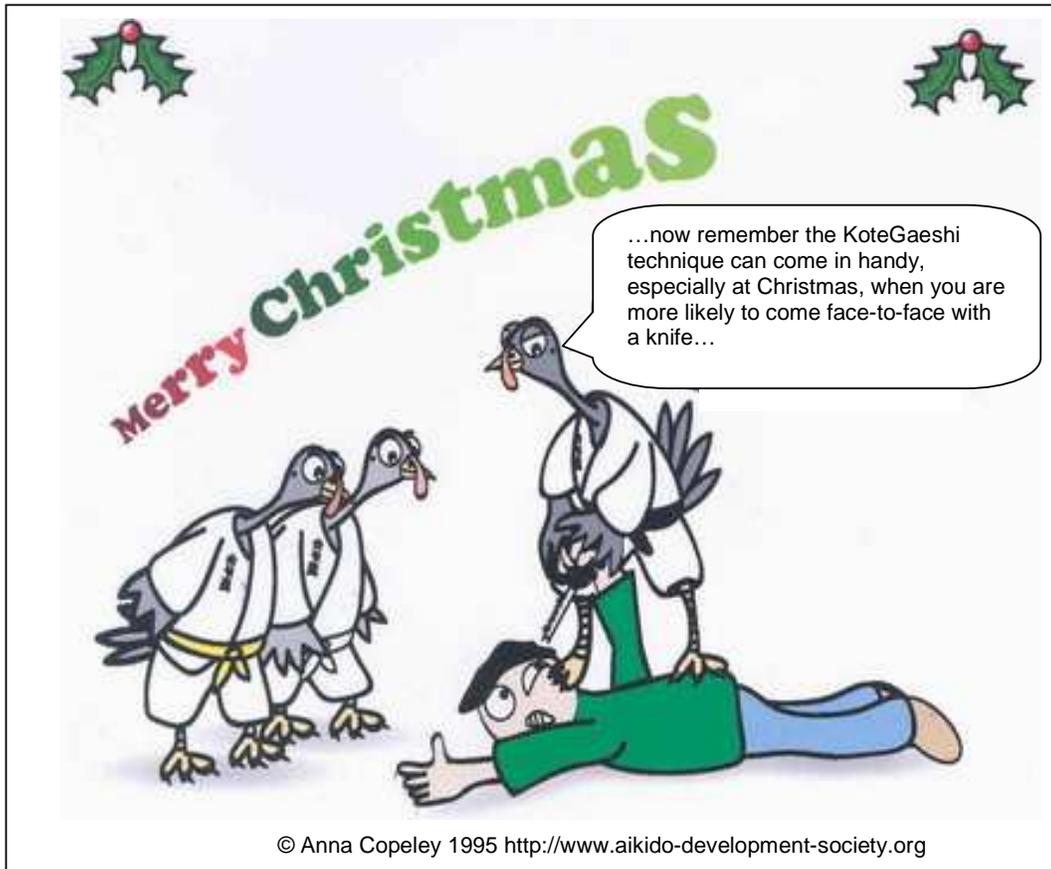
Aikido Stuff Christmas presents????

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

Gi for free!

Still available size 3 Gi top and matching trousers. Tie-up style. 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

Dojo Etiquette *If you should have to leave the mat or dojo for any reason during class, approach the instructor and ask permission..*



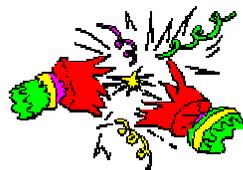
© Anna Copeley 1995 <http://www.aikido-development-society.org>

Editor's comments: After a frantic summer full of exciting seminars and gradings, we have made it to Christmas again. Even though we have threatened you all with a viewing, we still haven't arranged our DVD evening. Surely we MUST have improved – that DVD was made about a year ago! Congratulations again to Lawrence and Elise, and thank-you to everyone who has inputted to this edition of the newsletter. Please let me know whenever you write or find something that I can use, it makes life so much easier! ☺ email mara.sheldon@googlemail.com, Happy Christmas ☺ Mara



Dojo Etiquette: *Please keep your finger and toe nails cut short.*

Club Events



Christmas 'Do'

is on **Thursday 13th. December** at the Six Bells, Covent Garden (same as last year). 8.00 onwards, free buffet.

Feel free to bring along someone else who may stay sober long enough to take you home....

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.

Contact:
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Email: jlongford@ntlworld.com

<http://www.cambridge-aikido.com/>