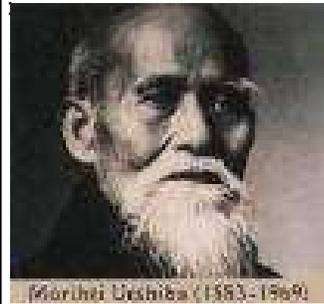




# Cambridge AIKIDO

## Newsletter #5



Morihei Ueshiba (1883-1969)

*"If you have not  
Linked yourself  
To true emptiness,  
You will never understand  
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.

### UK Seminars 2009

21st-22nd Mar

**Sensei Tony Sargeant** 6th Dan  
Reading

17 - 18 April

**Sensei Daniel Toutain** 6th Dan,  
Edinburgh

18 April

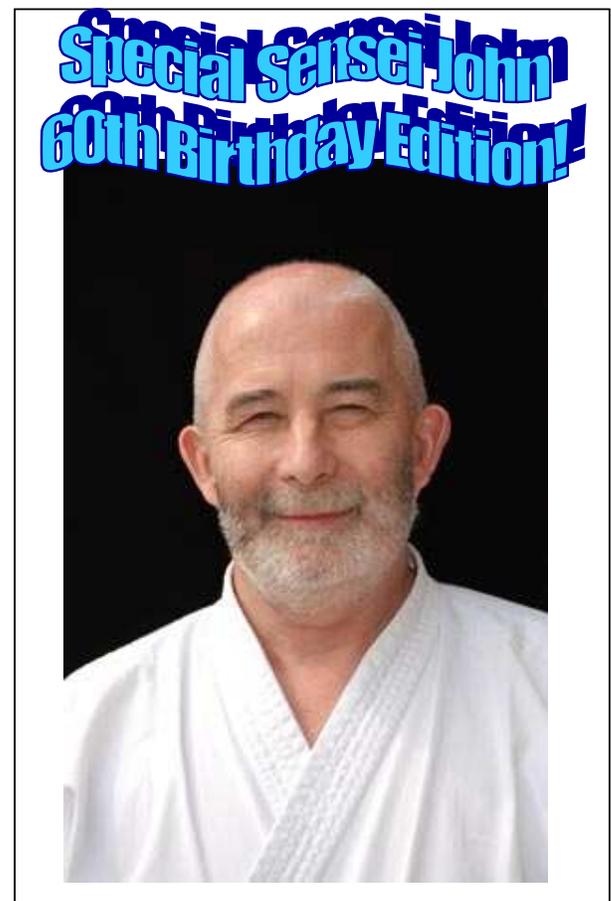
**Sensei Tony Sargeant** 6th Dan  
Poole

10 May

**Sensei Tim Buswell** 5th Dan,  
Cambridge

10 - 12 July

**Sensei Pat Hendricks** 6th Dan,  
Salisbury



### Congratulations!!



**The following people have  
graded since the last  
newsletter....**

Andy Baxter - 5th. Kyu - 2/4/08  
Phil Read - 5th. Kyu - 2/4/08  
Steve Martin - 1st. Kyu - 23/6/08  
Warwick Smith - 5th. Kyu - 15/9/08  
Mattias Wivel - 1st. Kyu - 24/11/08  
Mara Sheldon - 1st. Kyu - 24/11/08

**Editor's comments:** Sorry that this edition has taken so long to appear. Life and work get in the way of some things! Well Sensei John gave me a good excuse to get back into the typist chair again, so this edition is dedicated to him and his many years of Aikido. Also welcome to everyone who has joined the Cambridge Aikido group.

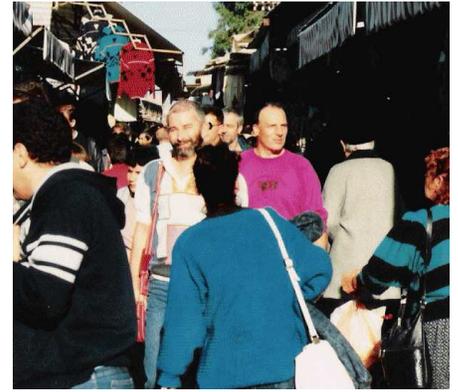
As always, if you have any items which you think would be interesting to others, and which I could put into a newsletter, please send them to me at: [mara.sheldon@gmail.com](mailto:mara.sheldon@gmail.com), © Mara

**Sensei over the years.**

Unfortunately I was not able to locate pictures of Sensei John in his earlier years of training, but here are a few images from his more recent training and teaching past... ☺ Mara



Cambridge 1983 (note the hair!)



Tel Aviv 1989 with Sensei Sargeant



Cambridge 1990 (& Sensei Jenny)



San Leandro 1991 and Cambridge 1994 with Sensei Pat



San Diego 95 (& Sensei Bernice)



San Diego 96



San Diego 96



San Diego 97



Cambridge 1997



Orwell close 2004

## WEIGHTLIFTING AND AIKIDO

By Steve Martin (edited by Mara)

I am sometimes asked whether weightlifting impedes my Aikido development. Aikido techniques do not rely on strength, as demonstrated when I get tossed to the ground like a sack of donuts by a woman almost half my weight. We men tend to rely on strength first since we have, on average, more of it than women. Thus, if relying on strength is bad, then having more of it will make you rely on it more, and therefore impede your progress in Aikido. So the reasoning goes

Is really true?

Six attributes that contribute to athletic ability are spirit, skill, speed, stamina, stability and strength. For the sake of discussion, I will consider Aikido to be an athletic activity, explain how weightlifting develops these attributes, and how they in turn can benefit Aikido training.

### Spirit

Aikido is not a competitive art. Who wins? The person who doesn't fight their uke? Nevertheless, we do develop a *martial spirit* through training. Whether by attacking with intent, imagining the flow of *ki* through your body, or just sticking it out on a bad day, Aikido training develops your martial spirit.

Weightlifting is a competitive sport. But most of the competition is internal. You must stare failure in the face, and overcome it. On bad days, there is the psychological battle of dropped weights, and summoning the courage to try again.

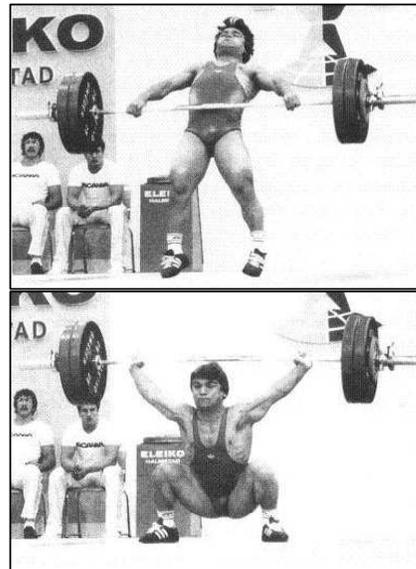
### Skill

Aikido techniques require a high level of skill. This is also true for weightlifting. The great weightlifter Ilya Ilin of Kazakhstan began training at 7 years of age, using a broomstick. He trained with the stick for a year before progressing to the barbell. Now, at age 20, after years of developing the required skill, he is a world champion, and continues to develop his skill further.

### Speed

On average, weightlifters jump higher and accelerate faster than any other athlete. A man might pull twice his bodyweight as high as his sternum, before racing underneath to catch it overhead in the snatch.

Is speed necessary for Aikido? Not necessarily. It is often harder to do techniques slowly, and this is encouraged for most of our training. However, as our Aikido develops, our movements become more efficient. Whether pulling under a bar, or getting off the line of attack, efficient movement creates speed.



Arms relaxed, Naim Suleymanoglu drives his hips (top) and pivots underneath the bar (bottom).

### Stamina

Weightlifting builds great stamina. It has been appropriately described as 'jumping with weights'. Jump as high as you can, 10 times in a row with no weight, and you will have an idea what one clean and jerk feels like. Training this way increases your recovery rates, thus improving stamina.

Increased stamina will improve your Aikido training. Tired from taking too many ukemi during randori exercise? Improve your stamina, and maintain focus longer. Remember, every Aikido technique requires spirit.

Dojo Etiquette \*Be on time for class. If you do happen to arrive late, sit quietly in seiza on the edge of the mat until the instructor grants permission to join practice.\*

## WEIGHTLIFTING AND AIKIDO

(Continued from page 3)

### Stability

Weightlifting Coach Dan John commands, 'Big chest! Be proud of who you are!' He insists his athletes begin their lifts with good posture. When lifting, you bend at your hips, not your back. When securing a heavy weight overhead, you never try to hold it with your arms. Instead, you squeeze your bum very tight, and drive your heels into the floor. It sounds funny, but will force you to stand with good posture, and support the weight from your hips. Try it with a broom handle, a piece of lumber, or a bag containing a few big books. By pulling and supporting heavy weights this way, you find your arms and torso are quite relaxed.

In Aikido, we are encouraged to maintain good hanmi. We stand with a stable posture. We are grounded by our centre. Even when moving, we remain grounded and stable.

### Strength

Weightlifting is one of the toughest sports you can practice. It builds you mentally, physically, and spiritually. It takes guts, determination and sometimes a little blood. It makes you KI-AY!!! As you secure the weight overhead.

Nobody will succeed at weightlifting unless they are brutally strong. So it is here, perhaps, where the two disciplines diverge. Aikido techniques do not require strength. Forcing your uke with muscle accomplishes nothing when they are bigger than you. However, strength is only a disadvantage if you use it. Weightlifting, while developing strength, also teaches you how to control it.

Dojo Etiquette: \*Do not change your clothes on the mat.\*

## Club Events



I can't think of WHAT we might want to celebrate.....!!!!

Cambridge Aikido classes are held regularly at Hills Road 6<sup>th</sup> Form College Sports Centre

Times:

Sundays: 10.30 - 12noon

Mondays: 8.30pm-10pm

Wednesdays: 7-8.30

Last Friday in the month 7 - 8.30pm

Contact:

Sensei John Longford

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Email: [jlongford@ntlworld.com](mailto:jlongford@ntlworld.com)

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