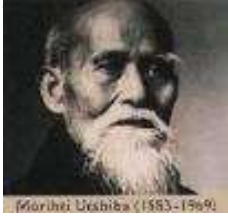




Cambridge AIKIDO Newsletter



Morihei Ueshiba (1883-1969)

"One does not need buildings, money, power, or status to practice the Art of Peace. Heaven is right where you are standing, and that is the place to train."

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

Etiquette in the Dojo

Sensei John Longford
October 2006

Etiquette is very important in the Dojo. It is an integral part of the martial art as to how you not only conduct yourself but how you relate to others.

There is set of basic rules on the notice board taken directly from the TIA website but unfortunately some students either have not read them or not have not taken note of them.

[Editor's comment: we are including a number of these and other examples in these newsletters]

Please do not misunderstand me; this is in no way a criticism of anyone. I am very pleased with the general conduct, not to mention the enthusiasm that I see when I am teaching. There are, however, a couple of areas of etiquette which I will mention here as they are of particular importance when you attend seminars or another Dojo. Not following these reflects poorly not only on yourself, but on everyone within our club.

Arriving Late

Proper etiquette is to be on time for class. If you do happen to arrive late, check that the teacher is not demonstrating *before* entering the Dojo. If he/she is then wait until they have finished. Once you are ready to train wait at the corner of the mat until the teacher invites grants permission to join practice. At this point kneel on the mat and bow to the Shomen before commencing practice.

Addressing Sensei

From the moment that you arrive until the moment you leave any Dojo (including our room at the sports centre) you should address the teacher as Sensei at all times. Whilst it is normal practice on a weekend seminar to address the Sensei as such at all times (including during meals and evening drinks), I personally do not expect this. Also, at any other time please address me by my first name although if you still want to call me Sensei that is up to you, I know some students prefer this. In no way do I think of myself as being better than anyone else, all of this is simply common courtesy.

If you are ever unsure as to how to conduct yourself in a given situation please ask a higher grade.

Editor's comments: Issue 2: MUCH later than expected, but better late than never.... I've been busy finishing my flat and now that's done you will be seeing and hearing more from me again! Ambrose has so far been the most prolific supplier of material for this newsletter (apart from Sensei John), is about to (has!) abandon(ed) us, so I am looking for someone to take his place! I can't do it without the help of you guys, so give me your input! I know there are several personal items that people have, for example did everyone know some men in the club are pregnant? Who will be the next to write an article or give me a profile? 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

Club Events



Christmas get-together

14th December,
6 Bells Pub,
Covent Garden.

Partners welcome!

PERSONAL PROFILES: Ambrose Merrell,

brown belt

(recently left us for pastures new...)

Right: Ambrose picture of sweetness and light before he pins an unsuspecting photographer with a Nikkyo



Tell us a bit about yourself: "I am 37, married to Helen who trained in Aikido for a year but then I kept getting her pregnant! We have three children Sam (6) Isabelle (4) and Gabbi (2).

I used to run a company doing Web stuff but it went bust in 2005 and we are now emigrating to Vancouver, Canada. You all have a standing invitation." [Ed: you all heard that!]

How long have you been training? "Since 2000."

Why did you start? "I'm not sure quite why I started, or where I first heard of Aikido. I do remember that what appealed to me most was the use of your opponent's energy against themselves and that it really was a defensive martial art and one that emphasised not hurting your attacker. But I have never been in a fight and I am not sure exactly what motivated me – I just wanted to learn Aikido.

Which teachers have you trained with? I have always trained in Cambridge, with Senseis John, Nick H, Bill, Jenny, Jindra and Nick K. What an amazing set of teachers we have – we really are very lucky and should be so grateful. I have also been to a course with Sensei Pat Hendricks. One course! I would hang my head in shame if I could find it in amongst all these excuses ;-)

What is your best memory of training?

I have so many good memories I could write a long, long list! To be honest the best moment was watching Nick K and Jindra do their black belt grading. I started Aikido at the same time Nick did and we progressed together for some time. Unfortunately sleepless nights with children meant that I didn't train as often as I should and Nick moved on ahead. But nonetheless it was a special moment to see someone who I had trained with as an absolute beginner reach this milestone and do it with such grace and poise (and just a little bit of sweat).

What do you find most difficult?

Another big list I could write here! Relaxing and not using strength first and foremost. Trying to be an honest uke, not fighting the nage but not collapsing when the technique isn't really on. But the biggest challenge is just turning up. If you can just turn up regularly and approach each class as though it were your first then you really cannot help but progress.

What is the most important thing you have learnt?

To relax! But I haven't really learnt that yet – but I think I am getting better.

UK Seminars

9 -10 Dec TIA GB (Paul McGlone Sensei, John Longford Sensei and Tim Buswell Sensei), Poole

17 December 2006 Sensei Matt Hill
5th Dan, Aldershot

10 January 2007 Sensei Tim Buswell,
4th Dan, Greenbank Leisure Centre,
Derbyshire

22 January 2007 Sensei Peter
Reynolds, 4th Dan Stevenage

17 May 2007 Sensei Matt Hill 5th
Dan, Cambridge

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

for full details see
www.aikidoseminars.co.uk

Grading/ Other news

Congratulations to everyone who took and passed their gradings over the last few weeks!

Blue Belt – Howard, Stuart,
and Steve

Green Belt – Mark and
Bernard

Orange Belt – Jim

Yellow Belt – Mark

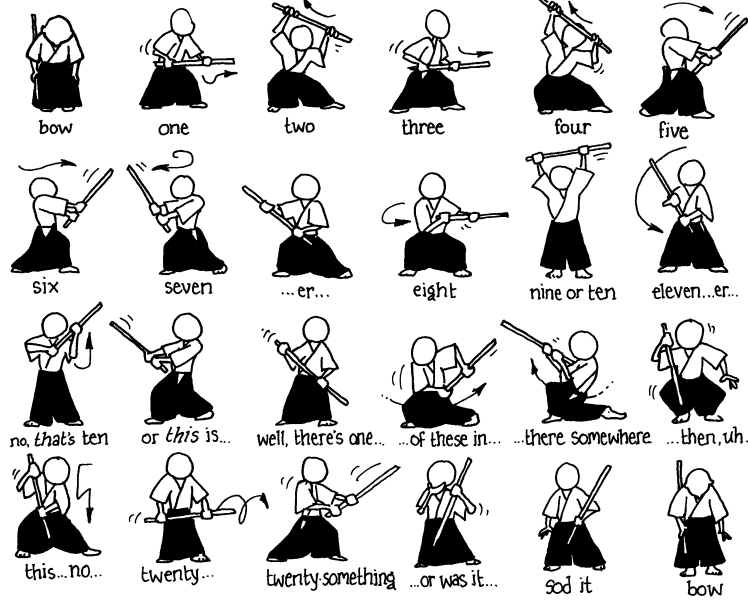
31-COUNT KATA

THE WAY OF THE EXPLODING PEN



www.fudebakudo.com

© Beholder 1993, 2002



Ask Sensei

Dear Sensei,

I am a 3rd Kyu Aikidoka, four months pregnant. How long can I continue my training?
A Withchild – Hounslow

Sensei replies:

You can never have too much training, even in your condition. You should keep practising Aikido right upto and if possible during the birth. You will then be calm, relaxed and full of Ki for the delivery. Also, your new Aikidoka will get some early ukemi practise.

Dear Sensei,

What is the difference between Randori and Kokyu Nage?
P Next - Tennessee

Sensei replies:

Kokyu nage involves pretending to throw up to four attackers who attack you however they like so long as they don't use their feet, knees, elbows or heads. Randori is similar except that you always use Shiho Nage unless they punch at your stomach when you use Kote Gaeshi.

Dear Sensei,

Does Aikido keep you fit?
I Gasp – Shoreditch

Sensei replies: *Aikido can keep you fit but only if you uke for Sensei in which case you will be too injured to notice.*

Dear Sensei,

Do you need strength to use Aikido in self-defence?
K Sandinyourface – Devon

Sensei replies: *O'Sensei once said "If you can lift a two pound bag of sugar then you can make me a cup of tea." and I think there is a lesson there for all of us.*

Dear Sensei,

Should a serious Aikidoist learn to speak Japanese?
A Wong – Tibet

Sensei replies: *Definetly. The serious student of a martial art should immerse himself as much as possible in the culture that gave rise to his art, be it Japanese, Korean or whatever.*

To attempt to understand the Japanese "way" I trained in Tokyo for two years, spent six months working on a whaling ship (in flagrant violation of the International Whaling Commision Moratorium), helped turn five thousand acres of tropical rain forests in chopsticks and toilet seats and finally, on return to Britain, worked for a Japanese company helping to destroy the British motor cycle industry.

Dear Sensei,

Can you catch AIDS doing Aikido?
P Ranoid – Oxford

Sensei replies:

An important question in these troubled times. The HIV virus is transferred through exchange of bodily fluids and this is unlikely to take place during conventional training. However, just to be on the safe side you should wear a condom while on the mat. This may have to be sellotaped in place unless you really enjoy your Aikido.

Dear Sensei,

Is it possible to practise high ukemi without mats?
G Battering - Hackney

Sensei replies:

You should be able to practise anywhere, anytime and constant practise will help with this. Start on a well carpeted floor, then move on to a less springy floor. Pretty soon you'll be ready for pavements and car parks. I do one hundred high falls everyday on the floors of this very room, though it is quite well padded, like the walls.

Sensei Bogus O'Fake holds a 6th Dan in Hoburn style Aikido and here answers all of your Martial art questions

Additional Training Times

**Sensei John Longford
October 2006**

I am often asked if we can have more classes. The more classes you can attend then the quicker you will progress. At one time I used to train or teach every day of the week.

The problem is what people ask for and then what they do are two different things. When we first moved to Hills Road we had a class on a Sunday night. The numbers dropped off to the extent that I told everyone that if attendances did not pick up I would cancel the class. There was no change and I did just that. The number of people that later said they missed the Sunday class was unbelievable.

When I started the Sunday mornings I said that this was to be in addition not instead of other classes but guess what? This is exactly what has happened. Furthermore the attendance list for September revealed that only three people did more than six classes in the month. That is not even two a week.

We cannot get the use of the room on other days but we could perhaps have another class on a Monday/Wednesday. We could make that night (or nights) 7.00 – 8.25 and 8.35 – 10.00. I am willing to consider all suggestions but please think long and hard about your commitment. I am not going to put extra classes on for students who might occasionally decide to turn up.

Before I change anything though I do need to see more people on the classes we have. There is nothing more demoralising for a teacher to turn up and only have one or two students.

I accept that some of you having very good reasons for missing classes but you must accept that you cannot have it both ways.

Feedback....

If you want to feed back your views on this, or anything else in this newsletter, or if you have suggestions for change that you think may benefit the club and it's members, please let me know, and I will feedback all comments to Sensei John, anonymously if you prefer. For example, would a vote on preferred times/dates be useful? Would a planned AGM be useful? Does anyone have suggestions for things like alternate venues etc?Mara

Struggle

I'll be going to the dojo tonight.
Maybe there's something better to do, but I've done much worse.
I believe it will turn out well for me and those I train with.
When I'm old, I don't expect to be ashamed of what I do tonight.

And maybe I'll learn something while I'm there.
Maybe I'll learn to be aware and careful of myself and others.
Maybe that will make me a better man.
Maybe that will help make life better for my family.

Maybe.

One way or another you will, if in possession of a desire to do good,
struggle with yourself. It's a struggle you'll never win,
but it's also one you'll never lose -- unless you give up.
I believe Aikido can help if you like.
Train hard if you think it can.
Find another way if you think it cannot.

Either way, don't quit.

Paul Schweer (Paul trains at [Shindai Aikikai](#) in Orlando, FL)



Who are you???

We haven't got everyone's contact details for things like getting in touch with you if you disappeared, and we WOULD like to know just how long that broken bone's going to take to heal.....(We are not that callous – honest!) So, please fill in the form below and return it to Sensei John or Sensei Jenny, or Mara.

Name

Address:

.....

Phone Number:

Email:

Birthday (and expected date of trip to the pub to celebrate):

.....

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

Contact:

Sensei John Longford

Tel: 01223 529899

Email: jlongford@ntlworld.com

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