

Shizentai 2

Newsletter/Journal of the British Aikido Association September 2013



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Whither Tomiki Aikido?

Since we last published Shizentai the organisational split in the ranks of international Tomiki Aikido has begun to play out. Students of Tomiki's competitive aikido previously used to competing together in a single world championship have been compelled to make a decision to choose between two rival international events. One, hosted by the new Shodokan Aikido Federation led by Nariyama Shihan, has already taken place in Osaka and is reported in this issue by a member of the Brighton based BAA Itakan club. While the JAA-TAIN (*Tomiki Aikido International Network*) sponsored 10th International Aikido Tournament, hosted by the Japan Aikido Association is soon to take place in Kawasaki, Japan from the 19 to the 23 of September.

The official BAA National Team, together with its TAIN delegates has chosen to attend the JAA hosted event. This was the championship originally proposed and agreed at the last TAIN meeting, held in the UK during the course of the 9th International Aikido Tournament with many senior figures the world Tomiki Aikido community in attendance. For the BAA this was not a difficult decision to make in itself for it carried with it the legitimacy of continuity and ownership as a result of collective international agreement.

Since the 1st International Aikido Tournament held at Tenri University, Japan all international tournaments have been agreed by common consent and held in Japan, Australia, the USA and the UK. This was an event where the world's competitive aikido players could struggle in friendly open competition to discover the champions. To win an event at any of the International Aikido

Tournaments unequivocally made you the best in the world. Tragically for all international players, the satisfaction and triumph of their performances will inevitably be diminished by the knowledge that they did not meet and defeat all their potential rivals.

This state of affairs is not what any of us would have wished but alas all too common a scenario in the world of martial arts. The rivalries of Karate styles and their inability to agree one world governing body has long prevented them from joining the Olympic family. They can only watch while the far more canny marketing strategies of Korean inspired Taekwondo has become a combat sport, internationally recognised by governments and world sporting bodies. Now Korea, battles Japanese conservatism to market 'Kumdo', the Korean form of kendo, as a world sport with Olympic potential.

The BAA has made no secret of the fact that it believes that Tomiki's legacy for aikido, influenced much more by the modernising social and sporting ethics of judo's founder Kano than his other mentor Ueshiba, demands an Olympic ambition. To fulfil Tomiki Shihan's vision of competitive aikido as the 'third' major shin budo (alongside judo and kendo) to be promoted as part of Japan's gift to the physical and social culture of the world, necessitates time, commitment and unity. None of which is best served by factional rivalry and organisational disarray.

We recognise that Olympic aspiration is a goal far beyond our present capabilities but that does not negate the ambition as a unifying force for the future development of competitive aikido. Small as we are

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September 2013

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on the world stage, we are unlikely to grow bigger if we are divided by two world championships and two competing world organisations. For the aikido competitor and the aikidoka who only wishes to gain insight and knowledge from all of the world's most senior and experienced teachers this is a betrayal. Now he or she is being called upon to choose, knowing that simple economics is likely to preclude attendance at both. From now on there can only be the prospect of half the game at any one time.

At this point it might be reasonable to ask exactly what is it we are being asked to choose between. Nariyama Shihan has suggested that his new organisation, even without the support of the Tomiki family, is 'true' to Tomiki's 'Shodokan' system of aikido training and development. They accuse Shishida Shihan and the JAA of diverging from this 'true' path and refusing to adhere to the curriculum that was laid down by Tomiki Shihan himself in the last years of his life.

Shishida Shihan and his supporters in the JAA naturally see things differently. They believe that while the Shodokan system has been invaluable as a training tool, many of the techniques lack a certain martial reality and fail to make effective use of kuzushi. In this camp there is also an interest in re-examining earlier technical models demonstrated by Tomiki and Ohba Shihan, particularly where they feel that teaching points have been misinterpreted. After all, most of today's senior figures belonged to a younger generation when they learnt from Tomiki and Ohba, with comparatively little experience or developed insight. Now with practical experience and maturity gained, should it not be a good time to re-evaluate the message?

From my perspective both cases, JAA and Shodokan have equal merit. What I obviously fail to see is why that should lead to organisational division and rival claims of legitimacy. Surely it is better to be in a big tent sharing different insights and interpretations, testing them for effectiveness in the one place that a judgement can honestly be made; on the mat in friendly competition.



A landmark in the history of Tomiki Aikido; the 1st International Sports Aikido Open Tournament hosted by the Japan Aikido Association at Tenri University, Japan 1989.

Where is there only one interpretation of judo or kendo, rigidly delivered according to one training system? In both these respected budo the suggestion would be met with derision. As for modern sports such as baseball, tennis, golf or football, where would they be without developing, changing and competing coaching styles and methodologies?

As a student of iaido, experiencing what is often claimed as 'true' received transmission from a centuries old tradition, I know well how many times I have had to modify or relearn techniques at the behest of the latest soke (head teacher). Not even Koryu Budo can claim that what

they teach now is exactly as it was in the late sixteenth century.

Aikido and particularly competitive aikido is an evolving tradition, tempered by experience gained from kata and randori and the insights of many different teachers. It is, or should be a collective endeavour to which we all contribute and can never be a passive transmission. We need to teach our teachers that true loyalty is to the tradition as a whole. If Tomiki Aikido is a gift to the world then that can not be conditional, it must be free for the world to pick it up and ultimately interpret through the perspective of their own cultural dynamic. To stifle creative experimentation and insist on absolute technical orthodoxies will make Tomiki Aikido a dead tradition rather than a living one.



The 9th International Aikido Tournament hosted by the BAA at London's Brunel University in 2011. Is this to be the last time the Tomiki Aikido family meet together at one time, in one place?

I urge every Tomiki Aikidoka of goodwill to work for one world governing body to which all can belong, taking no account of faction. This world body should foster unitary agreements in all member countries to take part as national teams in one international competitive aikido tournament every two years. Let us build an aikido movement that Kenji Tomiki and Hideo Ohba would be truly proud of.

BAA Spring School

BAA Spring School Winchester Lido

Saturday 25th to Monday 27th May

Reports



A delightful course, providing excellent instruction from Lesley Hepden 7th Dan, Paul Wildish 7th Dan, Bob Jones 7th Dan, Nicole Anson 3rd Dan and Danielle Jones 3rd Dan, was attended by over 40 members over the three days.

Winchester is an excellent venue with a fantastic heritage with its wonderful Cathedral and historic market place. The hosts Francis Burgess and his club did an excellent job in looking after the participants with plenty of tea, coffee and home made food on tap.

Paul Wildish with extracts from the Goshin Ho to provide an insight into the syllabus elements of that kata whilst Lesley Hepden covered the first two sections of the Dai Rokyū. Nicole Anson entertained with the Dai Ichi as well as a session on refereeing and judging skills.

On a different tack Tony Davis provided a detailed insight into Jo techniques from the Iwama school of Aikido and Danielle Jones demonstrated a selection of timing skills for randori as an



extension and adaptation of Shodokan drill.

Bob Jones provided a Coaching Children course, which was open and attended by a variety of other Aikido associations.

In all, high quality instruction with variety and food for thought for everyone and many thanks to the Winchester Club for their hospitality and hard work.



BAA Summer School

BAA Summer School 2013

Reports



BAA Summer School North, St Mary's School Manson, Leeds

The prospect of the Summer school returning to Leeds, with a new venue, after a four year absence provided a new impetus to training in the region. Four leading coaches provided a diverse range of input over the three days. Many clubs were represented, York, Epic, Leeds, Yon Ju Hachi, Tanseikan, Tatsumaki, Bradford, Skipton, Sheffield, Wakefield, Manchester, Eastleigh, Southampton, Huddersfield and Wharfedale with over 70 participants.

Steve Evans entertained and enthused through the exploration balance breakers especially for Randori and demonstrating the importance of technique over strength in the execution of good freeplay. For the juniors he performed randori fun drills introducing them to

active play. His sessions were both active and informative.

Vanda Fairchild's sessions were quite varied and focused on hontai no tsukuri, 6 directional avoidance, some tanto kaeshi waza combinations, tanto tsukiari exercises, tanto atemi waza and ridatsu (escapes) against tanto.

For the juniors Vanda provided insight into directional avoidance, tanto kakarigeiko and techniques from grasps.

Gitte Wolput provided a very thought provoking session focusing on inner power and concentration to enhance technique both for embu and randori.

Bob Jones explored aspects of Kime no Kata, a part kneeling

Kodokan Judo Kata with many and varied links to Aikido. The second session focused on kokyū techniques and the importance of correct breathing during the execution of technique.

The grading overseen by a panel of five senior practitioners, Vanda Fairchild, Bob Jones, Mark Aldridge, Paul Holding and Nicole Anson led to four Dan grade promotions including: -

Natulie Smalle to 3rd Dan with Dominic Cheshire, Seb Jackson and Nathan Lomax – Cooke all to 1st Dan.

The summer school North is now looking forward to next year and its 42nd year of providing high quality and interesting Aikido to the membership.

Where history begins...

It's that time of year again where our training and hard work will be put to the test on the international stage. The British Aikido Association's national team will be representing the organisation at the 10th International Aikido Tournament in Kawasaki, Japan from the 19-24 September 2013.

The BAA national team has a proud and very successful history. It was formulated in 1987 and over the years has contributed significantly to improving the overall standard of competitive Aikido within the UK. The national team provides an arena to develop the talent, ability and enthusiasm of individuals within the BAA and it encourages the participation of all members in competitive activities irrespective of style, club or region. The team works under a philosophy that promotes the BAA's ethics and objectives with members proudly representing the association and country at both domestic and international events.

During our time managing the squad (since 2006) we have been privileged to work with some great individuals and teams. At the 2007 World Games in Ohio, USA the BAA national team excelled winning 2 Gold, 7 Silver and 5 Bronze medals. Not only was this an outstanding achievement but there was also an amazing team spirit and members performed extremely well, excelling at their individual and team events. Everyone displayed excellent sportsmanship and professionalism and proudly represented the British Aikido Association and the National Team. At the 2009 International Tournament in Kyoto, Japan, the team continued to shine and was firmly established a major power in International Aikido. The team came away with 1 Gold, 1 Silver and 3 Bronze medals, winning the Men's



BAA Team: C. Gavigan, C. Aldridge, W. Cooper, P. Myhill, J. Ockenden, L. Smalle, P. O'Hara, D. Ramsden.

National Team: N. Lomax-Cooke, R. Price, F. Kamara, M. Murphy, M. Hall-May, G. Bottomley, A. Rigby, S. Jackson, J. Parker.

National Squad: M. Pratt, S. Fletcher, P. Hargreaves, S. Pearce, D. Ogunbiyi, N. Smalle, D. Jones, P. Carr, L. Beardsmore, J. Liburd

individual randori event. The team rose to even greater success at the 9th International Tournament in London in 2011, coming away with 6 Gold, 2 Silver and 3 bronze medals. This included becoming International champions in women's individual randori, men's team randori and open kata amongst others. We also proudly introduced the National Youth Team in 2011, with members competing alongside the national senior team at the International tournament. Two of the National Youth Team members came away with a gold medal in the Kyu Junanahon event (video of this event can be viewed at <http://www.aikido-baa.org.uk/videos/>). Not only has the team attained great success in terms of achieving medal places but it has also demonstrated great skill, commitment, passion and spirit in Aikido. It has been a great honor to manage such dedicated and talented people and we feel extremely proud

to be part of the British Aikido Association's National Team.

The team currently runs a three-tier system – BAA Team, National Team and National Squad. Representatives are selected following a criteria set out at the start of the year in the National Team pack. Attainment is based on technical ability, fitness, competition record and attitude amongst other things. Congratulations to everyone making the teams.



National Squad: M. Pratt, S. Fletcher, P. Hargreaves, S. Pearce, D. Ogunbiyi, N. Smalle, D. Jones, P. Carr, L. Beardsmore, J. Liburd

Shodokan Aikido Federation World Championships Osaka 2013

Reports

William Hayward, Ittaikan Aikido Club BAA

In July, My brother Robert and I went to Japan to compete in the Shodokan Aikido Federation World Championships as part of the Brighton Ittaikan team with our sensei Paul Bonett, and club members Luke Simons and Sara Kovacs.

When we landed in Japan, our first impressions were quite intimidating, having to have our fingerprints taken at the border with police dogs running around the airport. Despite this all the smartly dressed staff seemed very friendly. I had expected Osaka to look like a different planet. The outskirts did look very foreign with Japanese style buildings but as we got further in, Osaka had an American style to it, with tall buildings and a few baseball pitches scattered around.

We arrived at our hotel at about 9.30am. We were told check in was at 3pm and so decided to have a walk around. After a while we sat down in a park for some shade, where a Japanese man who looked like he was in his early 20s started talking to us, asking where we were from, where we were staying. Luke mentioned we were entering an aikido competition. He seemed quite impressed. He asked us how many of us there were, and we replied 8 (Me, Robert, my Mum, my Dad, Luke, Luke's dad Graham, Paul, and David Findlay). He then cycled off, only to return 10 minutes later with a bag full of drinks for all of us! I was very impressed at just how friendly all the Japanese people were, they made us all feel very welcome. By then it was time to check in so we headed back to the hotel.

In the evening at 5pm, Robert, Paul, Luke, David and I went to honbu training in Showacho where



The Brighton Ittaikan Team at the SAF Championships

we were welcomed by Tetsuya Nariyama sensei. We got on the mat at 6.30pm; after the taiso and kihon kozo Sakai sensei said that tonight's class would be free practice. The dojo had no air conditioning; it was so hot that we could only do about 10 techniques at a time before having to rest.

On the day of the competition we realised just how skilled everyone was. My brother and I had entered the Tanto Randori no Kata, and watching everyone perform we saw how sharp the Japanese were in their movement, with small pauses between some of techniques. We managed to get through the first round, but were knocked out in the second. Unfortunately Luke and Sara were knocked out in the first round of the Goshin no Kata.

In the afternoon it was the mixed team event. Our mixed team was

me, Paul, Sara, Robert, Luke with Louise Saul, and Spike Nisbet. We were up against Shodokan Honbu 'A' team in the first round! Although we were beaten in all 5 events (Goshin no Kata kneeling, Standing, Tanto tai sabaki, Toshi Randori, and Tanto Randori) I was impressed that it was very close between us, only losing by one or two points in the randori and tai sabaki. The rest of the afternoon and the next day was the randori. I was very impressed watching the incredibly fast movement of some of the Japanese players I was watching. Their tanto strikes were so quick that they looked almost unavoidable. I was pleasantly surprised watching Sara's bouts, in the first of which she scored a kaeshi waza waza-ari and ippon! She was knocked out in the second round but fought very well.

On Monday it was the International Junior Aikido Festival which my

Shodokan Aikido Federation

World Championships Osaka 2013 continued

Reports

brother and I were also able to compete in. We had entered Under 19s Open Kata and Under 19s Tanto Randori. We had some time to practice our Open Kata before the event started, and managed to get some very helpful advice from Mike McCavish sensei. By this time it was time to get on the mat. We won the first two rounds, but were knocked out in the third by the pair that went on to win gold. I was pleased with our kata though, and how much it had improved for the competition.

That afternoon we had been entered into the randori. It was much harder than I had expected. My brother won his first round but was knocked out in the second. Unfortunately I was knocked out in my first round, but was pleased with my performance as I felt I had improved since my last randori

competition and felt that I had also learnt a lot at this competition. My opponent went on to win bronze. I was very excited for the next two days, as they were seminars taken by Nariyama Shihan.

Nariyama Shihan emphasised the importance of the kihon kozo. He told us the basics were the most important part of our aikido. This was something I understood as my sensei, Paul often mentions this in class, and it was the same message that Fumika Yamasaki gave us at her seminars in March. The seminars focused on the first day on the junanahon from kihon and applications, some of which were quite technical and complicated.

The second day focussed on the SAF Dan grade syllabus from Shodan to Godan (5th Dan). I found

all the techniques highly technical, although I had practiced them before in Brighton and felt I had a relatively good understanding. I particularly enjoyed practicing the kumitachi from the yondan (4th Dan) syllabus. Overall our experience in Japan was a very enjoyable one. We learnt a lot about aikido and managed to see some of the amazing sights in Japan such as the bamboo forests in Kyoto and Osaka castle. I would highly recommend anyone to go to Osaka and look forward to returning myself in the future.

SAF World Championships - brief resume

The competition took place over 3 days 13-15th July 2013 at a Municipal Sports Centre in central west Osaka.

There was a good quality team hotel, 3 stops on the subway from the venue, where the majority of the foreign and visiting Japanese players and staff from other cities stayed.

The organisation of the senior competition, 2 days, and the junior competition, 1 day, was flawless with start and finish times for events being closely adhered to.

There were in the region of 400 senior and 400 junior players.

The standard of kata and randori was very high amongst the medallists but through the range, average. There were very few injuries and those were minor and

the approach of the players was very good.

Before the competition, there were several refereeing courses and the UK referees were generally considered very competent by players and senior referees.

Seminars by Nariyama Shihan were well attended. He was taking everything back to basics. Now the Shodokan has identified itself, he wants instructors throughout the world to 'sing from the same hymn sheet'. So, the seminars concentrated on explaining the relationship between the basics, kihon kozo, and the applications, especially relating back to historic sword work and also Ueshiba Sensei's approach.

We had a meeting to vote on the location of the next international event and Brisbane was agreed.

Paul Bonett

Nariyama Shihan is hoping to run a European competition in two years time but this is looking problematic as Scott Allbright (asked by Shihan to coordinate this with myself), wants to run an elite event with 10 players per country, 6 men and 4 women.

There was talk about a European Junior Competition. Since returning from Japan, the consensus here seems to be that ETAN already organises such an event, and duplicating this would not provide the numbers and enthusiasm.

Overall, there was really great spirit...the only drawback being that most players wished they were playing the whole world of sport aikido. I feel this will be the same at the JAA games.

More secrets from sport psychology

by Gitte Wolput

The 10th International Aikido Festival is near. Are you well prepared?... In the previous newsletter you could already read about how to *psychologically* prepare yourself by using *imagery* (by imagining the execution of certain movements you hard wire them in your brain) and building *self confidence*. This is a good time for some advice on what to do right before a match and how to think and act during your match...

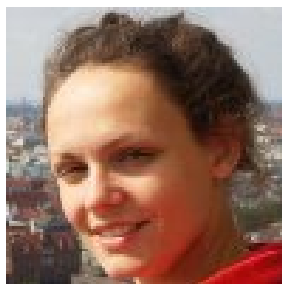
Tackle your competition insomnia

Nothing better than a good night's sleep to wake up fit and ready for a challenge, right? A classic advice... Unfortunately one that is easier said than done for people who suffer from 'competition insomnia'! Trouble sleeping the night before an important match? Try this:

- **The longer you are awake**, the more pressure there will be to fall asleep. So **get up early the day before** a tournament, and **don't take a nap**.

- **Take it easy with the booze!** Yes, alcohol *feels* relaxing, but it also changes the structure of your sleep: you sleep lighter and wake up more easily after a couple of drinks, which makes you more prone to stress the next day...

- **If you are not sleepy, don't try to sleep.** You cannot force



sleep to come. Instead, try to relax. Plan something to wind yourself down 1,5 hour before you would like to go to bed.

- **Do 'the bodyscan' when you lie** in bed: 'scan' your body with a 'mental eye' and imagine how every part of your body is getting warm and heavy, heavier and heavier, as if your bed contains magnets that are pulling you down...Start with your toes and slowly move up towards the top off your head.

- **'Damned, I can't sleep!... I am going to be a wreck tomorrow...'** Thinking like this is not helping! If you can't sleep, don't stress about it. Get up and do something relaxing. Paradoxically, **accepting** the fact that you can't sleep, makes it easier to fall asleep. Soothe yourself with the thought that your body doesn't need that much sleep to perform well the next day. Which, of course, is no excuse to stay up late to party.

- **Rise and shine!** Sleep is not the most important predictor of a good performance. *Telling yourself* you are well rested or *imagining* you are— even if you are not — is much more important. So, even if you didn't sleep well,

try to get up with a smile and tell yourself 'I feel well rested, this is going to be a great day!'. Suggestive self-talk like this works amazingly well to get yourself in shape!

Embrace your nerves

Competitions make a lot of people nervous and anxious. You may start to feel sick, you may get a tummy ache, you may have to run to the bathroom every 5 minutes. What to do when nerves get a hold of you?

- **Think stress reducing thoughts.** E.g. put everything in perspective. Ask yourself: what is the worst thing that can happen? Okay, losing or not reaching your full potential is not fun. But is this really such a tragedy?...

- **Do a breathing exercise.** Breath slowly and focus on how your belly rounds up when you inhale, and flats out when you exhale. This movement is caused by your diaphragm moving up and down, which triggers a relaxation response.

- **Use imagery** (remember?...) to go over your game plan: imagine how you are going to approach your opponent. How are you going to react to the opponent's actions? Of course, it is best to imagine a positive ending.

- **Some people** prefer to dissipate their tension through activities that have some energy

cost, like **walking** or **easy running**.

- **Remember that** how stress makes you feel, is a matter of **interpretation**. Yes, you can interpret that growling stomach and racing heartbeat as something unpleasant. But you can also choose to interpret the physical symptoms of your stress as something good and wanted. What you feel is a sign that your body is getting ready for battle. Isn't that a good thing?



A winner's warm-up

- **A match can be won or lost** by what happens right before... A good warm-up is crucial! Not only to get warm, but also to get mentally sharp.

- **A good warm-up** should **raise your core temperature** to the point where the skin is moist with a light sweat.

- **A good warm-up includes similar movements** as the as the ones you would like to apply during the match. According to sport psychologists, this is necessary to fully activate your 'neuromuscular patterns' – the connections between your muscles and your brain.

- **Physical activities** should **increase in intensity** as the

bout approaches. Bursts of activity should become faster and more intense. You should perform some activities at an intensity that matches the highest effort levels that occur in the contest. Just before the bout, you should be in **constant motion**. Don't worry that you will lose valuable energy this way. Even if the warm-up feels tiring, eventually it will help you feel more energized!

- **Five to ten minutes** before the start, you should concentrate on getting the best possible *readiness* to start. It is good to know in advance which thoughts and actions help you to be '**optimally aroused**': aroused enough to sharpen your focus, but still relaxed enough to be able to use your technique and feel for timing, which are both oh so important in Aikido! Some people like to listen to *music* to get excited. Others like to focus on their *bodily sensations* and imagine how their body is getting energized, flexible and strong with every breath they take. A popular technique in sport psychology is called '*emotional building*'. This technique consists of selecting some assertive emotion (e.g. looking forward to 'battle', wanting to 'attack') and imagining it deliberately.

During the bout: stay sharp!

What goes through your head when you are in the middle of a bout? The content of your thoughts might have a bigger impact on your performance than you think!

- **When you start thinking** that you might lose, that your opponent is better than you, chances are high that your fear might become true... Make sure to block anxious thoughts during a bout by **staying task-oriented**. Focus on your opponent and what you want to do with him/her. Focus on avoiding, looking for an opening to apply a certain skill... Focus on your game plan!

- **Mike Tyson once said:** "everybody got a plan... Until they get punched in the face"... Sometimes a match doesn't go as planned. If so, don't give up but refocus! No matter what the score is, mentally you can always push the '**reset**' button and **start over again**. Figure out as quickly as possible how to adapt your strategy. But make sure not to give up on your game plan too soon...

- **If the match** doesn't go as you want it, then remember the words of Bruce Lee: 'A quick temper will make a fool of you soon enough'. So **stay cool**...



Hideo Ohba

the aikido of 'quiet taste' part 1

Paul Wildish



The life and the legacy

Hideo Ohba Shihan, 9th Dan Aikido, second Chairman of the Japan Aikido Association and Kenji Tomiki's life long friend and collaborator, has exerted a profound influence on Tomiki Aikido as it has been practised by the British Aikido Association and sister organisations in Europe since the 1970s. Indeed, in contrast to Japan, the performance of the prosaically named koryu kata, from dai ichi to dai roku have been considered to be an essential complement to sport and randori orientated practice. Within the BAA the kata that Ohba worked on and developed in addition to the koryu goshin no kata (dai san) and the koryu nage no kata (dai yon) wrought by Tomiki, are seen to provide a vital link to the original forms taught directly to both Tomiki and Ohba by Morihei Ueshiba, aikido's founder.

There has always been a lingering disappointment in the UK that Kenji Tomiki was never able to complete plans to come to Europe to teach his method of aikido directly. Although in the early years of the BAA's history we had the benefit of long stays in the UK by Waseda University Aikidobu alumni, such as Kogure sensei (later to become the JAA's third Chairman), Ehara, Inoue and Haba, we never had the opportunity to witness Tomiki's teaching at first hand. When Ohba Shihan came to teach in the UK in 1976 it was therefore an event of great emotional significance which shaped the character of the BAA's understanding of Tomiki Aikido. That this visit should have such consequence is completely understandable, for who could be said to have stood closer to Tomiki sensei than Hideo Ohba?

Hideo Ohba: Key points of his life

1910 He was born at Nakagawa-mura, Senboku-gun in Akita prefecture as the fifth child of Teiichi and Taka Tozawa. He was the second son among eleven siblings. The family moved twice before settling in Okazaki in Kandai.

1925 Hideo entered Kakunodate Prefectural Junior High School on the 8th April as a first year student. He belonged to the Judo club for 5 years and became the club Captain.

1930 Graduated from Kakunodate Prefectural Junior High School. He was blessed with physical strength and power so at this time he was unrivalled in Judo within the prefecture. Hideo became a Judo Commissioner for his old school.

1931 Awarded his 2nd Dan in Kodokan Judo and met Kenji Tomiki who came to Kakunodate Prefectural Junior High School to teach civic education. From September he served in the army in China where he was awarded the Order of Kinshi for repeatedly crossing enemy lines.

1933 After demobilization, Hideo returned to the Kakunodate Middle School as an assistant instructor under Kenji Tomiki. He obtained his 5th Dan Kodokan Judo.

1936 He married Keiko Ohba who was famous as a young shihan of Koto (a Japanese stringed instrument). He took his wife's family name as his own.

1940 He received a licence for teaching Judo at junior high schools. The following April he became a Judo teacher of Kenkoku University, where Tomiki Kenji held a professorship, in the Japanese protectorate of Manchukuo. Due to a request by Tomiki, Hideo held an additional post as Judo teacher of Shinbuden in Shinkyo.

1942 Morihei Ueshiba awarded him 5th Dan in Aikibudo after which he began instructing the police of the Manchukuo capital in *Aikibudo*. A memorial budo tournament for the tenth anniversary of the founding of Manchukuo was held



Kenji Tomiki & Hideo Ohba

The BAA was not to be disappointed by his visit for Ohba Shihan seemed to completely exemplify the character and spirit of the true Japanese sensei that we had read of in our books. Here was a polite, modest dignified and gentle man, who exuded a confident command of aikido. Here was a man of refined spirit who played the shakuhachi (Japanese flute) and yet could be playful and full of fun. There is no doubt that during the five weeks of his visit he formed the aikido mind of a generation of BAA instructors that continues to resonate today.

Sen Rikyu, the tea master most responsible for defining the aesthetic of chado, the way of tea, described his own practice as the "tea of quiet taste". Not concerned with ostentation or flamboyant performance, but calm, simple and direct. During his all too short stay in the UK Hideo Ohba came to personify for us an aikido of "quiet taste".

To determine some of the differences in perspective and practice that has grown between the Japan Aikido Association and the BAA, since the death of Hideo Ohba in 1986, is in part to understand the importance each organisation has given to Ohba's legacy. For the BAA this has been a determination to preserve the

study of the koryu kata he systemised. For the JAA his memory and legacy has been interpreted differently. Now in the light of the schism within the ranks of the world Tomiki Aikido family drawn between the JAA loyalists and the newly constituted Shodokan Aikido Federation, a reaffirmation of his life and work seems particularly apposite.

The Study of Judo

Hideo Ohba first met Kenji Tomiki in 1931, when Tomiki took a position as a teacher of public affairs at Kakunodate Junior High School in Akita Prefecture. Ohba had entered the school when it opened on April 8, 1925. He attended the school with his younger brother Yoshio and neighbours remembered them walking together from their home in Okazaki, Kamishiro Village to school, wearing the peaked hats edged with white, black ties and white shirts characteristic of the Japanese schoolboy. In this they enjoyed good fortune as only a few were able to attend a middle school of this kind in 1920s Japan, where at that time school was very much a privilege.

During his school career the young Hideo had become a committed and effective judoka working his way during his five years at the school to become 'captain' of the Judo Club. His judo teacher Tokugoro Ito 7th Dan, had marked him out from his first year at school as likely to become a good practitioner. Indeed such was the acknowledgement of his talent that he was offered a part time post as an assistant judo instructor at Kakunodate after his graduation in 1930.

In order to improve his skills he would go to stay with his sister in Tokyo and train at the Kodokan, the prestigious home dojo of Jigoro Kano's judo. In 1931 he was promoted to Nidan (2nd Dan) and continued to teach judo at Kakunodate Junior High School. When Kenji Tomiki joined the staff he brought with him an experience of judo marked also by his study of the Daito Ryu orientated aikido he had been learning from Morihei Ueshiba.

during which Hideo acted as uke for Master Morihei Ueshiba.

1943 He obtained his 6th Dan in Aikido. While instructing Aikido and Judo in Manchuria, he also trained in Kendo, Naginata and Iai.

1945 Hideo returned to Japan after a period of forced labour at an aeroplane repair shop near the Soviet border. During this time he looked after Tomiki's wife, Fusae, since Tomiki remained in detention. Hideo narrowly survived an attack of typhus.

1950 He recuperated for a year with support of his wife after which he became a Judo Shihan for the Yokote police. He obtained his 6th Dan in Kodokan Judo.

1954 He obtained a position of 'Expert' at the Akita Prefectural Police Headquarters and became a Judo Shihan at the Prefectural Police Academy. It was during his tenure that the Prefectural Police Judo Club enjoyed its "Golden Age".

1959 He retired from his positions with the Akita Prefectural Police when Shihan Tomiki called him to Tokyo. He cherished a desire to help realize Tomiki's development of *aikido kyogi* that was interrupted by the war in Manchukuo.

1960 He became an Aikido Club Shihan and an Instructor at the Physical Education Department of Waseda University.

1977 He retired from Waseda University and became an Instructor at the Kokushikan University. He made great effort to instruct at many clubs; for students at Seijo Univ., Kokushikan Univ., Meiji Univ., the population at large in Osaka (Shodokan), Yamaguchi, Fukuoka, Imabari and Niigata and overseas in the United Kingdom and Australia.

1978 He was awarded 9th Dan of the Japan Aikido Association from Tomiki Shihan.

1979 He became the Second Chairman of the Japan Aikido Association and the Director of the Shodokan upon the death of Kenji Tomiki Shihan.

1982 He fell ill but recovered and after leaving the hospital resumed instruction.

1985 He retired and Mr. Tetsuro Nariyama succeeded as Instructor at the Kokushikan University.

1986 Hideo Ohba Shihan died in February at the age of 75.

This fresh approach seems to have greatly influenced the younger Hideo Ohba and from then on Kenji Tomiki would take on the role of his teacher and mentor.

War in China

Further study with Tomiki was to be interrupted by war between Japan and China. On the 18th September, 1931, a small quantity of dynamite was detonated by Lt. Kawamoto Suemori of the Japanese Imperial Army beside the tracks of the Japanese owned South Manchuria Railway near Mukden. Although the explosion failed to destroy the railway tracks and a train passed soon afterwards, this act of sabotage was falsely attributed to Chinese dissidents. Known to history as the Manchurian or Mukden Incident, this so called terrorist act was used by Japan as an excuse to seize Manchuria from China and set up the puppet state of Manchukuo. Japan's perfidy was soon exposed and facing world condemnation forced a withdrawal from the League of Nations, the precursor of the UN.

Like many other young men at the time Ohba found himself called to service in China, serving with the 17 Akita Infantry Regiment. He proved himself to be an able and courageous soldier, facing many dangers in close combat during this bitter struggle between China and Japan. Ohba's proudest moment was when he was awarded a medal, the 'Kinchi Kunsho' for a particular act of personal bravery. He was sent on a reconnaissance mission that involved exposing himself to enemy fire whilst he signalled from behind enemy lines. Not only did he win his medal for this feat but it came with the financial reward of an annuity of 150 yen. This annuity was to prove a useful additional support in his later married life.

Demobilized in 1933, Ohba returned to Kakunodate Junior High School as Tomiki Shihan's assistant Judo teacher. During the next few years he dedicated himself to developing his judo skills under Tomiki's tutelage, committing himself to long hours of practice. Tomiki broadened and deepened Ohba's knowledge of

judo introducing him to techniques of increasing complexity and sophistication. Alongside his judo practice Ohba also began a study of kendo under the guidance of a colleague, Mr Fujiwara, who was an assistant kendo teacher at Kakunodate.

Although he became a good kendo player his love for judo did not diminish and it was in its practice that he placed his major efforts. So powerful was the pull of his judo ambition, fostered so successfully through Tomiki's teaching, that he would often spend his summer holidays honing his skills at the Kodokan in Tokyo. In October 1935 this dedication to judo was rewarded by his promotion to 5th Dan. During this period he was at the peak of judo career, often beating five or six opponents in team competitions. There is no doubt that he became a consummate judo practitioner.

The Koto Player of Yokote

While a devotion to budo was the centre of his life's work, Ohba sensei's sensibilities were also formed by his love of music and the serious study of the bamboo flute with a shakuhachi teacher. Described by many that knew him as "gentle and simple by nature" his playing of the shakuhachi (the bamboo flute) with its haunting melancholy seemed to exemplify a character of 'quiet taste'.

His love of the shakuhachi was to lead him to another long and abiding love. Hideo began to take great pleasure in visiting the well known young koto (Japanese harp) teacher, Keiko Ohba in Yokote. Fascinated by what Shishida sensei describes as her "pretty genius" he would seek every opportunity to persuade her to play koto and shakuhachi duets together. Gradually this relationship, cemented by a mutual love of musicianship, blossomed into another natural kind of love between a man and a woman. On the 3rd September 1936, they were married, Hideo taking Keiko's family name Ohba. Hideo was twenty six years old and Keiko a little older at twenty eight. It was to prove a long and enduring marriage.

At this point it becomes incumbent to explain that Hideo was born into the Tozawa family in 1911, the second son and fifth of eleven children born to Teiichi and Taka Tozawa. Until his marriage to Keiko he bore his family name. However, as was the custom at the time for young men who married into families who had no sons of their own to inherit their name, or who enjoyed higher social status, it was common for the son in law to adopt his wife's family name. Certainly Keiko's reputation as a talented teacher and performer of the koto, gave her greater status than Hideo whose career was still at its threshold.

In 1940, Ohba's budo career took a new and significant turn when Kenji Tomiki invited Hideo to Manchuria to assist him in teaching judo at the National Kenkoku University in Shinkyo. Ohba greatly respected Kenji Tomiki, who had resigned from Kakunodate Junior High School in 1934, to further his own studies with Kano and Ueshiba in Tokyo in preparation for his appointment at this prestigious institution in Japanese occupied Manchukuo. From then on the lives and careers of Kenji Tomiki and Hideo Ohba were inextricably linked.

In the next issue we will relate Ohba's time in Manchuria during a formative period in the development of Kenji Tomiki's thought and practice. It was during those years spent in Manchuria that the foundation of Tomiki's competitive aikido was determined.



Hideo Ohba

Coaching Young People in Tomiki Aikido

Juniors & Youth

Outline and Introduction (Part One) by Bob Jones

A series of articles focusing on the coaching of young people, helping coaches to make practice both safe and enjoyable.

For many years the BAA has promoted and developed Aikido for young people. Juniors were initially introduced in the mid 1970s with the first Junior Aikido Competition held during 1977 in Leeds, with all ages competing in three events. Since then both Junior (4 to 10 years) and Youth (10 to 16 years) grading syllabi have been developed to structure progression and provide a framework from which to gauge individuals ability levels. The Youth syllabus ends at 1 Kyu in order to allow young people to further develop free play and randori skills before attempting a Dan grading. The introduction of young people to Aikido builds a solid foundation from which more complex skill sets can be developed. Indeed many ex-juniors now play an important part in senior aikido, with notable examples are Danielle Jones, Vanda Fairchild, Laura Beardsmore, Paul Carr, James Bird, Simon Jones, Chris Moran, Christian Kirkham, Steve Evans, Natulie Smalle, Scott Pearce and Sarah Fletcher all progressing from junior ranks.

The grading syllabus is designed to develop key aikido skills, including rolls and breakfalls, posture, avoidance, distance, balance breaking and direction.

There is a reduced emphasis on balance breaking especially if this is achieved through joint manipulation. No pressure should be placed on young joints to minimize the potential risk and damage to immature joints.

Competitive Aikido focuses on Embu (kata) and Kakarigieko (free practice without resistance) like Ninin Dori. There are five



New Club Junior Team Captains Badge available now - see website for details

age groups with five events including Basic Kata, Tanto Kakarigieko, Ninin Dori, Tanto Taisabaki and Open Kata for the older age groups. Over 14s are now eligible for entry to senior competitions within Embu events and Ninin Dori. This phased transition to senior competition and grading proves popular with young people, yet serving to protect vulnerable joints. (for full competition rules and regulation and junior and youth grading syllabi please see www.aikido-baa.org.uk)

As coaches, all Aikido techniques are potentially hazardous and have the latent

ability to cause temporary or even permanent damage but with adequate safeguards no problems should occur. The basic techniques have been adapted over the years to ensure suitability for young practitioners. The main adaptations occur within joint locking techniques such as Kote Hineri, Kote Gaeshi, Tenkai Kote Hineri where Tori's hands are placed over the wrist to protect and prevent the technique being applied on the joint. The techniques are performed through movement rather than applying the lock itself. Techniques like Mae Otoshi have already been adapted in senior practice to remove pressure on the elbow. Hiki Otoshi reverts back to the Judo version that relies on body movement and removes any focus on the elbow joint. These simple adaptations provide a safe environment for Aikido to be practised at any age. In addition to this young people require, whole person developments relating to: -

- Physical Development (strength, endurance, speed, flexibility)
- Learning Development (technical understanding)
- Skills Development (understanding body movement)
- Mental Development (psychological development)

Coaching Young People in Tomiki Aikido

Juniors & Youth

Outline and Introduction (Part One) by Bob Jones *continued*

- Social Development (personal interaction)

Physical Development

Avoidance of injuries to growth plates is paramount. Bones have outgrowths (apophyses), which provide anchorages for tendons from muscles. These apophyseal growth plates are found at the attachments of powerful muscles like the hamstring and triceps. The growth plates are the weak link in the transmission of force and are susceptible to injury in young people. Injuries can be caused by sudden impact of extreme force (acute injury) or by repetitive force (chronic injury). Mild stress can stimulate growth but severe stress can be damaging. For example Osgood-Schlatter's disease is a condition caused by repeated contractions of the quadriceps, which attach to the tibial apophysis on the front of the lower leg. The strain on the growth plate pulls the attachment from the body of the bone. In itself it is not a cause of great concern, but it does provide an example of the effects of repeated strong contractions on the growth plates. (Sports Coach UK, Coaching Children Resource Pack)

Physical development of young people should be a measured process without using additional weights to overload muscles, bouncing or ballistic exercise to over stretch or joint rotation exercises which are traditional to Aikido but can cause more damage than good.

When young people exercise the most immediate response is to increase the oxygen supply to muscles via the cardio vascular system. This increases the heart rate, volume of blood pumped by the heart and deeper and

faster breathing. Body temperature must be controlled and this is achieved through sweating, radiating heat through the skin and breathing out. And whilst in most cases young people adapt well to exercise there are elements with which they struggle.

Even allowing for body size young people can only supply a fraction of the oxygen required compared to adults. Young people breath much faster and less deeply than adults and extract less oxygen from the air. A six year old must breathe 38 litres of air to extract 1 litre of oxygen, while an 18 year old needs only 28 litres for the same effect. The cardio vascular system must be trained in order to become efficient and effective. Overload can be short-term effect of over training at a young age.

Young people are particularly sensitive to heat stress. Their relatively large surface area compared with adults means

they exchange heat faster. During exercise, especially competition and games the ability to regulate temperature through replenishing water loss is essential. Plain water (not fizzy drinks) should be available (in none spill container) for use at the side of the mat. Especially in hot weather regular intake of fluid is essential to stop dehydration.

One of the first organs to suffer from dehydration is the brain, hence the heightened risk of injury due to lapses of concentration occur during this period. Fluid intake is therefore a primary factor in the prevention of injury.

We can therefore presume that young people are better at steady extended activity with regular breaks than repeated intensive activities and that the coach is an essential moderator of exercise and ever watchful for the potential negative side effects of physical activity.

To be continued



AiKIDo

Lee Mazacs

BAA Youth Development Officer

Juniors & Youth

Guess who?

Can you recognise any of these faces? Many of our current national squad, team and BAA team members began their competitive careers as Junior and Youth members. See how many you can spot. The answers can be found on the back page.



Memberships Registrar

Leaving your membership renewal to the last minute? – A number of members are leaving renewing their BAA license until the very last minute, and in some cases they are allowing the membership to lapse and only renewing weeks later or more commonly just before a competition, seminar or grading.

If you have been training during this time you may well not be insured which is more critical for a coach, membership takes approximately 14 days to process but shouldn't take longer than 28 days. Please remember new memberships and renewals cannot always be

issued at short notice, so please plan ahead.

The current membership fees are: **Junior, Youth and Concessionary rates £20 per year.**
Adult membership £30 per year.

Renew now at: <http://www.aikido-baa.org.uk/about-us/membership/>

Revised Grading and Examiners Regulations

With increasing international complexity and potential confusion the British Aikido Association wish to clarify its revised grading policy that will take effect from **1 August 2013**.

1. Junior and Youth Gradings

Earlier this year the BAA introduced a new separate Junior and Youth Grading syllabus, promotion awards will remain the same with 1st Dan Coaches being able to grade up to Youth 1st Kyu within their own clubs, or in partnership with other clubs. These grades must be recorded in candidates grading book to be valid. It must be remembered that the BAA does not recognise the award of 1st Dan to young people under the age of 16 years and 6 months.

To supplement the grading syllabus a new junior /Youth Awards Badge scheme has been launched with six badges currently available for young people to achieve. Details of the grading syllabus and awards scheme are available on the BAA website.

2. Senior Kyu Gradings

BAA Kyu gradings are held at club level with qualified 1st Dan Coaches entitled to promote

members to and including 2nd Kyu and with a registered 2nd Dan can grade to 1 Kyu. The grades must be recorded in the candidates grading book.

3. Dan Gradings

BAA Dan grading will be held at the six approved National courses. The same range of examiners will be used but only Dan gradings achieved under the BAA syllabus at these venues will now be automatically approved.

BAA National Courses and Dan Gradings locations and venues

1. BAA Winter School North – March - Sheffield
2. BAA Spring School – Ireland – April - Belfast/Dublin
3. BAA Spring School West – May - Winchester
4. BAA Summer School – North – July - Leeds
5. BAA Summer School – South of the River – September - Folkestone
6. BAA Autumn School – South – November - Herne Bay

These courses will also provide the full range of delivery including - Coaching, Referee and Judging and Examiners qualifications on a rotating programme. The BAA Senior

Kyu and Dan syllabi are unchanged and are available on the website along with registration documentation and fee structure.

4. Meritorious Awards

Grades can still be awarded through the meritorious route by forwarding a proposal for grade to the Executive Committee. The outline should provide the candidates name and current grade along with a description of their achievements, technical understanding and contribution to the British Aikido Association. These will be assessed by the Technical Committee and awarded at the AGM each year. Individuals awarded grade through the meritorious route are not eligible to act as BAA Dan Grade examiners above that grade.

5. Recognition of JAA / SAF grades

Only Dan grades awarded directly, at a formal grading, by Nariyama and Shishida San will be recognised by the BAA. Grades awarded through appointed representatives of the JAA or SAF will not be recognised and are not eligible to be Dan Grade examiners within the BAA.

BAA Executive Committee

BAA Promotions to Dan Grade

To date

Winter School, Sheffield March 2013

T Houghton	Epic	2 nd Dan
M Jenner	Leeds	2 nd Dan
J Parker	Leeds	1 st Dan
J Paul	St Pauls/Jugokan	1 st Dan

Spring School, Winchester, May 2013

J Withers	St Pauls/Jugokan	1 st Dan
J Ko	St Pauls/Jugokan	1 st Dan
M Lyle	St Pauls/Jugokan	1 st Dan

Summer School North, Leeds, July 2013

N Smalle	Tanseikan	3 rd Dan
D Cheshire	Leeds	1 st Dan
K Cox	Leeds	1 st Dan
N Lomax	Tanseikan	1 st Dan
S Jackson	Bradford	1 st Dan

Guess Who Answers

Guess Who 1

Vanda Fairchild with Scott Pearce as 2 Kyu junior second from left

Guess Who 2

Mick Pratt top left with Simon and Danielle Jones as 2 Kyu (junior) in front row.

Guess Who 3

Second from left Steve Evans as a 2 Kyu junior

Guess Who 4

Vanda Fairchild with Paul Carr 1 st Kyu junior third from left with his sister Victoria 3rd Kyu junior second from left.

Keep up to date with BAA Courses & Club Events

19-23 Sep **10th International Aikido Tournament**, Kawasaki, Japan

28 Sep **Training for Embu & Shiai Paul Wildish 6 Dan** 13:00-18:00, Zion Place, Margate.

13 Oct **BAA Executive Committee Meeting**

Oct 26 **Koryu Dai Go - Shaun Hoddy 6 Dan**, 13:00-18:00, Zion Place, Margate.

9-10 Nov **BAA Autumn School, Satoru Tsuchiya 6 Dan, Bob Jones 7 Dan, Shaun Hoddy 6 Dan, Paul Wildish 6 Dan, Vanda Fairchild 5 Dan**

Herne Bay Judo & Martial Arts Centre, Station Approach, The Circus, Herne Bay, CT6 5QJ. *Dojo next to railway station.*



2 Nov **Youth Development Day** hosted by Tanseikan

23 Nov **BAA Junior Open Championships South** High Wycombe Judo Centre

1 Dec **National Kyu Grade Competition** EIS, Sheffield

Dates for next year's diary!

BAA Winter School North – Mar 2014 - Sheffield

BAA Spring School Ireland – Apr 2014 - Belfast/Dublin

BAA Spring School West – May 2014 - Winchester

BAA Summer School North – Jul 2014 - Leeds

BAA Summer School South of the River – Sep 2014 - Folkestone

BAA Autumn School South – Nov 2014 - Herne Bay

Contact: shizentai@aikido-baa.org.uk