

CHISHIN NEWS

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welcome
to the first
newsletter from
chishin dojo

SOMETHING'S CHANGED...

We've recently made some changes to our grading syllabus. We'd like to let you know our thoughts on why we felt we needed to change and what we will be doing in the dojo looking toward the future.

The club is starting to grow and gain momentum so we all felt we needed to examine what we're doing right, where we can improve things, and what we're doing wrong. The grading syllabus was one of the main areas that we felt needed some attention as well as the actual gradings and their frequency.

At the present moment our highest mudansha (kyu grade) as graded in our dojo is a 4th kyu so we'd not had to think much beyond the 3rd kyu grading. However, even by 4th kyu the syllabus was beginning to feel tired and repetitive – for both teachers and students. Over the course of one evening and a few bottles of wine we discussed what we liked, what we disliked and how we could improve things moving forward. Teaching the techniques for the grading specifically seemed to be causing the most pain for us as teachers and can feel quite boring. Working on the proviso that if something is boring to teach, it's probably also boring to learn, we have changed the syllabus starting with 4th kyu and now have a new syllabus to take us through to 1st kyu and beyond.

We feel that the syllabus as it will be, is going to be a lot easier to teach as part of a

normal lesson - not having to separate out grading techniques from general Aikido techniques too much. This should make it a lot more interesting to teach as well.

With regard to the teaching side, we now have 3 teachers in the dojo and all of us have different ways of moving as well all have our own influences and experiences. We plan to utilise this with our teaching of the syllabus to the extent that from 3rd kyu onward we will all be showing our own variations of the techniques, the hope is that this will allow you to pick up and develop your own Aikido for the future. You will have 3 slightly differing ways to perform the techniques; at least one of the ways should seem a little bit closer and more natural for the way your own body needs to move in order to perform the technique.

We are also changing the dates for the gradings – the next main kyu grading is planned for Saturday June 13th and from that point onwards we are planning to hold gradings twice a year – in May and December with 2 months prior to each grading concentrating almost exclusively on the syllabus but not forgetting the basics which everyone needs to constantly revisit, including the teachers!



Ikeda Sensei

Shot from last years course in Paris. Ikeda sensei is confusing yet another Aikidoka by taking his balance and smiling at him! Ikeda sensei never stops smiling, and never stops taking your centre, be very careful when you shake his hand!

BEWARE THE SMILE!



Who is Ikeda Sensei?

Hiroshi Ikeda sensei is founder and chief instructor of Boulder Aikikai. He began his study of aikido in 1968 at the aikido club of Kokugakuin University in Tokyo, of which Saotome sensei was the chief instructor.



Hiroshi Ikeda Sensei

Hiroshi Ikeda began the study of Aikido in 1968 whilst attending Kokugakuin University in Tokyo where Mitsugi Saotome sensei was the chief instructor of the club. In 1975, Saotome sensei left Japan for Florida and in 1976, Ikeda sensei joined him as his uchi deshi (live in student). In 1980 Ikeda sensei moved to Colorado and founded Boulder Aikikai – an associate dojo of Saotome sensei's Aikido Schools of Ueshiba. He is the principal instructor and travels extensively throughout the US and Europe delivering seminars. Ikeda sensei currently holds the rank of 7th dan through Mitsugi Saotome sensei and the Aikikai Hombu Dojo; he is also bestowed with the title of Shihan (Master Teacher). After more than 30 years in the US, Ikeda sensei still works very closely with Saotome sensei who regards Ikeda sensei as his natural successor.

I first met Ikeda sensei in July 2000 and initially travelled over to see him based upon some video footage and everything I'd heard about him. I wanted to grab hold of his wrist and see if he could do to me the things he was doing to everyone else in the video so easily and seemingly without a great deal of effort or movement... Suffice to say, I grabbed, I fell, I grabbed harder, I fell harder, I looked confused,

he laughed! Many years later and I am still feeling the same things and he is still, to me at least, one of the few Aikido teachers of who it can be truly said is actually advancing the art of Aikido - taking it to new places and seeking new heights. To anyone who's never had the pleasure of training with him - please go and grab hold of the man! He'll change your perception and what Aikido is, leaving no shadow of doubt that he is the real deal.

To explain Ikeda sensei's Aikido is very difficult, it's recently moved from being external to being very internal, it's unlikely that you can now perceive any external movement in his body yet once you touch him, and sometimes even before you touch him, you can feel that he's already taken your centre. I have neither felt, nor seen anyone else in the Aikido world that can do this time and time again, and all the while smiling and confusing everyone. Ikeda sensei will tell you he has two teachers – Saotome sensei and Ushiro sensei, Ushiro sensei is not an Aikido teacher... More of Ushiro sensei in the next newsletter.

John.

Our next kyu gradings are June 13th.

COURSES	MAY 30	JUNE 13	JUNE 20	SEPTEMBER 12
	<p>CHISHIN DOJO BIRTHDAY</p> <p>Aikido Course celebrating our 2nd birthday</p> <p>Saturday 13:15 - 17:15</p>	<p>CHISHIN DOJO GRADING</p> <p>Chishin Dojo Kyu grading.</p> <p>Saturday 13:15 - 16:15</p>	<p>ADL COURSE</p> <p>Free Aikido Course for ADL members. Also, at least one 3rd dan grading...</p>	<p>BAB COURSE</p> <p>BAB National Course, 5 or 6 teachers from different styles and associations</p>

June... Another Busy Month!

June is turning out to be another busy month for the club, it looks like we're going to be holding or attending Aikido courses every weekend!

Starting on Saturday June 6th we have a 3 hours pre-grading course running from 13:15 through to 16:15. The course will mainly be geared up for the kyu grades to give them a final chance to fully concentrate and practice their entire grading in one go before the following weekend. Hopefully everyone can attend and help out, it's always good to go back to the basics.

June 13th is the day of the gradings and it looks like it should be quite busy, we have a number of 6th kyu & 5th kyu gradings and Leo is also taking a long overdue grading with us, sadly he'll be going back to France towards the end of the month so he'll be disappearing from the club - this is will be a big loss to the club but hopefully we'll keep in touch and meet up when we go to France later in the year. I'd like to thank Leo for all of his hard work over the year or so he's been with us - he will be missed by everyone.

June 20th! This is the Aikido for Daily Life Course and also the day I take my 3rd dan... We're leaving about 9 am and should arrive back in Coventry and be ready to celebrate

about 8 pm or so. All of the main club teachers should be teaching on the event, which should be turning into an annual course now the association is growing in numbers.

My 3rd dan is not something I thought I'd be taking yet but I'm looking forward to the day, I've enjoyed all my gradings this far so hopefully will this one too. The last association I was a member of (and just a student) they only graded you to 2nd dan, 3rd dan was given to you after a certain period of time. This time however, I have to grade! In case you're wondering what I have to do... It's a lot and culminates in a 6 person randori which I've not had chance to practice yet!

June 27th should be another Saturday course, as all of the gradings are out of the way for the next few months it's time to relax and get into Aikido. We'll be staying away from any grading work for a while and concentrating on the basics, movement, connection, balance breaking and all of the other things that make Aikido the amazing Art that it is.

Later this year I'm hoping to start to invite some teachers from different Martial Arts to the club so we can all have a look at what else is out there, cross training is not always encouraged in Aikido but it is something that can be very useful and insightful.

John.



TOM MOSS



The Man That Started It All...

Some images of Tom, he was responsible for my love of Aikido and always encouraged me to go off and train with the likes of Ikeda sensei - he always wanted to see what I'd learnt and how it had changed me when I got home. His uke in the pictures is Steve Johnson, another very influential teacher in my life and good friend.

WHAT HAVE WE BEEN DOING FOR THE LAST 2 YEARS?



Chishin Dojo Is Born...

June 1st, 2007. We held our first training session at the AT7 centre in Coventry and had the support from our first students and our first guests. André, Graham, Piers, Quentin, and James to name a few. Toni and Marie joined us afterwards for a chat and to lend some support, asking an impromptu question regarding what would happen... and what if... and how would... The answers were forthcoming and the seeds were planted for the club to get a little bigger. We had two sessions per week at two different venues. Thankfully we heard about the Coventry Boys Club and some enquiries were made, the rest as they say, is history and we're still at the Boys Club today.

2 More Teachers...

In September 2007 we had two of our members pass the British Aikido Board Coach Level 1 Course. We then had 3 fully insured members of the club who were all qualified Aikido teachers. But there was something that needed to happen for one particular person... We needed to get someone through their black belt grading...

First Black Belt...

November 24th, 2007. We hosted the Aikido For Daily Life dan grading and Toni not only passed her grading but passed it very well, everyone commented on how well she did and how much they enjoyed watching her Aikido.

First Kyu Grading...

December 13th, 2007. A little over 6 months from starting the Aikido club and we had our first students taking their gradings. Another big milestone for us.

We Go To Paris...

May 2008, the club travels over to Paris to attend an Aikido course taught by two of the most prominent Aikido teachers - Hiroshi Ikeda sensei and Christian Tissier sensei. Out of a club of around 10 or 11 people at the time, we managed to take 7 of us over for the trip.

A New Class...

October 2008, we start our third adult training session per week.

The Radio...

October 30th, 2008. We were approached by the BBC and asked to appear on the Radio performing and teaching Aikido live on air! Not the easiest thing to do but it was a lot of fun.

A New Teacher...

February 2009. We had the pleasure of someone coming along to train one night who seemed to like the club so much he stayed! We welcomed Az on board.

Summer Camp In The Rockies

Our Gradings...

24/11/2007	Toni Egan	1 st dan
13/12/2007	Luke Rochford	6 th kyu
	Bob Dearden	6 th kyu
	Dave Salmon	6 th kyu
	Lee Egan	6 th kyu
	Michael Weilobob	6 th kyu
	Stephanie Green	5 th kyu
	Andre Marques	5 th kyu
03/04/2008	Pete Secondino	6 th kyu
13/05/2008	Dave Salmon	5 th kyu
	Andre Marques	5 th kyu
21/10/2008	Victor Villegas	6 th kyu
	Luke Rochford	5 th kyu
	Lee Egan	5 th kyu
	Michael Weilobob	5 th kyu
	Pete Secondino	5 th kyu
10/02/2009	Tom Allanson	6 th kyu
21/04/2009	Lee Egan	4 th kyu
	Michael Weilobob	4 th kyu
	Pete Secondino	4 th kyu

DON'T FORGET!

If you introduce a friend to the club you train free for that session.

DON'T FORGET!

If you pay for 2 sessions in a week and train on the 3rd session then you only pay £1 for the last one.

CHISHIN DOJO

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