



Shihan TK Chiba

## Choosing Partners of varying abilities to consolidate techniques

It is always enjoyable to work with a partner who you know and who understands you. He/she can be cooperative or even helpful to your particular problems at any given stage of training. It is, therefore, natural to seek partners at your own level. However, an ideal practice should include many different elements if progress is to be made in the development of a solid physical base and dynamic-flexible character.

In this regard, some of the basic concepts commonly understood in the Japanese martial arts need to be carefully considered. First, practise with members who are at a more advanced level. Keep

your mind open to the individual characteristics which vary from person to person. Train your eyes to the diverse expressions of the art and the reasons behind them (gender, age, height, weight, mentality, personality, nationality, history of training, physical condition etc). In other words, cultivate your power of observation.

Practise and apply your technique with maximum effort so that you come to know your limitations and can learn to



Chiba Sensei

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Photo: Ana Shorter

Chiba Sensei, London Aikikai, 2001

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extend them (if you don't know what your limitations are, you cannot work with them). Learn *ukemi* that is applicable to different styles of execution.

Second, practise with members who are about the same level as you. Apply what you have learned and reconfirm the learning process. Try to see your own problems and weaknesses at any stage in other students. Observe closely when others of about your stage overcome a particular problem. Discover how it has been overcome. This not only refers to technique but especially to breakthroughs to a higher dimension of physical awareness. To paraphrase, study and be aware of your own problems and limitations, common at any particular stage, by observing others.

Third, practise with members who are at a lower level than you. Confirm the basic techniques and apply them with minimum effort. Learn to control yourself and yet make the technique effective. Practise, especially, with beginners (those who have no preconception about the movement). This is important to study the workability and precision of movements. Above all, this is a good opportunity to bring you back to 'beginner's mind'.

As in the three basic training guidelines above, flexibility of attitude should also be applied to working with the various kinds of physiques. This means, practise with members who are bigger than you in size (height, weight, etc), practise with those who are about the same size as you, and practise with those who are smaller than you.

For the reasons mentioned above, I generally conduct classes so that members keep changing partners (at least twice in the same technique). I consider that it is desirable to practise as much as possible with every person present on the mat, and in any one class.

I have heard of a dojo where one's partner for the practice period is fixed beforehand. This is a reflection of the ignorance of the teacher.

These training guidelines refer to the following two forms of training: The first is to receive instruction, and the second, is to work with it during free practice. Within free practice there are two elements: to work with someone, and to practise alone, without a partner.

Generally speaking, free practice is given towards the end

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Photo: Kremakova/Masri/Evans

Shihan Joe Curran, Warwick Aikido Anniversary Course, March 2008

continued from page 2

of a class, about ten minutes or so. Its purpose is to reconfirm what was taught in the class. This is immediate reconfirmation. However, free practice, in a true sense, is not limited to the relatively short time given to it in class, but should include that part of training conducted outside the class schedule. Without doubt, an outstanding Aikidoist is one who has used free practice as much as possible as a way to train (both with others and alone). This initiative is one that I find lacking in American students. I recall the time when I was *uchideshi* at Hombu Dojo and there were always a few students who stayed behind after the last class of the day for free practice. This caused considerable problems for the *uchideshi* who had been working all day and were exhausted but could not rest until all members had finished training. During the day, *uchideshi* had to be well skilled to snatch a nap for 10 or 15 minutes, still wearing gi, taking the opportunity whenever possible in order to survive.

It is not my intention to assert the importance of vigorous training, however, while the mentality of the general student body is limited to training by instruction only. I hope that the above information will give some light to your future training. ☺

**Shihan TK Chiba 8th Dan  
Birankai Founder**

**From *Sansho*, January 1987**

**Wellington Tsang**

## Keep an Open Mind to Refresh our Practice

I was thinking as we approach three years since the passing of Chiba Sensei as to what was his most meaningful comment for me:

“Treat Every Technique as if it is fresh” he thundered at us during a lesson in the later stages of USA WR Summer Camp 1999.

My interpretation: Think of your daily commute. You’ve done it hundreds of times, yet you don’t walk exactly the same number of steps, close your eyes and ears to all of the obstacles like road crossings, other vehicles, new diversions thinking that nothing will change this day, because to do so could be the untimely end of the commute, sometimes with fatal consequences. You walk or drive, you negotiate crossroads and you adapt your commute every day, so that you can reach home safely.

On a technique, each principle is a crossroads to be negotiated with timing and positioning to neutralise and prevent injury. You cannot be blind to a potentially dangerous situation.

For Aikido, we should consider this journey up the mountain with the same attitude. Do or Tao is a spiritual and philosophical path. We cannot expect the mountain path, the weather conditions, ourselves or our companions to be unchanged after 100 years. We climb many personal mountains, with differing adverse conditions, using and



Photo: Suren Patidar

Wellington Tsang, BB Autumn Course, Manchester Oct 2017

honing our principles, sometimes not reaching the peak, but always returning home. These experiences and lessons we can pass to the next generation, climbing different mountains. We must not stagnate or become complacent on the well trodden path that is a martial art otherwise it will eventually die.

Thank you Chiba Sensei for keeping Aikido alive and fresh. ☺

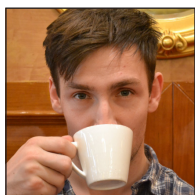
**Wellington Tsang 3rd Dan  
South Manchester Aikido,  
North West Aikikai  
British Birankai**



Alexander V Gheorghiu

# Gen Ei Kan Celebrates 20 Years of Aikido before Dignitaries

The camp was over before we had time to look at the clock. One class simply flowed into the next;



Alex Gheorghiu

one day into the following. This is perhaps due to the high standard of teaching we had and the elegant timetabling which kept us warm and ready, but not burnt out or depleted. The invited teachers were Daniel Brunner Shihan (Ryu Seki Kai, Switzerland), Chris Mooney Shihan (Ei Mei Kan, United Kingdom), Piotr Masztalerz Sensei (Wroclaw Aikikai, Poland), and Jenny Flower Sensei (Athens Aikido, Greece). The range on the mat went from Robin (6<sup>th</sup> Kyu, Sho Gi Kan, Switzerland), who has been training six months, to Brunner Sensei, who has been training for fifty-six years.

All summer camps are sweaty, but this one left you drenched after a few minutes in seiza due to extraordinary heat south Germany boasts in the summer. Nonetheless with a series of steady warm ups in the mornings and well-placed weapons classes, we made it through relatively unencumbered; and every so often there would be a fresh breeze which would cleanse the air of the dojo, our namesake - Biran.

*I chose the name Birankai. Biran is a Buddhist term meaning a cosmic storm that occurs in the moment before cosmic order shifts.*

*It is a force of recovery, spontaneously manifesting itself to restore order. The storm can be powerful and violent. Yet, at the same time it is one that heals through cleansing and purification.*

*-T K Chiba, 'The Bowl of Biran, Heavenly Gift'.*

This is our Aikikai, the summer schools have a unique way of bringing us back together as one school, one community. In this spirit, the camp will be partly remembered for the inspirational visit of the Turkmen. Many within the organisation do now know of our central Asian connections to Kazakhstan and Turkmenistan and, consequently, were bemused at the visit by four highly trained aikidoka from the latter country.

Mooney Sensei began the camp by opening and centering the body through stretches and breathing, and then proceeded with fundamentals - classic Aikido, or, perhaps, Aikido with class. This set the tone for the summer school.

Brunner Sensei taught sword work every day, working through the kumi-tachi exercises, showing how different possibilities erupt, depending on the actions of the uke-tachi. His classes culminated

with blending sword work and body art, a demonstration of the nature of aikido.

*"The penetrating brilliance of swords*

*Wielded by followers of the Way*

*Strikes at the evil enemy*

*Lurking deep within*

*Their own souls and bodies."*

*- Morihei Ueshiba (O-Sensei), The Art of Peace*

Flower Sensei's classes were a constant reminder of the five pillars of Chiba Sensei's school - centeredness, connectedness, wholeness, liveliness, openness. Her lessons, whilst dynamic, showed how clean tai-sabaki, clear cuts, and a heavy centre makes for some truly inspirational aikido.

Masztalerz Sensei taught several jo classes, which memorably pushed beyond kihon by asking to perform suburi eg, nagashi uchi, or kata eg, sansho one part one, not quickly, but definingly and continuously. He also showed a catalogue of wonderful conditioning exercises for ukemi.

The camp also served to celebrate twenty years of Gen EI Kan, whose dojo-cho is Alexander Broll Sensei. A twenty-minute demonstration class was delivered by Mooney Sensei in front of several dignitaries, including members of

Photo: Achim Goldemann



parliament, the mayor, the chief of police and representatives of organisations supporting disabled people. The class hit right at what Aikido is all about, with breathing exercises to begin, and then the classics such as suwari-waza shomen-uchi ikkyu, tachi-waza shomen-uchi irminage, yokomen-uchi shihonage, katate dori aihanmi kokyu nage etc. Many of those participating in the class were as blown away by it as the people watching. Professional is the only word which comes to mind. Massive thank you to Broll Sensei for his many years of teaching in Landau, and a sincere wish for many more.

The seminar closed with Mooney Sensei wrapping the week up with a message about what we are doing here, which touched all ranks, all ages, and



Photo: Achim Goldemann

all the people on the mat; the message of the poem above, masakatsu agatsu - true victory is self-victory.

Congratulations to Birankai Deutschland and the Landau dojo for running such an impressive camp, and thank you to all the invited teachers for such

wonderful classes, and all the other teachers and seniors for their continued support on the mat. ☺

**Alexander V Gheorghiu 3rd kyu  
Ei Mei Kan, Central Aikikai,  
British Birankai**

## Muhammet Sensei Japan gives Friendship Awards



Photo: Achim Goldemann

On 24 July 2018 the Ministry of Foreign Affairs of Japan gave a series of awards to ‘individuals and groups with outstanding achievement in international fields, in order to acknowledge their contributions to the promotion of friendship between Japan and other countries and areas.’

This year included people such as the President and CEO of Ambrose, President of the Olympic Committee of Slovenia, and the Former Chair of the Centre of Japanese Studies at UC Berkley, alongside our own Shamuhammet Annamuradovich Baylyyev the director of Lachin-Ai aikido dojo Ashgabat in Turkmenistan. ☺



Photo: Achim Goldemann



Max Jung, Sophia Habath and Cedric Goldemann

## Landau, Germany Summer School closes with Resounding Success - The Mayor, a Bundestag Representative, a Brass Band, Kegs of Beer and a BBQ

From 21-25 July 2018, 72 Aikidoka from all over Europe and even from as far afield as Cuba and Turkmenistan came together to practise together their passion - the martial art of Aikido - in the small city of Landau in the German state of Rheinland-Pfalz.

For us, it was a great feeling to train together with all these people, and also to talk with them and learn more about them, their lives, and their homelands.

This great feeling was a stark contrast to the events of just a few weeks earlier: after extreme storms, the city of Landau was flooded, and the Gen Ei Kan Landau Dojo with it! With our planned venue closed for months of repair works, the entire event had to be re-planned at short notice for an alternative venue. Of course, achieving this meant a huge additional effort, but it was well worth it.

The classes of the various Senseis were full of variety, and each teacher shone a light on Aikido according to their own style and manner. Daniel Brunner Shihan showed above all the process of a direct encounter with the Bokken. Chris Mooney Shihan's classes were filled with his typical dynamism mixed with thought-provoking ideas for us to ponder over later. Jenny Flower Sensei put special emphasis on the encounter between Uke and Nage, as well as Nage's control over the attacker during the execution of the technique. Here there was a lot for both beginning and advanced students to work on. Piotr Masztalerz Sensei trained our ki to a special degree in his lessons, by emphasizing energy, efficiency and a straight

posture. The teachers' work did not end there: during the breaks, all the teachers present at the Summer Camp met in a Teaching Committee to exchange ideas.

The highlight of Monday afternoon was a Nidan examination - successfully completed!

On Tuesday afternoon began the celebrations for the Twentieth Anniversary of the Landau Dojo. The invited special guests were treated to a short, intensive, and clearly structured Aikido class. Alexander Broll Sensei gave an address reflecting on his life course and the life of the Dojo. This was an especially touching moment for us. Chris Mooney Shihan also gave a moving speech about his first encounter with Alexander Broll Sensei and the inspiration he draws from their encounters with one another. The other speakers - such as the Mayor of Landau Dr Ingenthron, Bundestag Representative Mr Hitschler, State Parliament Representative Mrs Schneider, and the Managing Director of the State's Disability and Rehabilitation Sport Union Mr Röttig - all expressed their respect for Alexander Broll Sensei and the important contribution to the community that the Dojo makes.

In the evening, the last of the Summer Camp, the celebrations drew to a close with the help of a brass band, a barbecue grill, and kegs of beer.

We had many great experiences and would like to thank all the teachers who have given us so much new and important things on our way. Many thanks also to all participants who made such an effort to come to Germany and Landau to share their passion



Max Jung



Sophia Habath



Cedric Goldemann

for Aikido and who are so open to encounters and learning new things.

We look forward to the next encounter, in whatever country it may take place.

With deep thanks. ☺

**Max Jung 2nd kyu  
Sophia Habath 2nd kyu  
Cedric Goldemann 3rd kyu  
Birankai Aikido Gen Ei Kan  
Birankai Germany**

Andrew Colclough

## Finding Solace and Camaraderie in Europe within the Aikido Community

I can't believe how time has flown by since I first started Aikido in January 1994. Looking back I can honestly say I have had some absolutely great times, with the odd few bad times thrown in. But that is part and parcel of life in general and of course Aikido. On the whole I have a lot to thank aikido for, especially when attending courses. In the last 24 years I certainly have attended a few, both here in the UK and abroad. I have also realised how much travelling I have done as well. It really all started back in 2003 when I first went to Dornbirn in Austria in support of my teacher Sensei Mark Pickering and his teacher Tony Cassells Shihan. Over the years I have developed a great relationship with them both, not only in terms of the Student/Teacher relationship but also a personal friendship.

Moving on from this I have

gradually built up other friendships as well, which is not always an easy thing for me as I am a quiet person inside really. A few people might find that hard to believe but it is true. The friendships extend not only from Dornbirn, but also Switzerland and Paris. More recently I am meeting great people from Bagnols. In these 15 years of travelling I have been very privileged to have had a lot of instruction from some very experienced and talented Teachers. But I must also thank the students who have all made me feel very welcome. Their energy both on and off the mat is both uplifting and inspiring. I have really enjoyed the training, and I have learnt a lot. The amount of tuition that I have received through these courses I believe is because they are smaller groups, when compared to the bigger events. I feel this allows the teachers to give more to the

students, which can only be of benefit to all concerned.

Off the mat there has been some great meals, a couple that spring to mind are the ones organised by Sensei Anne Ducouret's Dojo and Shihan Patrick Barthelemy's Dojo where there are long tables, and the whole dojo join in and help cook the food. There is a great sense of togetherness, and you literally eat, sleep and train in the dojo. For me this is a great way to do things and courses I would highly recommend to anyone to experience. I have looked at my diary for the next 12 months and have a few courses lined up already. I will list them below just to make people aware and if possible they can come and join Tony Cassells Shihan, Mark Pickering Shidojin, and other Senior Teachers and members of the Birankai Family. ☺

1/11/18 - 4/11/18 Dai Jyo Kan, Bagnols Sur Ceze - Patrick Barthelemy  
 22/03/19 - 24/03/19 Ann Jou Kan, Paris - Anne Ducouret  
 17/05/19 - 19/05/19 and 27/09/19 - 29/09/19 Mei Sei Kai - Peter Duwe and Monika Dorig  
 18/10/19 - 20/10/19 O Sen Kan, Dornbirn - Jurgen Schwendinger

**Andrew Colclough 3rd Dan, Cocksmoors Woods Central Aikikai, British Birankai  
 15 October 2018**



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道

Photos submitted by Andrew Colclough



Austria



Paris



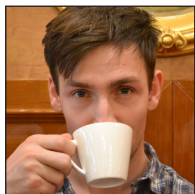
Switzerland



Alexander V Gheorghiu

## Ei Mei Kan Travels to Japan to Visit Chiba Sensei's Grave and Witness Shihan Mooney's 7th Dan Certification

It happens that I belong to a generation who do not call Chiba Sensei 'Sensei', as our seniors do, Alex Gheorghiu a remark which was once made precise to me by Sullivan Sensei. The reason being clear: we never met him, we never trained under him, we never even saw him. The legends abound though, and in our own dojos, from our own teachers and seniors (those who we really do simply call him 'Sensei'), we follow his work. That is the gift he gave, the transmission of the art.



Alex Gheorghiu

My teacher is Chris Mooney Shihan, a man devoted to Aikido for over forty years, whose relationship with Chiba Sensei is, by legend, deep, dark, and blindingly illuminating. His commitment, and the decades of teaching with which he expresses it, including to some of the most senior members of our organisation, is the reason for which he was promoted to the rank of seventh dan in this year's kagami biraki. This dedication, and the purity of heart with which Sensei practises it, I believe is the reason almost the whole of the dojo, Ei Mei Kan, decided to go with him for the certification.

At first it did not occur to me that I *could* go with Sensei to Japan for the occasion, it was too serious an event, and I was too junior. In some respect this is true, and at moments I was naïve in my approach, but one must not forget that regardless of what else Hombu dojo may be, it is an Aikido dojo – just go and practise. This is their humility, and it is beautiful. Consequently, it did not really hit me that I was going to Japan from 26 October to 4 November 2018 for this auspicious event until the return flight! Not that I had much time



Ueshia House: Doshu presenting Shihan Chris Mooney with 7th dan certificate

Photo: Sebastian Barudi



Ueshiba Home: (l-r) Izram Ali, Mircin Ch, Callum Thornton, Alexander V Gheorghiu, Doshu, Laura Anderson, Shihan Chris Mooney, Fero Slamnik, Asia Thompson and Marian Lupovich, 31 October 2018

Photo: Sebastian Barudi

to think about such matters whilst there.

When we arrived on the island, we immediately left Tokyo for the village of Hakone, southwest of the megacity. This quaint place has a 150 year old ryokan, one which Chiba Sensei took his newly founded Shihankai to in

2006; it is the perfect place to recover from a cross-continent journey. Note that being traditional it is entirely made of wood; has floors which really are tatami mats; and hosts no chairs. In response to this last point, Mircin Ch observed that the architecture was such that the detail of the

interior could only *be* appreciated from the lower setting of sitting on the mat, perhaps with some sake.

During the day the students took the opportunity to visit the local area, and were positively stalked by Mt Fuji, a BFG (Big Friendly Giant) if ever there was one. With respect to Fuji-san, I must say that it is the only wonder which I have seen, natural or otherwise, that exactly resembles its postcard. He subsequently accompanied us on our pilgrimage to Chiba Sensei's grave, but more on that later.

Hakone is situated in a valley, as much of Japan finds itself, where the nature qua nature and the people fuse in a wonderfully organic way which is true of rural peoples everywhere; Marian Lupovicz remarked that Hakone was twinned with Sinaia, a small town in the bosom of the Carpathian Mountains of Romania. If you would like to see some of the extraordinary journey, you should find Marian, he was kind enough to document it completely.

Once we had rested, it was time for the first part of our business in Japan: visiting the ancestors. Chiba Sensei does not rest in Hakone, but even further out, so our journey began with a series of local trains which allowed a panoramic of the Pacific Ocean. It was then a thirty-minute walk along inclines and declines to reach Chogenji temple, where on arrival Osho-san was playing football with some local children: tranquillity. His mother kindly took us to Chiba Sensei's grave, and the temple lent us some buckets and sponges so that we may follow the tradition of cleaning it and making offerings. We poured ourselves on the grave - use your centre! After the cleaning, we chanted the Heart sutra and offered incense.

I have read much about Chiba Sensei, watched and re-watched many videos, eagerly listened to numerous stories of this astonishing figure, but I never really expected to visit his grave, to say



Photo: Asia Thompson

At Chiba Sensei's grave: Izram Ali (head), Fero Slamenik, Mircin Ch, Callum Thornton, Alexander V Gheorghiu and Shihan Chris Mooney

hello. Bizarrely it made him real, it made all of it real. That's all I will say on this.

Our return to Tokyo was swift, it was by Shinkansen - Bullet train. These creatures are as formidable as their name suggests, however the ugly plosive used to describe them is a misnomer, they are simply beauty of engineering distilled. The same sentiment I wish to extend to public transport in Japan in general, yes it really is always on time, always clean, and always there.

Despite not speaking any more Japanese than the garbled tatami-dialect which fills occidental dojos, I had no problem navigating Tokyo without even requiring google translate. Lastly, even the smallest commentary on engineering in Japan is incomplete without mentioning the toilets: they're electronic. However, what most impressed us was that the washing tap drains into the water tank directly, what ingenuity!

In the morning we attended Doshu's class, it was phenomenal.



Photo: Asia Thompson

At Chiba Sensei's grave: Shihan Chris Mooney and George V Gheorghiu

Incidentally, one can often see Doshu reading a paper behind reception as one enters Hombu dojo, a surprisingly casual image. It happened that this day there was a film crew on the mat, making a program about Aikido for Japanese television, needless-to-say they interviewed Sensei and Asia Thompson. Doshu also gave a short demonstration, what good fortune we had! His ukes impressed upon me the most, at Hombu the mat is hard, but they were always up before they were

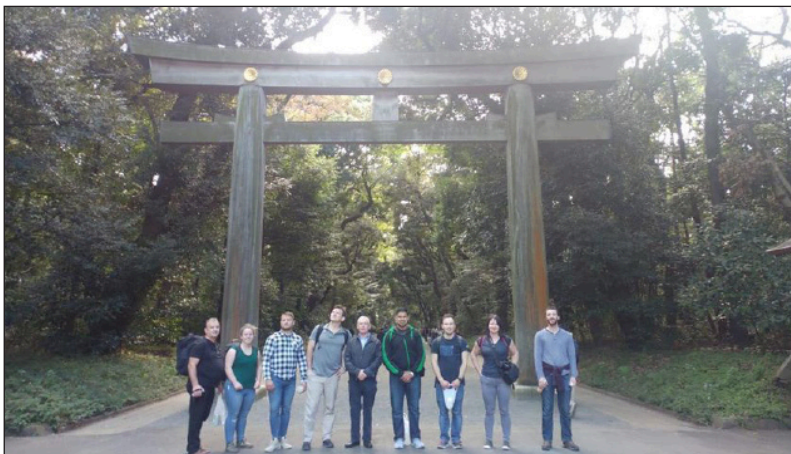
ever really down, without even flinching. In fact the hard mat is pleasurable to work on as you *can* bounce straight up on it, and suri-ashi comfortably - I miss it.

There were ninety people on the tatami, from all ages, working fiercely, and silently. At the university dojo, from which I come, we often must introduce newcomers to the notion of 'practising in silence,' but this really is simply a mimicry of the reality which is the economy of the phrase to just one word: practise. That's all, just practise, don't ask about 'right' or 'wrong' or 'rank' etc be polite, and just practise.

After the class we went back to our apartment, which was only fifteen minutes away by foot, and got dressed up for the certification. Then, ladies and gentlemen, we entered the Ueshiba family home, which is modest and pleasant. Doshu and Mooney Sensei sat opposite each other on a tatami mat, and as Mooney Sensei approached, he made a quick right turn to face the shrine in the room where he made an offering - so this is what we practise shiko for? Once he turned back, Doshu read the certificate and handed it over with care and deliberation.

All of us were invited on the mat, and we were told to sit informally ie, cross-legged, which none of us did at first after our years of training to sit in seiza. I think Doshu found this somewhat amusing, and urged us to spare our legs. He and Mooney Sensei then had a pleasant conversation, where what struck me the most was his surprise that we had every intention of training at Hombu for the rest of the week. We then left and celebrated in our apartment in the Japanese style ie, with plenty of good quality sake.

During our stay in Tokyo we also met Davinder Bath Sensei, who has recently moved there. Together with him, we attended Miyamoto Sensei's classes. Being a not-so-fresh fresh face in Aikido, despite having been to a



Meiji Temple: Marian Lupovich, Laura Anderson, Fero Slamenik, Mircin Ch, Shihan Chris Mooney, Izram Ali, Callum Thornton, Asia Thompson and William Simpson

Photo: Becca Simpson



Ryokan: Laura Anderson, Shihan Chris Mooney and Asia Thompson

Photo: Alex V Gheorghiu



Ryokan: Mircin Ch and Callum Thornton

Photos: Asia Thompson

few summer schools I have never met him before, and I will not repeat the warnings I was given before class! At Hombu, however, his classes are very well formed, built up from simple blocks to more complex waza expressing the same principles. Again, people just practise.

After his class(es), Miyamoto Sensei and his students took us to a pub(s) where the food was plentiful, regular, varied, and excellent - including sashimi, soup,



Meal at Ryokan



Ramen

Photo: Alex V Gheorghiu

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fried goods, noodles, tofu etc and the beer flowed just as smoothly as the sake. There are no chairs in these places, and they are no bigger than our party, which made these after-training-sessions intimate. At the end of the evening the yudansha would vanish with the teachers for a few hours, and the rest of us explored other smaller pubs, which often fit no more than ten people, or went home to drink. The former does not preclude the latter, making my time in Tokyo a sleepless one, and hence more than just a bit dream-like.

There is not much else to say that either doesn't double the length of this article, or would be so tantalisingly demure as to be unethical to mention. Ask any of the people who went on the trip and their story will show how much of a skeleton the above is, all the juicy parts x-rayed straight through. I have better advice than this though, which is simply to go to Japan and explore it, you will not be disappointed, I assure you.

Finally, I would like to thank Mooney Sensei for his many years of training generation after generation of Aikidoka, preserving Chiba Sensei's work and the lineage to O-Sensei. His patience for teaching fundamentals continually amazes me, and his tireless effort toward his students is inspirational. I would also like to thank him for this once-in-a-lifetime opportunity of travelling with him inside Aikido's home. ☺

**Alexander V Gheorghiu 3rd kyu**  
**Gen Sen Jyuku, Central Aikikai**  
**British Birankai**



Photo: Alex V Gheorghiu

Bar: Asia Thompson, Marian Lupovich, Laura Anderson, Miyamoto Sensei, Callum Thornton, Mircin Ch and Fero Slamenik



Photo: Asia Thompson

Marian Lupovich, Hostess, Callum Thornton, Mircin Ch and Alexander V Gheorghiu



Photo: Fero Slamenik

Apartment: Fero Slamenik, Mircin Ch, Laura Anderson, Callum Thornton, Asia Thompson and Alexander V Gheorghiu

# NOTICE-BOARD



## Shihan T Miyamoto 8th Dan to head BB Summer School 2019

This year 2018 we held our summer school at Worcester University with Etsuji Horii Sensei 7th Dan. It was great to see Horii Sensei again with mixed classes of weapons and excellent body art.

Next year we are holding BB Summer School 3-7 August 2019 again at Worcester University and with guest Shihan Tsuruzo Miyamoto 8th Dan Aikikai. Booking will be open in January for this Summer school and to

confirm accommodation the accommodation fee has to be paid and is not refundable due to Worcester University rule changes. There will be flyers at the Spring Course and details will be available to view online as of January 2019.

Our Spring Course will be held at the Bilberry Centre on 23-24 February 2019 with Shihan Tony Cassells 7th Dan and Shidoiin Mark Pickering 6th Dan instructing. Details will be on the

BB website [www.britishbirankai.com](http://www.britishbirankai.com) in due course.

There was a great atmosphere at summer school this year and I hope you can all join us once more next year to make it a success. ☺

**Stuart Lovering**  
**Course Organiser**  
**Tudor Grange Dojo, Central Aikikai**  
**British Birankai**

### *British Birankai Aikido* *Spring Course 2019* *Shihan Tony Cassells 7<sup>th</sup> Dan* *Mark Pickering 6<sup>th</sup> Dan*



*Ido* 12:00-13:15 *Saturday.*  
*Aikido/Weapons* 13:30-16.00 *Saturday.*  
*Zazen* 8:00- 8:45 *Sunday.*  
*Aikido/Weapons* 10:00-14.00 *Sunday.*

*(Subject to change)*

*Prices: Whole weekend £40 (£30)*

*Daily £25 (£20) (Concession)*

*All organisations welcome*

*Bilberry Hill Centre*  
*Rose Hill,*  
*Lickey,*  
*Birmingham*  
*B45 8RT*

*Contact Stuart*  
*07759711370 or*  
*loveringstuart@gmail.com*



**British Birankai**  
**Aikido Summer School**  
 with  
**Tsuruzo Miyamoto**  
 8th Dan Aikikai  
 and  
 BB Shihans plus Teaching committee members

**Saturday 3rd - 7th Wednesday August 2019**

**COST**

Training weekly £125 (£75 concession)

Daily £30 (£20 concession)

Accommodation £32 per night

(non refundable but payment required to confirm booked)

**Venue**  
**Worcester University**  
**St Johns Sport Centre**  
**13 Malvern Road, Worcester,**  
**WR2 4LE**

*Come and join us to take part in:*  
 Zazen  
 Iaido  
 Aikido  
 Weapons classes  
 Formal meal (booking required)  
 Social evening  
 and more

Contact Stuart Lovering ([stuart@britishbirankai.com](mailto:stuart@britishbirankai.com)) for information or booking  
 ([www.britishbirankai.com](http://www.britishbirankai.com))