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# Aiki Mail

**The official newsletter of the Zen Eikoku Tomiki Aikido Renmei**

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**News**

BASAA/ZETAR Instructor Mark Hayes Watkins 2<sup>nd</sup> Dan Tomiki Aikido, 1<sup>st</sup> Dan Daito Ryu gives Aikimail an insight into art of Daito Ryu

**Daito Ryu**

They sometimes call Daito Ryu the hidden roots of Aikido its more like the hidden pain of Aikido. As I found out when I joined the European Daito Ryu in Italy which is part of the School the late Takeda Tokimune son of the famous Sokako, set up in Abashri Japan. Sokako being famous for teaching Ushiba Daito Ryu. My first experience was the atemi practice where you get kicked and punched continuously. On your first visit it seems you get kicked and punched a bit more, to see if you are serious about your training. They are very keen to preserve the teachings and the discipline. There are allot of obvious similarities with Aikido and its interesting to see where the techniques started. The atemi forms part of the balance break, and there isn't an emphasis on ukemi. The idea being if your uke has been able to roll away from the technique, your technique wasn't affective as you allow your self to be attacked again. I have just c

back from Italy where I received my Shodan and will continue our Daito Ryu group here in the South.

[www.daito-ryu.co.uk](http://www.daito-ryu.co.uk)



**BAB Membership**

Some members of Shoshinkan and ZETAR have held BAA/BAB membership for some time. We have decided to withdraw our membership of the BAA. The Aikido Development Society has kindly allowed us to register with them and maintain our BAB NGB Coach awards. These are recognised by Sports Coach UK. This gives our coaches a choice of BAB or MASTARR coach qualifications.

**Combat Magazine**

ZETAR was featured in the August edition of Combat Magazine.

**Events**

**ETAF Shidokan Aikido Course Sheffield**



Saturday 18<sup>th</sup> & Sunday 19<sup>th</sup> August the ETAF Shidokan played host to a Koryu No Kata course at the English Institute of Sport Sheffield.

Course tutor was Dr Lee Ah Loi 7<sup>th</sup> Dan Aikido Shihan JAA Shidokan, 7<sup>th</sup> Dan Iaido ZNKR, 7<sup>th</sup> Dan Jodo.

Dr Lee covered the weapons section of the Koryu Dai San and the Koryu Dai Ichi. She also taught a session of Jodo which proved very interesting as it

showed the relationship between Tomiki Aikido & Jodo. Zen Eikoku Tomiki Aikido Renmei was represented by Sensei Shaun Hoddy, Sensei Greg Barton & Sempai Alan Cooper. Dr Lee is now based in Perth Australia both Shaun Hoddy & Greg Barton were long tern students of her with Shaun studying Aikido under her direction for 23 years at her club in Wandsworth London.

**Zen Eikoku Tomiki Aikido Renmei Junior Aikido Competition**

Zen Eikoku Tomiki Aikido Renmei is hosting a Junior Competition at Waterside Farm Sports Centre Canvey Island Essex. Saturday 6<sup>th</sup> October. For details Tel 07773935808 e-mail [shoshinkan@bluevonder.co.uk](mailto:shoshinkan@bluevonder.co.uk)

**Koryu Dai San Weapons Seminar**

The Zen Eikoku Tomiki Aikido Renmei in association with the Aikido Development Society is hosting a Koryu Dai San Weapons Seminar at Waterside Farm Sports Centre. Canvey Island Essex. 2.30pm-6.00pm. Saturday 3<sup>rd</sup> November 2007 Course tutors Shaun Hoddy 6<sup>th</sup> Dan & Greg Barton 4<sup>th</sup> Dan. [www.tomiki-aikido.org](http://www.tomiki-aikido.org)

**MASTARR Courses**

MASTARR is holding an International Training Weekend November 10<sup>th</sup> 11<sup>th</sup> 12<sup>th</sup>. The courses cover HSE first Aid, Child Protection, CIEH health & safety instructing & coaching. Also available is the PTC three day course this course allows successful candidates to teach first aid to appointed persons level, child protection, health & safety and instructing and coaching. These courses are accredited by CIEH and recognised by NHS and other government agency's Venue Bradford Hilton. To Book 07773935808 [www.shoshinkanaikido.co.uk](http://www.shoshinkanaikido.co.uk)

**ZETAR National Grading**

ZETAR is holding a national grading on Saturday 17<sup>th</sup> November at Waterside Farm Canvey Island Essex 2.30pm [www.tomiki-aikido.org](http://www.tomiki-aikido.org)