



BRITISH AIKIDO FEDERATION

Newsletter



FIRST JUNIOR SHODAN

It gives me great pleasure to announce that the very first British Aikido Federation junior Shodan grade was awarded to Hannah Sherratt from Manchester Dojo at the course with Ian McClarence Shihan on the 27th November 2022. Robert Yates Shidojin who runs the junior section of Manchester Dojo had the following to say.

Hannah Sherratt the first BAF Junior Shodan came to train at Wa Go Kan Manchester at the age of 8 having initially trained in Lanzarote from the age of 5. At that time the club didn't have a junior section and although one or two younger teenagers had come along to train, they sadly eventually drifted away.

As Hannah continued to train on a regular basis one or two other children started with us and although they were kept separate, the training conditions were not ideal for the children and some adults were disappointed with sharing the mat and restricting their practice. Luckily with the support of the BAF grant scheme, we were able to buy some mats so we could run two separate classes.

“The first class consisted of five children and with no other volunteers, I decided to take it on and see if my nerves would cope!”

Hannah's dedication to her training and improving her Aikido was inspiring to the other children and not only made teaching easier for me but motivated me to improve so I didn't let them down. I decided not to accept children under the age of 10 so that we could concentrate on tai sabaki and techniques rather than the need for games and entertainment. I've noticed that when teaching children, they tend to look to each other for confirmation and having Hannah as a focal point and an inspiration helps everyone.

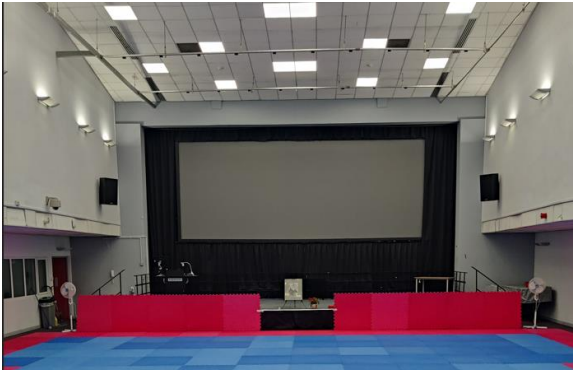
We now have a group of around twenty kids across all grades and abilities, each one developing at their own pace, hopefully having fun! Some have brought parents along to the other class and they are progressing at a slower pace!

I would encourage anyone that has the facilities, motivation and patience to try and run a children's class, there is a lot of self-reflection and reward!



Caroline Smith

Almost time...



British Aikido Summer School 2022

We are fast approaching Summer School which will be held from the 5th August to the 11th August at the University of Chester.

If you have not already done so, head over to www.bafsummerschool.co.uk to secure your place at this year's event.

Representing Doshu and Hombu Dojo will be Sho Umetsu 5th Dan Shidoin. This will be Sensei's first visit to the British Aikido Federation Summer School.

BAF instructors include Ian McClarence 7th Dan Shihan, Chief Instructor for England and Don Morgan 7th Dan Shihan, Chief Instructor for Wales.

For those attending Summer School for the first time, we have put together some FAQ's to help you navigate the week.

You can also head over to the BAF Summer School website where you will find lots of useful information including a map of campus confirming where the dojo's are, social events and a first timers guide!

Q: It's my first ever Summer School. I am not sure what to do?

A: Welcome to your first Summer School! Head on over to the BAF Summer School website and check out the information section. There is a guide for first-time attendees along with lots of other useful information.

Q: What do I do when I first arrive?

A: Whether you are coming for a day or the whole week, the first thing you need to do is check-in at the office with the Summer School Organizers.

This year the office will be located in the Binx building. Check out the map on the Summer School website if you are not sure where to find the Binx building.

Don't forget to attend the welcome meeting on day one! Any important announcements or changes will be made then.

Q: Will there be people of a similar grade to me?

A: Yes! Most definitely! There will be people who have only just started Aikido all the way through to senior Yudansha within the BAF.

Q: I am worried I won't know anyone there...

A: That's fine! We are a friendly bunch. Just strike up a conversation in the bar or say hello during the break. Summer school is a place where you make new friends as well as practicing your art.

Q: What happens in the evening?

A: Some people head off to Chester for food at one of the many local restaurants. Others like to remain on campus and cook for themselves or order takeaway. Generally, most people end up in the student bar after dinner to socialize, play pool and meet new friends.

British Aikido Federation Ask the BAF

This section has been designed to give BAF members a chance to ask questions of the BAF.

If you would like to submit a question, then please do so by emailing BAFNewsletter@outlook.com.

Q: When is Summer School 2023?

A: Saturday 5th to the 11th August 2023

Q: Where can I find information about upcoming national courses?

A: Check out the BAF website

Q: If I have a suggestion about Summer School, who should I send it to?

A: Send suggestions to the summer School organizers.