

BAF NewsLetter

NewsLetter

Welcome to another edition of the British Aikido Federation newsletter.

If you wish to submit an article for the British Aikido Federation newsletter then please do so using the email address:

BAFMembers@outlook.com



Summer School 2024



It has been a good year for the British Aikido Federation, and another successful Summer School!

On behalf of the National Committee, we would like to thank all members of the British Aikido Federation who attended Summer School whether that be for the whole week or a day training.

We would also like to thank the Summer School organisers who help to make the event a success.

In this edition of the British Aikido Federation newsletter, you will find a profile on David Yates Shihan, member of the Technical Grading Committee and National Committee.

The results of the 2024 AGM can be found on page 2, along with the appointments of grading committee, Shidoin and Fukushidoin.

Jump to page 3 for an article by Karolina Packo on what it was like starting her own Dojo.

On page 3, we also share some exciting news about the BAF website and work being done.

The junior from Manchester Dojo made an appearance at Summer School again! Read what their instructor Robert Yates had to say!

On page 4 you can find details of the upcoming National and local courses! Further information about BAF courses can be found on the website:

www.BAFOnline.Org.UK

Page 5, well done to everyone who took gradings or were recommended for promotion!

Profile: David Yates 6TH Dan Shihan

We asked the members of the Technical Grading Committee for a brief biography. David Yates 6TH Dan Shihan of Wa Go Kan was happy to oblige and had the following to share.

Name:

David Yates

What is your current grade:

6th Dan

What titles and positions do you current hold:

- Shihan
- Member of the BAF Technical Grading Committee
- Treasurer for the BAF

Where do you train:

Wa Go Kan, Manchester

When did you start Aikido:

August 1973

What was it about Aikido that appeared to you:

I was looking for a martial art to practice and there was an Aikido dojo at the place where my father worked. He suggested having a look and as soon as I did, I was hooked.

When did you become an instructor:

1976



How often do you practice and or teach:

Practice at least 3 times per week and teach 1 class per week.

What is your favourite technique:

Ikkyo, the basis for all other techniques.

What are you working towards in your own practice:

I am trying to adapt my ukemi as I get older. I train regularly so I need to work on that aspect to ensure I can continue to train.

Any other comments you wish to make:

I liaise with the Aikikai Hombu Dojo on behalf of the BAF and I must keep that relationship going so that the BAF continues that contact and hopefully, has an Aikikai Shihan sent to our summer school each year.

What would you advise anyone thinking about taking a grading?

- Make sure you have your instructors agreement (it should be at their suggestion).
- Prepare well in advance to ensure you have the correct level of technical knowledge for the test you are taking and the required level of fitness to enable you to perform well on the day.
- Attend as many courses as you are able to before your grading
- Ensure you submit your grading application paperwork well in advance (your instructor needs time to write some suitable comments)
- On the day of your test, ensure you are in good health to allow you to put on a good performance
- Enjoy it!!

Thank you Sensei David Yates for taking the time to answer our questions!

During Summer School 2024

the grading committee, Shidojin, Fukushidojin were confirmed as follows:

Grading Committee:

- Don Morgan
- Ian McClarence
- Ken Marsden
- Peter Gillard
- Steve Parr
- Brian Smith
- David Yates

Shidojin:

- Alex Megann
- Andy King
- Rob Yates
- Allen Hagan
- Despina Kyriacou
- Russell Milton
- Andrew Marginson

Fukushidojin

- Arabella Braun
- Simon Fraser
- Caroline Smith
- Nick Belshaw
- Paul Hughes
- Gudrun Rieck
- Karolina Packo

British Aikido Federation AGM

The British Aikido Federation Annual General Meeting was held at Summer School on Tuesday 6th August.

Stepped down:

- Nick Belshaw
- Gudrun Rieck

The National Committee for 2024 to 2025 is as follows:

- **Chairman:** Peter Gillard
- **Vice Chairman:** Russell Milton
- **General Secretary:** Caroline Smith
- **Treasurer:** David Yates
- **Membership Secretary:** Allen Hagan
- **Child Protection Officer:** Andrew Peterson
- **Senior Members:** Ian McClarence and Ken Marsden
- **Member Representatives:** Karoline Packo and Mark Storey

Official Photographs

Check out the BAF Socials on Instagram and Facebook to view the official pictures from Summer School 2024!

If there are any concerns with the images used on the BAF social media pages, please contact the general secretary via email:

BAFGeneralSecretary@outlook.com

The Beginning of Northwich Aikido Club

We Spoke to Karolina Packo, head instructor at Northwich Aikido club to hear about what it was like opening her own Dojo...

My Aikido journey started over 25 years ago in Poland when I first was introduced to this martial art. I enjoyed its uniqueness, exercise and it soon became part of my life.

When I moved to the UK, the first thing I did was to find an Aikido club (Chester) where I practice to this day. Fast forward to 2022 and I found myself opening a dojo in Northwich, Cheshire.

I have always enjoyed Aikido, the practice, the Aikido community and I wanted to share it with others. And since there was no club where I lived and I enjoyed teaching, an idea of opening my dojo was born.

Luckily, I managed to find a local venue that was perfect for a dojo at the "Second Nature" Jiu- Jitsu club based in Wincham, Northwich. The owner was more than happy to have an Aikido Club there and to share our mutual passion for martial arts. Since February 2022 the club has slowly grown and we had our first grading in November 2023. A very proud moment for the Northwich Aikido Club!

Northwich Aikido Club wouldn't exist without the amazing support I received from my friends and instructors at the Chester Aikido Club and everyone at the British Aikido Federation; from words of encouragement to sorting out the insurance or help with the social media. Everyone was extremely helpful for which I am grateful.

Starting a club may not be easy but it's well worth it. It brings me great joy seeing my students making progress and enjoying the classes. I am looking forward to seeing the Northwich Aikido Club grow, and for more people to discover and enjoy Aikido.

Juniors spotted at Summer School (Again)!



It was great to see 4 junior BAF members from Manchester Aikido club attending Summer School 2024.

Here is what their instructor Robert Yates had to say...

At this years summer school, Manchester Aikido Club were delighted that four of our junior members were able to attend on the Sunday.

They initially trained with Don Morgan Sensei in the morning class and in the afternoon they had their first experience of Kanazawa Sensei, which they all thoroughly enjoyed. Both Don Morgan Sensei and Kanazawa Sensei allowed the juniors to demonstrate their abilities, youthful flexibility, energy and natural undertaking of training.

The youngsters desire to interact and learn was obvious to see, I really hope that it will encourage more to attend next year as there are a reasonable number of younger students in the northwest that are within easy reach of Chester!

British Aikido Federation News

At the National Committee meeting at Summer School, it was decided that the BAF website would be a focus project. The current website is outdated and can be difficult to navigate.

The aim will be to give the website a face lift and update all the information on there making it accessible, relevant and accurate!

Further updates about the project will be released as key milestones and targets are hit!

All information about upcoming National and Local courses, including venue details, prices, times etc can be found on the British Aikido Federation website:

www.BAFOOnline.Org.Uk

Click the details link on the calendar page to view the poster or website for the course.

Upcoming events

- **7th September: Colwyn Bay**
Brian Smith Shihan
- **21st September: Greenwich**
Colman Glynn
- **2nd and 3rd November: National Course - Cardiff**
Instructors to be confirmed.
- **17th November: North West Local Course - Manchester**
Caroline Smith Fukushima and Karolina Packo Fukushima
- **7th and 8th December: End of Year Course - Cardiff**
Instructors to be confirmed
- **7th December: Greenwich**
Colman Glynn

YUDANSHA / IKKYU GRADINGS 2024 (1)

IKKYU

Sunny RAFERTY – WAGOKAN (Manchester)

Vasili (Wesley) PANTSJOHA – WHITECHAPEL

Pawel KROL – OXFORD

Mark REDDISH – SEISHINKAN (Southampton)

Rhuadan BUDGE – WAGOKAN (Manchester)

SHODAN

Osian RICHARDS - SWANSEA

Maxime HERBAUT – WAGOKAN (Manchester)

Kieran HOOD – SWANSEA

Gareth HUGHES – CONGLETON

Andrew WILLETT – SWANSEA

Aaron GREENWOOD - GREENWICH

NIDAN

Simon BENNETT – GREENWICH

Wai YEUNG – WAGOKAN (Manchester)

Antonio PAYA CAMINO – WHITECHAPEL

Hernan RODRIGUEZ NEBOT - OXFORD

SANDAN

Umar SALEEM – WAGOKAN (Manchester)

YONDAN

Phil HADFIELD – WAGOKAN (Manchester)

Kagami Biraki

Ian BREEN – SHOBUKAN (Cardiff) - Nidan

Alice COURVOISIER – PRESALI - Nidan

Tim SOAR – SWANSEA - Yondan

Ron WATTS – SHOBUKAN (Cardiff) -Godan

Arabella BRAUN – Aikido West Masbro – Godan

Stephen GENDLER – RYUSUIKAN (Chester) - Godan