

Aikido Shudokan-Matters

Issue 1
January 2012



Sensei Ken's Spotlight

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How many times have we been in the routine of doing something that was good, and then just stopped doing it? Actually this relates to the practice of Aikido perfectly but that's not what I mean on this occasion.



Years ago I used to produce a monthly circular which was well received but then I just got out of the habit. So..... here we go again. Here is the brand-new all singing and dancing Shudokan Monthly Circular. Which sounds really boring doesn't it, hence the competition we ran a short while ago which gave us the catchy name you see at the top of the page. A big thank you to our winner Martyn Fisher

I thought a good way to start each edition would be to spotlight one instructor per month, let you get to know us a little better maybe, and possibly give you an insight to the madness I have to endure each day. I suppose it should start with me. Other than Martial Arts here's my life in half a page.

Born in Newcastle in the late 50's I mean VERY late 50's my burning ambition was to follow in the footsteps of my father, who flew on Lancaster bombers in WW2, and join the Royal Air Force as aircrew. Somehow in spite of my worst efforts at school, it actually happened. I was posted to Officer training at RAF Henlow in 1977 aged 17, I got re-coursed for amongst other reasons, being a Geordie I couldn't "speak proppa Hinny" A few elocution lessons and months later I eventually graduated and started Pilot training. Another long and rocky road lead to me flying the Canberra bomber on 360 squadron and then onto the Tornado F3 Fighter on 23 Squadron. I had a great time and would heartily recommend a military career to any youngster.

I decided to leave the RAF at age 38 and went into retail with Games workshop as a head of retail for the South West and Holland. Serving in the gulf war was far easier than this, and not being a fan of office politics I soon found a way out. I will say though in terms of acquiring business knowledge my time with Games Workshop was very educational. At this point in my life I threw my lot in with a very dodgy looking crew called Men in Black who indulged in corporate training and charity fund raising. I had a great time with Men in Black and actually made some money. Money does not sit well around me, I have to spend it, so 10 years ago I spent every-thing I had, took a huge scary leap into the unknown and invested in the Dojo, with only 28 students. The rest, as they say, is history. It's been hard work but I have met some amazing people and made some wonderful friends at the dojo. Not least of which I met my wife Jo here. That is a whole separate story which I will



leave to her.

I love cooking which is just as well because Jo is hopeless at it. (ask her about the fire brigade story) So I can often be found slaving away in the kitchen on a Saturday while my football hooligan wife is at the match. I seem to have got things the wrong way round there. I am a proud father of 4, step father to 2, and Grandfather to 2 so I am always broke. Love my dog Roxy who takes at least 90 minutes of my time every day walking her, which is great but that means I have no time either. But it's a great life. I feel privileged to be in a position to own one of the largest Aikido schools in the world and to be able to impact the lives of so many people.

Osu



Student of the month

This month Joseph Bell has won the student of the month trophy.

As always there were many students who could have won the trophy, but for us, Joe was at the head of the pack.

Joe has continued to increase in both ability and attitude, not to mention sheer grit and determination.



A BIG Welcome to our new students!

Adults:

Toby Simons
Deks Johnson
Andrew Slack
Rachel Romaro
Ben Robson
Matt Town

Juniors:

Meg Little
Iman Ahmed
Ibrahim Ahmed
Niall Dockery
Damian Jago
Jake Beresford-Allen

Little Dragons:

Harley Nehra Charlie Kershaw
Niall Storer

Best Attendance for Jan!

Adults

1. Richard Evans
2. Martin Watts
3. Travis Pearce
4. Paul Baker
5. Andrew Tanser
5. Daniel Grant
7. Derek Graham
7. Diane Trinder
7. Raj Subbarao
7. Simon Danby

Juniors/Cadets

1. Sercan Yertec
2. Andrew Smith
2. Bradley Dsouza
2. Gabriel Oyaide-Nicholls
5. Dan Fretwell
5. Eleica Hines
5. James Cureton
5. Junait Iqbal
5. Luca Geary
10. Ethan Reddish

Dragons

1. Oliver Cureton
1. Oliwier Wroblewski
3. Jakub Wantoch-Rekowski
3. Marcel Bedward
5. Bertie Lamb
5. Eddie Lamb
5. Hamish Malcom
5. Noah Yarnall
5. Robin Demushi
10. Arabella Stevenson

If your name isn't here, make sure it is next time!

Dates for the Dairy

25th February -dojo walk, 24th March - Black belt testing, 16th March-Generation mat,
17th March- Red nose day, 23rd March-safety and awareness course.

Jan's Fact

Alexander Hamilton and his son, Philip, both died on the same spot, and both during duels. Philip went first, 3 years before his father would be killed in that same field by Aaron Burr.

Sensei's Corner



I thought a great way to kick off the new circular would be to give you a short history of Shudokan Aikido.

The story begins with Sensei Thamby Rajah who is the uncle of Sensei Joe Thambu who teaches at our summer school. Sensei Thamby's foray into the martial arts began with his training in Judo and JiuJitsu. Sensei Thamby travelled to Japan to further his studies in Judo at the Kodokan, the Judo's World Headquarters. In Japan, Sensei Thamby trained under many notable Judo teachers, including Mifune Kyuso Sensei (10th Dan), one of the foremost teachers at the Kodokan. Whilst training at the Kodokan, Sensei Thamby was introduced to Soke Gozo Shioda, the founder of Yoshinkan Aikido. The natural beauty and grace of Aikido drew Sensei Thamby and as a result, Sensei Thamby combined his training of Judo with that of Yoshinkan Aikido.

A year later, Sensei Thamby returned to Malaysia, having been awarded a Shodan in Judo and a Black belt in Yoshinkan Aikido (the first Malaysian to do so). After returning to Malaysia (then known as Malaya) in 1952, Sensei Thamby set up the first Aikido and Judo dojo (training hall) in Malaysia and called it Shudokan which means "the place to study the way". The name of the school was given to Sensei Thamby by Soke Gozo Shioda. Master Thamby lives and teaches in his dojo to this day.

Soke Stratton (July 17, 1936 – March 9, 2000) was my teacher. At the age of 19 whilst on National service in the Army as a cook, he was posted to Malaya, where he met Master Thamby. Eddie Stratton had been trained in Boxing, and after watching and studying Master Thamby for quite some time he thought he could use his boxing skills to defeat him. Master Thamby accepted the sparring challenge at which point the Aikido students present, with big smiles on their faces retired to make room and watch the fun.

After picking himself up off the floor for the third time Eddie Stratton requested to train under Master Thamby. Eddie Stratton became a dedicated and devoted student. On his return from Malaysia, he introduced Yoshinkan aikido for the first time to Great Britain in the early 1960's.

He travelled to Japan and trained under Kancho Gozo Shioda. Later, Kancho came to England and stayed with Stratton. In 1998, after one of Sensei Thamby Rajah's visits to the UK, Stratton Sensei received his 9th Dan in Shudokan Aikido.

He died on the 9th March 2000 after a long fight against cancer. Leaving the administration and the running of the Shudokan to both Sensei John Russell and myself. Sensei John Russell was one of Soke Stratton's longest serving students, who like Soke Stratton served in what was then Malaya. Some two years later, due to a long term and worsening knee injury Sensei Russell decided to step down from running the Shudokan leaving me the sole head of the organization. Sensei Russell remains the President of our association and when visiting the UK from his home in Florida often visits our Dojo to teach.

"Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius -- and a lot of courage -- to move in the opposite direction."

Yiannis Greek Restaurant

Yiannis has trained with us for 4 years now and he is an orange belt and working his way to black belt, but aikido isn't all he does. His restaurant was described as one of the "best little bistros in Nottingham" by the Nottingham Evening Post in 2010, and also "the perfect place to relax and enjoy a delicious selection of Greek Mediterranean dishes and mezédés".

The steady stream of people visiting the restaurant shows that it has really developed a reputation second to none. A host of regulars and newcomers continue to enjoy the delights of the friendly staff and welcoming atmosphere.

Visit our website on www.yianniscaterer.co.uk

Email: info@yianniscaterer.co.uk

To book booking telephone : (0115) 9691335 or (0115) 9856648

Open from 11.00 to 14.30 and 17.30-late Monday to Thursday.

Friday and Saturday-open all day from 10am til late.

Would you like your business advertised here? Let us know and you could be in next months issue!



Motivation Of The Month

SUCCESS

To laugh often and much;

To win the respect of intelligent people and the affection of children;

To earn the appreciation of honest critics and endure the betrayal of false friends;

To appreciate beauty;

To find the best in others;

To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition;

To know even one life has breathed easier because you have lived;

This is to have succeeded.

Ralph Waldo Emerson

COMPETITION TIME - 14 DAYS OF LOVE!!!!



The best of Nottingham are running a competition at the moment which is from 1st Feb -14th Feb. To enter this competition all you have to do is fill out a leaflet that will be on the front desk when you walk in. Or you can go online to

<http://www.thebestof.co.uk/local/nottingham/recommend>

By doing one of these you will be entered into the competition and you will be entered into a draw to win.

1st Prize - Orient Express Experience

2nd Prize - Dinner for 2 at a Michelin star restaurant.

3rd Prize - Silverstone Ferrari driving experience

Word search

AIKIDO
BALANCE
BLACKBELT
CONCENTRATION
DOJO
FLIP
HAND
HOLD
JABS
JACKETS
JAPAN
JUDO
KARATE
KICKS
MATS
RANK
RULES
SELFDEFENSE
SHOULDER
STANCE
STUDY
TECHNIQUE
THROW

H	M	R	C	G	F	L	L	P	C	Y	L	A	U	K	W	L	J	R	Z
I	B	I	X	L	T	U	E	F	Y	O	B	S	H	M	F	H	T	X	M
J	M	T	L	U	C	G	W	T	J	E	J	Z	V	A	D	G	E	J	O
K	P	U	R	X	F	H	B	S	G	U	U	O	T	I	K	S	L	J	Q
D	H	Z	C	C	A	T	D	W	X	Q	V	D	E	D	E	N	V	T	E
R	B	U	W	Y	V	E	I	N	X	I	S	I	V	N	O	T	O	R	C
A	E	L	L	A	E	W	A	X	A	N	E	K	I	I	L	Q	D	F	D
N	S	D	N	E	V	O	O	N	A	H	L	I	T	E	Z	Y	Q	L	Q
K	S	I	L	G	L	D	Y	R	R	C	U	A	B	A	T	F	J	S	R
Y	Y	L	S	U	K	L	D	M	H	E	R	K	A	R	A	T	E	O	S
G	W	R	H	T	O	O	U	S	N	T	S	O	I	T	O	R	L	N	N
S	F	M	T	O	E	H	T	I	N	A	Y	R	Z	X	T	T	Q	D	Q
A	B	S	K	C	I	K	S	E	L	F	D	E	F	E	N	S	E	D	G
S	N	B	T	T	T	T	C	B	M	O	O	A	T	L	A	H	A	U	B
R	O	I	S	J	A	N	F	A	X	O	J	J	V	H	I	M	X	Q	P
D	E	Y	H	N	O	U	T	L	J	T	O	U	Z	E	X	P	D	T	A
Y	I	H	C	C	Q	S	J	A	A	S	Q	Z	D	S	W	R	V	V	P
A	L	E	H	R	H	I	B	N	P	E	T	S	A	O	H	I	D	A	N
L	G	O	J	O	T	S	W	C	A	E	G	H	Q	M	I	Y	I	F	D
R	P	A	S	S	W	X	I	E	N	P	L	K	H	A	I	G	Z	N	D