



Message From Mrs Smith

Dear Friends,

I would like to say a big thank you for all of the wonderful tributes that have been paid to Mr Smith since his death last year.

First at the course in Lowestoft; thank you Frank for that wonderful weekend and for everyone that took part. It was a very emotional experience.

After that the journey to Athens where Gordon & Philip were invited to take a special

course' once again very emotional. Thank you George for such lovely memories, to Babis for a wonderful lunch by the sea, and for all my friends who travelled to both venues; Pat, Gordon, Anne, Guy, Philip Winters, David Lenton and especially my son Philip without whom I would have found things very difficult at times.

To all of you in the UKA I really can't express how I feel; for the memorial course at Cradley Dojo, and the lovely seat in the garden at

Harper Adams, which I am sure we will all enjoy for many years to come. I am so grateful to you all for all your continued friendship and caring and still feeling part of you all.

I am so pleased that things are going well Mr Smith would be proud of you all and if you continue to work together you can only go from strength to strength.

God bless you all

Mrs Smith.

Aikido Course with Cath Davies, Mary Fuller and Fiona Blyth

Cath invited Mary Fuller and Fiona Blyth from New England Aikikai to teach a course with her on 22nd and 23rd September 2007 at the King's Heath dojo. I only practised on the Sunday, along with three others from London and two from Sheffield. Mary was visiting Cath during a month long stay in Europe, while Fiona had just come from Boston for the weekend.

It's not often that a course really takes you away from your comfort zone. After the warm up, Cath taught some Endo Shihan inspired ikkyo, shihonage and other techniques, then gave the rest of the day to Mary and Fiona. Their aikido comes from Kanai Shihan, who passed away a few years ago and whom it was clear they both remember with appreciation and affection. Except for the

occasional uki otoshi or kiri otoshi, the names of the techniques were familiar enough, as were the tai sabaki, but the execution of the techniques was less so. It was easy to recognise a kotegaeshi or koshinage and think that you knew what was being taught, only to find yourself struggling against reverting to a more accustomed form, or else see a shihonage variation and take several attempts before

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Newsletter Article
Submission Deadlines

February 08
Deadline - 17th Jan 08

April 08
Deadline - 17th March 08

June 08
Deadline - 17th May 08

August 08
Deadline - 17th July 08

October 07
Deadline - 17th Spet 08

December 08
Deadline - 17th Nov 08

The Newsletter is now available online at: www.ukaonline.org.uk .If you wish to subscribe to the newsletter and receive updates on information and courses to do with the UKA then email webmaster@ukaonline.co.uk. The new look web site also has lots of other information on and about the UKA and Aikido. Lots will be happening to the online facilities the UKA will be offering its members over the next year, so let us keep you informed. Subscribe to the email newsletter and alerts today!



Ask A ShidoIn - continued

working out exactly what had been demonstrated. But with plenty of space on the mat and Mary's and Fiona's patient and helpful teaching, I think we all made some progress in the right direction.

Although all of us had become a little lost at one point

or another: practising an unfamiliar aikido style can be a good reminder of the need to guard against complacency, as well as giving perspective to examine your own practice. It was encouraging to hear Cath tell us at the end of the class that everyone had made an effort to try to

follow what was being taught rather than just lapsing into more familiar territory, even if we didn't always get it.

Neil Kennerley



Alan Smith, ShidoIn, Ren Shin Kan, writes:

I have not been asked to write for this Newsletter but I think I need to write this.

To all 6th kyu to 10th dan: my Newsletter article is a "thank you" to all the people that have been able to help my Aikido to develop. From my roots at Ren Shin Kan Dojo, Cradley, I thank my friend forever, Mr Smith. Also my sempai, Mr Jones and all

instructors of the UKA. To all the wonderful people of Wales; to all the great people of Scotland to my close friends in the North and South of England; to my instructors and friends in London. I thank you all.

To my students at Sanyokan Dojo – thank you for your loyalty and belief.

To the instructors and friends in Hombu Dojo – thank you.

You, the people of aikido, have helped my aikido to flourish.

The journey has been a great experience. The journey ahead for me is very exciting. Dear friends, please follow the way of Aiki: it will not let you down.

Members' Notices

From The Newsletter Team.... Important Information for all Members

At this year's AGM, Chair Person, Gordon Jones, stated plans to take the UKA forward over the next five years. As the UKA develops, it is vital that members have access to up to date news and events.

Recent changes in the way the UKA Newsletter is being distributed means that most members now receive the Newsletter by e-mail. It is, therefore, important that members advise The Newsletter Team of their e-mail address and of any subsequent changes.

Please can all **Instructors / Club Secretaries** ensure that they make new members aware of this and take responsibility of passing on to The Newsletter Team new members' e-mail addresses. This will guarantee that new members start to receive the Newsletter.

Details to be sent to: newsletter@ukaonline.org.uk



Articles for Scribe

It's been great to have so many articles sent in recently – thanks to everyone who's taken the time to write about a foreign trip; a course or to write an article about an aspect of aikido.

May I ask you all to consider the length of the article you're sending. I've had a few articles recently that have been 3 pages long: this will nearly always be too long to included without some fairly major editing. Ideally, articles should be a maximum of 2 pages.

Many thanks and keep sending them in!

Cath Davies
Editor

Change of Address and Change of Address Notifications

Please note that notifications of change of address should be sent to Guy Needler, General Secretary, in the form of a new (and signed) membership form. This is the only way, legally, that we can accept notifications. Enquiries to the new General Secretary should be sent to:

Milestone Cottage
Alcester Road
Portway
Birmingham
B48 7HT

Courses

UKA Courses 2008

- 20th January
- Winter School: TBC
- 8th June
- Summer School: 16th - 23rd August
- 19th October

Updated course and January course information is available on the UKA Website

www.ukaonline.org.uk

Courses STOP PRESS

SUGAWARA SHIHAN IN SCOTLAND , 15 & 16 MARCH 2008

More details available on the UKA website or from Neil Blacknell
neilblacknell@hotmail.com

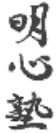
UKA House News



Ren Shin Kan

Ren Shin Kan Martial Arts Centre, 227 Halesowen Road, Old Hill, West Midlands.
Tel: 01384 569286 | Website <http://www.renshinkan.co.uk/>

Date	Course	Date	Course
19 th December 2007	Junior Xmas Night		



Miyoshin Juku

Chief Instructor – Peter Brady Sensei 6th Dan so Hombu
Website <http://www.miyoshin-juku.freemove.co.uk/>

Date	Course	Times	Venue
9 th December	General	10.00am – 12.00pm / 12.30pm – 2.30pm	The Langley Dojo



Te Shin Kai

Chief Instructor – Keith Hayward Sensei 6th Dan so Hombu
Tel 01952 403195 | Email: susan.hayward@sky.com

Class Schedules

Ken Mon Kan Oakengates Class Times

Monday & Thursday – 7.45 – 8.45pm Juniors **7.45 – 10.00pm Seniors**

Friday 8.30 – 10.00pm

First Friday of every month – Instructors Course – 8.00 – 10.00pm

Second Friday of every month – Weapons Class



Kyu Shin Kan

Chief Instructor – Peter Brown Sensei 5th Dan so Hombu
Website <http://www.kyushinkan.com/>

Projected Course Dates at Kyu Shin Kan for 2007

Instructors Courses

December 9th

Instruction by Sensei P Brown

All courses to take place at the DMU Dojo from 11am
till 1.30pm