



BUSHINKAI AIKIDO SEMINAR WALES 2009

By Simon Puffett

During the October '08 Shinji Budo Kai seminar in Newton Abbot, Devon, the Dojo Cho of Welsh Bushinkai Aikido Organisation, Sensei Nigel Jones, extended an invitation to hold a weekend seminar during May 2009 in Abertillery Wales. Sensei Simon Puffett and Sensei Justin Marchant, a representative the Shingitai Aikido Society and the United Kingdom affiliated Kobayashi Dojo's based in Japan, accepted the invitation.

The Bushinkai members welcomed fellow practitioners and instructors who travelled from London, Weston Super-mare and Newton Abbot Devon. The first session focused on Buki Waza and the misconceptions frequently encountered between Taijutsu and Kumi Tachi practice. Emphasis was directed to the actual commonalities, including consideration of the mind set exhibited during weapons handling. The next step of improving relaxed weaponry manipulation whilst maintaining control naturally followed on.

The desire to create a greater perception of awareness proved to be too great a temptation to ignore. Participants were encouraged to practice Suburi movements at one elbow's length in distance from one another. It goes without saying that everyone's awareness of proximity was acutely heightened, smiles quickly disappeared and peripheral vision increased to almost 360 degrees. You could have cut the air with a bokken...but to the surprise of everyone there were no strange Ki-ai sounds ringing out across the Dojo or even one stick in the eye. Although naturally daunting at first, after only a few minutes breathing returned and smiles had begun to beam. The atmosphere within the dojo turned enjoyably positive with the look of achievement on the faces of everyone.

Justin Marchant Sensei contributed with an excellent repertoire of Taijutsu techniques. The theme continually emphasised relaxed and fluid movement by Nage, while concentrating on one's approach to leading their Uke. Uke was asked to concentrate on relaxing and consistently following Nage delivering an attack during the entire technique.

The weekend's lessons alternated between the guest Sensei who provided a fun and enjoyable learning environment suited to the wide variety of individual participants. Each lesson provided a challenging atmosphere giving all participants the freedom and opportunity to fine tune each technique to suit their own personal application.

Accommodation and transport was also organised for those participants so that they could safely attend and thoroughly enjoy themselves at the Saturday evening dinner in Abergavenny. Throughout the entire weekend everyone was most appreciative of the wonderful hospitality provided by Sensei Nigel Jones and the Abertillery Bushinkai members.

Thank you all for a fun and joyous weekend.



Simon Sensei & Dojo Cho Nigel Jones Sensei.



Simon Sensei demonstrating his usual serious side, with a unique Ushiro Nasal Gaeshi.

AIKIDO SHINRYUKAN

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Abertillery Bushinkai Weekend Course May 2009

Sensei's: Andrew Pugh – Justin Marchant – Simon Puffett – Nigel Jones – Phil Benge – Barry Symmonds



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