



The Centre of Excellence FLEET AIKIDO CLUB



September 2010 Newsletter

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Web Site:

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Sensei Andrew Buchanan
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<http://www.fleetaikidoclub.org.uk>

Summer School 2010

Summer School is over and I don't think anyone wanted it to finish! As always the hotel staff made all feel at home for they looked after everyone so well. Breakfast was a revelation for first time students (I don't think they believed old hands when they listed what you could have to eat).

Fleet held it's usual formal meal at the Eaton Hotel on the first night of Summer School. It was attended by the majority of the Yudanshakai and 28 people squeezed around the table. Room can always be made for another student!

Sensei Egerton learned a crucial lesson (again). A heavy Ki based class should not mean the student trying to rationalise every step of what is happening if he is to follow it up with another period of constant attention. In this instance going to watch the film Inception later on in the day which required a certain level of concentration in order to keep up with the plot...

Summer School was taught by Hanshi Phelps and the Yudanshakai. Contributions to teaching were made by both Sensei Foster and Sensei Buchanan. Specialist classes were taught in Fan, the Movement, Iaido and Multiple Attack.

Successful Fleet gradings were as follows:

Sensei S Browning: 1st Dan Aikido
Sensei P Webb: 1st Dan Aikido, 1st Dan Aikijo
Sensei J Laxman: 1st Dan Aikido, 1st Dan Aikijo
N Kenyon: 3rd Kyu Aikijo
R Sage: 3rd Kyu Aikido, 3rd Kyu Aikijo
R Banks: 3rd Kyu Aikido, 4th Kyu Aikijo
A Holland: 5th Kyu Aikido, 5th Kyu Aikijo
E Cook: 4th Kyu Aikido, 5th Kyu Aikijo
S Hewat: 4th Kyu Aikido, 5th Kyu Aikijo
C Ducker: 4th Kyu Aikido, 5th Kyu Aikijo

Special congratulations to the three new Dan grades. Achievement medals were also picked up by Sensei J

Laxman, Sensei S Browning and Sensei P Webb - congratulations to all! Sensei Buchanan was presented with Shihan's Technical Award which is the highest accolade within the Fellowship.

Ki Master Class 2010

The minimum grade to attend this class is 3rd Kyu (Green belt). As with all master classes, attendance is limited and on a first come, first served basis so place your requests with Sensei Foster as soon as possible.

Autumn School 2010

Sensei Foster is taking bookings both for the Eaton Hotel and Autumn School attendance. Please get your details to him by the 17th September.

2010 Dates for your Diaries

There have been some changes to diary dates as follows:

5 th September	Club Practice at Birmingham
25 th September	Ki Master Class at Birmingham (Green belts & above)
3 rd October	Club Practice at Birmingham
6 th -7 th November	Autumn School at Birmingham
6 th December	Club Practice at Birmingham
4 th December	Grading at Fleet
12 th December	Grading at Birmingham





*The Centre of Excellence
Fleet Aikido Club*



Class times at the Hart Leisure Centre, Fleet

Monday	8.00-10.00pm	High Grade class
Tuesday	8.00-10.00pm	General class
Wednesday	8.00-10.00pm	General class
Friday	7.00-9.00pm	General class
Friday	9.00-10.00pm	Weapons Kata class

Email address: fleetaikidoclub@btinternet.com

Club Practice - Birmingham

There is generally a Club Practice lesson that occurs the first Sunday of every month in Birmingham. This is an opportunity open to all students over 12 irrespective of grade in order to obtain high grade training time.

Orange belt (4th Kyu) students and above must complete a form as part of their grading application that will ask about their attendance at AFGB Courses, Club Practices and Events. This **will** have an impact when being considered for your grading.

Recording your attendance

All students are reminded that they should keep a record of classes attended (both at Fleet and in Birmingham). They may be asked at a grading to produce this information and are advised to have it with them when coming to practice.

Newsletter Articles Wanted

If you want to submit an article for the Club Newsletter or have anything you would like to see included on the Club website then please do not hesitate to contact Sensei Foster.

This Newsletter is published at our website address:

<http://www.fleetaikidoclub.org.uk>

where you can view the latest club news and information.

Interested?

If you once practiced Aikido, or have a Martial Arts background, and are reading this with a view to taking up Aikido, then please contact one of the Instructors. You are welcome to attend one of the classes and remind yourself what it is like to learn and practice skill and technique once more.

If you have never practised a martial art in your life, then don't be put off. Come and watch a class and ask questions. It is free to watch!

Martial Arts Equipment for Sale

The Club can supply any necessary equipment including suits, belts, weapons sets, badges etc. Please approach the Class Instructors if you wish to make any martial art purchases.

Please note that we get highly discounted rates from suppliers and sell without a view to making a profit. The Club, therefore, only sells martial arts equipment to Members.

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If you want to support the Centre of Excellence - Fleet Aikido Club - in any way please do not hesitate to approach Sensei Foster.

