

**TOKUSHIMA BUDO COUNCIL
INTERNATIONAL**

BUDO COUNCIL OF EUROPE



"TOKUSHIMA BUDO COUNCIL INTERNATIONAL"
PAST PRESIDENT AND FOUNDER THE LATE
KANCHO ALFRED BATES HANSHI

BULLETIN NUMBER 110
MAY 2011

PRESIDENT:
SHIHAN DEREK JOYCE 7TH DAN KYOSHI
Urb, La Finca Golf
C/ Benejuzar 1 R24 - B1
Algorfa 03169
Alicante
Spain .

TEL: 00 34 965 998 996
MOBILE: 0034689278805
shihan.tbci@btinternet.com

ENGLISH MOBILE: 07548817773

CHAIRMAN:
SENSEI ROMAN BOLT 7TH DAN KYOSHI
29 HILL HOUSE CLOSE
TURNERS HILL
WEST SUSSEX
RH10 4YY

TEL: 01342 715252
ann_bolt@hotmail.com

<http://www.tbcihonbu.co.uk/>

INDEX

NATIONAL DIARY DATES	PAGE 1
SOUTHERN REGION DATES	PAGE 2
ANGLIA REGION DATES	PAGE 3
MIDLAND REGION DATES	PAGE 4
WELSH REGION DATES	PAGE 5
NORTHERN REGION	PAGE 6
TENBY 2011	PAGE 7
TENBY & NEC	PAGE 8
TENBY 2011	PAGE 9/10
PROMOTIONS	PAGE 11
NEC CONTACTS	PAGE 12
SEPTEMBER BUDO WEEKEND	PAGE 13 /14
IDEAS AND THANK YOU	PAGE 15
ANNUAL BUDO FESTIVAL 2012	PAGES 16 / 17
BULLETIN AND WEB SITE	PAGE 18
THE ESSENCE OF BUDO	PAGE 19/20

NATIONAL DIARY DATES 2011

September 24th / 25th	Annual Budo Weekend	Swavesey
October 16th	Senior Gradings	Stukeley

Courses run from 10 am to 4 pm

**Swavesey Village College Sports Hall
Off Gibraltar Lane
Swavesey
CB4 5RS**

**Great Stukeley Village Hall
Owl End
Great Stukeley
Huntingdon
Cambs
PE28 4AQ**

For information on National Courses please contact:

Shihan Derek Joyce 7th Dan Kyoshi

**Urb, La Finca Golf
C/ Benejuzar 1 R24 - B1
Algorfa 03169
Alicante
Spain**

TEL: 00 34 965 998 996

MOBILE: 0034689278805

ENGLISH MOBILE: 07548817773 (for use when Shihan is in for courses)

shihan.tbci@btinternet.com

SOUTHERN REGION DATES FOR 2011

September 18th

Kata Course

Turners Hill

October 8th

Gradings

Turners Hill

**The Ark
Mount Lane
Turners Hill
West Sussex
RH10 4RA**

Courses run from 10 a.m. to 4 p.m. and the cost will be £15 for seniors, £7 for juniors. Please ask for directions if needed.

Gradings will also commence at 10 am. The grading fee is £10-00 and you need your licence.

Please let me know, in advance, how many of your students will be attending each course/grading both Regional and National.

Roman

For information please contact the Regional Director:

Sensei Roman Bolt 7th Dan Kyoshi

29 Hill House Close

Turners Hill

West Sussex

RH10 4YY

Tel: 01342 715252

ann_bolt@hotmail.com

'Judo develops self-discipline and respect for oneself and others. Judo provides the means for learning self-confidence, concentration, and leadership skills, as well as physical coordination, power, and flexibility. As a fighting art, it develops complete body control, fine balance, and fast reflexive action. It develops a sharp reacting mind well-coordinated with the same kind of body. Judo training gives a person an effective self-defence system if the need arises. Judo, which is translated as the "gentle way", teaches the principle of flexibility in the application of technique. This is the flexible or efficient use of balance, leverage, and movement in the performance of Judo throws and other skills. Skill, technique and timing, rather than the use of brute strength, are the essential ingredients for success in Judo.'

ANGLIA REGION DATES FOR 2011

May 15th	Weapons Course	Stukeley
June 26th	Gradings	Swavesey
December 11th	Gradings	Longstanton

Swavesey Village College Sports Hall
Off Gibraltar Lane
Swavesey CB4 5RS

Great Stukeley Village Hall
Owl End (off Emine Street)
Great Stukeley
Huntingdon
Cams
PE28 4AQ

All courses commence at 10.00 am

For information on any regional matter please contact the
Regional Director:

Sensei John Snaith 6th Dan Renshi

36 Holmehill
Godmanchester
Huntingdon PE29 2EX
01480 458474



MIDLAND REGION 2011

May 14th	Grading	Endoshima Judo Club
November 19th	Grading	Endoshima Judo Club

For more information please contact the regional director:

Sensei Joseph Eyley Shichidan Renshi

32 Hearthcote Road

Swadlincote

Derbyshire

DE11 9DU

Tel: 01283 215006



WELSH REGION
DATES FOR 2011

For information please contact the Regional Director:

Sensei Paul Barnikel 3rd Dan

Barn 2
Neath Farm
Angle
Pembrokeshire
SA7 15AB
Tel: 01646 641991



NORTHERN REGION DATES FOR 2011

May 29th	Grading	Glossop
July 3rd	Kata Course	Glossop
October 23rd	Weapons Course	Glossop
November 6th	Grading	Glossop
December 18th	Christmas Party (subject to numbers)	Glossop

For information please contact the Regional Director:

Wayne Mellor 4th Dan

7 Alders Ave

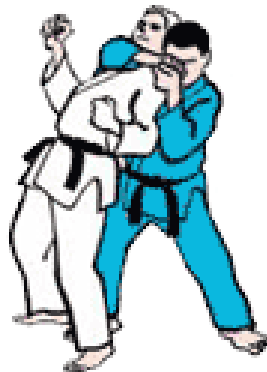
Chinley

High Peak

Derby

01663 751236

0790 487 3553 mobile



TENBY 2011

Another great course, it all started off with anticipation, leaving the good weather to travel to colder climes. But hey mid-twenties, thanks Paul for arranging the weather and the dojo.

The Dojo itself was organised with military precision by the chairman Sensei Roman Bolt.

The Aikido section seems to be getting bigger; this is because of the masterful tuition of Hanshi Vince Thompson.

Judo was up to its normal high standard with Sensei John Snaith leading the way.

Sensei Rick Roberts was teaching his normal diverse jujutsu Iaido and Jo-do.

Then there was sensei Keith Prole, full of life and action. Someone should really tell him at his age he should not be full of that much energy.

All the teachers were backed up by excellent teachers in their own right. Such as Sensei Peter Hammond, Mick Rowley, Wayne Mellor, Trevor Parmenter and others that I apologise for not including.

Lastly I must thank the ladies on the refreshments led by Penni Barnikel and also Ann Bolt for making sure all paperwork is up to date and correct.

Yes you are right we arrived back in Spain to rain. Don't believe the Rain in Spain falls mainly on The plane.

Shihan Derek Joyce

TENBY 2011 & NEC

Yet another great course with more attendees than anticipated. Being able to work together in this way makes for good training and a very friendly atmosphere. Aikido took advantage of the fantastic weather and spent some time training outside!

As always my thanks go to Shihan and all the teachers and assistants for some excellent training as well as to Ann and Barbara for all the work they do to help make this course such a success.

Thanks also to Paul Barnikel for organising the mats and making sure the hall was ready for us. Next year we are asking that as many as possible come to the school for 5pm on the Friday to help lay the mats so please try and come along. It shouldn't all be left to Paul.

Penni Barnikel provided our refreshments along with her small band of helpers and we were all very grateful to them.

There were lots of positive comments made about the course again this year so we hope you will all be returning next year. Perhaps you can spread the word among your fellow students and even more will attend in 2012. Dates are given elsewhere in this bulletin.

We are making some small changes to the timetable for next year and lessons will be 1¼ hours in length apart from the last session which will be 1 hour. Breaks will be 15 minutes and lunch 45 minutes. We found that the one hour lunch break was too long with students anxious to get back to training.

We are also looking at having a social evening, probably on the Monday. Paul is looking into suitable venues and we anticipate the cost to be £5 a head to help towards the cost of a buffet. The TBCI will cover the cost of the venue and there will be a pay bar. The event will be open to all students and their families.

The NEC is also looking to see if it might be possible to hold national events in different regions so, for instance, the Budo weekend could be held in the northern region. We will keep you informed.

John Snaith is working on updating the website and would be very grateful for any photos you may have from various events. Please help John with this if you can. Also please ensure you let him know of any changes to your club details so that information on the website is accurate.

Details of the NEC members are provided in the bulletin, please feel free to make contact if you wish to discuss something. You will see that Assistant Regional Directors have been appointed to help with the running of the regions and, hopefully, provide continuity for the future.

My congratulations go to Sensei Trevor Parmenter and Sensei Keith Prole – well done on their promotions.

I look forward to seeing you all again at the Budo Weekend in September!

**Roman Bolt
Chairman**

TENBY 2011

What can I say!!! The weather was even better than last year. The caravan was half the price, (we went private). The training was top notch, as always, and the banter in the canteen was hilarious. The new double act being "Shihan" and "Sensei Prole".

A couple of people from outside the association commented on how down to earth and approachable all the instructors were. Which is what makes the TBC so special. This was underlined by the number of families that attended.

I'm already booked for next year, and it would be pleasure to see a large number of new faces attending as well as all the regulars. We need support from everybody.

Trevor Parmenter



Tenby 2011

What can I say, but thank you for yet another wonderful week in Tenby. We could not have asked for better weather. {Even better than Spain} Or better company.

I always look forward to our week in Wales, as for the girls it is a good chance to really get together and have fun while your other halves enjoy themselves on the mat. Shopping and lunch is such a good tonic.

On these courses, I always feel that we have a good network together, like one big happy family.

Thanks must go to Penni and Paul for opening up their home for our get together.



BBQ was excellent and the traditional ceremony of setting the BBQ was handled very well by Sensei Rick.

I think the sausages where a little over cooked again.

Please spread the word to all who attend your Dojo's and let them know what they are missing.

We have already booked our caravan for next year, see you all there.

Regards Barbara

PROMOTIONS

The Tenby course saw two promotions Sensei Trevor Parmenter, after many trip up the A1 on weekends, was awards his 4th Dan. I'm sure he would be the first to admit his son Sensei Keith Parmenter 2nd Dan probably put in as much time and effort as Trevor did himself.

Sensei Keith Prole was awarded his Kyoshi. A well and truly deserved teaching award.

Sensei Keith is an inspiration to us all, with his star bursting amounts of energy.

Congratulations once again to you both. A star is certainly shining over the Karate section.

Shihan Derek Joyce Kyoshi

NEC CONTACTS

President	Shihan Derek Joyce 7 th Dan Kyoshi	As Honbu
Chairman	Sensei Roman Bolt 7 th Dan Kyoshi 29 Hill House Close, Turners Hill, West Sussex RH10 4YY 01342 715252 ann_bolt@hotmail.com	
Technical Director	Sensei Rick Roberts 6 th Dan Renshi	01457 858580
Director for Judo	Shihan Derek Joyce 7 th Dan Kyoshi	
Director for Aikido	Hanshi Vince Thompson 8 th Dan	01924 490366
Director for Karate	Sensei Keith Prole 6 th Dan Kyoshi	01132 790541 07706417988
Director for Jujutsu & Health & Safety Officer	Sensei Rick Roberts 6 th Dan Renshi	01457 858580
Regional Directors:		
Southern	Sensei Roman Bolt 7 th Dan Kyoshi	01342 715252
Midlands	Sensei Joe Eyley 7 th Dan Renshi	01283 215006
Anglian	Sensei John Snaith 6 th Dan Renshi	01480 458474
Northern	Sensei Wayne Mellor 4 th Dan Doshi	01663 751236
Wales	Sensei Paul Barnikel 3 rd Dan Doshi	01646 641991
General Secretary	Mrs Ann Bolt ann_bolt@hotmail.com	
Administrative Assistant	Mrs Barbara Joyce	As Hombu
Treasurer	Mrs Ann Bolt	
Child Protection	Sensei Wayne Mellor 4 th Dan Doshi	
Assistant Regional Directors:		
Southern	Sensei Sandra Tippet 2 nd Dan Doshi	02084678188
Midlands	Sensei Sean Fielding 2 nd Dan Doshi	01827898877
Anglian	Sensei Trevor Parmenter 4 th Dan Doshi	01480391175
Northern	Wayne Whitehead 2 nd Dan	01457860839
Wales	Penni Barnikel 2 nd Dan	01646641991
Honbu:		
Urb, La Finca Golf		
C/ Benejuzar 1 R24 – B1		
Algorfa 03169		
Alicante		
Spain		

TEL: 00 34 965 998 996
MOBILE: 034689278805
shihan.tbci@btinternet.com

ANNUAL BUDO WEEKEND

24TH AND 25TH SEPTEMBER 2011

Training at:

Swavesey Village College Sports Hall, Off Gibraltar Lane, Swavesey, Cambridgeshire, CB4 5RS

Training will be from 10.00 to 4.00 each day.

Course Fees:

Adults £30-00

Children £20-00

Fees will include refreshments during the day – tea, coffee, lunch.

Please complete the booking form and send with your fees by 1st September.

Links for possible accommodation:

Martin and Judith Dixon have kindly offered to make their garden available for “Happy Campers” – they have a large garden complete with swimming pool, sauna, shower and BBQ. Please let us know if you are interested in taking up their offer.

For others there are several options:

Travel Lodges on A14 adjacent to Little Chef outlets.

Days Inn at Cambridge Services

Menzies Cambridge Hotel and Golf Club - Bar Hill, near Cambridge

St Ives Motel - <http://www.stivesmotel.co.uk/>

Golden Ball at Boxworth www.goldenballhotel.co.uk/

The George Hotel Huntingdon <http://www.oldenglishinns.co.uk/huntingdon/>

BUDO WEEKEND
SWAVESEY

24th and 25th SEPTEMBER 2011

PLEASE ENSURE COURSE FEES ARE RECEIVED BY
1ST SEPTEMBER 2011

FEES ARE:

Seniors £30-00

Juniors/ Juveniles £20-00

Fees include tea, coffee, lunch each day.

NAME	DATE OF BIRTH	ADDRESS	TBCI CLUB	TBCI MEMBERSHIP NUMBER	FEE DUE

PLEASE COMPLETE THIS FORM AND RETURN IT TO:
MRS ANN BOLT
29 HILL HOUSE CLOSE
TURNERS HILL
WEST SUSSEX RH10 4YY

CHEQUES SHOULD BE MADE PAYABLE TO T.B.C.I

Anybody got any ideas

It has been mentioned, that as the 25th anniversary dinner last year was so enjoyable, it would be nice to do it again.

We used to have an annual dinner where we all got "suited up" and had a good night out.

If anyone knows of a suitable venue, or would like to help in organizing an event, get in touch with your regional or assistant regional director so we can throw a few ideas about.

Trevor Parmenter

I would like to thank everyone who contacted me and sent cards, gifts and good wishes when I was unwell; your support was very much appreciated.

Best wishes Marie Whitehead.

It was wonderful to see, and hear you, at Tenby Marie! Sense of humour fully intact and still chatting up the men!

ANNUAL BUDO FESTIVAL
TENBY
30TH MARCH TO 6TH APRIL 2012

We have again booked to use the main hall at The Greenhill School Tenby for 2012.

The nearest accommodation will again be Kiln Park. We appreciate that booking direct with Haven Holidays can be expensive and are therefore providing some links to other contacts and other accommodation in the area which may be of help. If you know of other sites please email the details to me and I will circulate it to all clubs – ann_bolt@hotmail.com

Please can you let me know when you have booked so that we have some early indication of the numbers attending, it does help with planning and shopping!

Please note if you book private accommodation at Kiln Park you will have to purchase passes for the entertainment complex separately if you wish to make use of the facilities offered there. More information can be obtained by calling 08712 310889.

Possible accommodation:

<http://www.haven.com/Parks/wales/kilnpark/>

<http://www.kilnpark-staticcaravans.co.uk/>

<http://www.stayinwales.co.uk/detail.cfm?i=2777>

<http://www.tenbycaravans.com/>

<http://www.privateletsinkilnparktenby.co.uk/>

<http://www.kilnparktenby.com/home.htm>

http://seaview-caravan-holidays.com/kilnpark/kp_caravans.htm

<http://www.ukcaravans4hire.com/kiln-park.html>

<http://www.caravans4let.co.uk/caravan/yevmo/>

http://www.caravans-tenby.co.uk/info2.cfm?info_id=57062

Nigel and Joe 4 vans - Day time number 01384 820040 evening 01562 636687 jo@tolleybadges.co.uk

**Training at:
The Greenhill School
Heywood Lane
Pembrokeshire
SA70 8BN**

**CAN AS MANY PEOPLE AS POSSIBLE PLEASE BE AT THE SCHOOL
FOR 5PM ON FRIDAY 30TH MARCH TO HELP LAY MATS – MANY
HANDS MAKE LIGHT WORK!**

ANNUAL BUDO WEEK
TENBY
30th MARCH TO 6TH APRIL 2012

COURSE FEES

PLEASE ENSURE COURSE FEES ARE RECEIVED BY
1ST MARCH 2012

FEES ARE:

Seniors £75-00

Juveniles & Juniors £45-00

For those living locally and attending **irregularly**:

Seniors £15-00 a day

Juveniles & Juniors £10-00

Fees include tea, coffee, lunch each day.

NAME	DATE OF BIRTH	ADDRESS	TBCI CLUB	TBCI MEMBERSHIP NUMBER	FEE DUE

PLEASE COMPLETE THIS FORM AND RETURN IT TO:
MRS ANN BOLT
29 HILL HOUSE CLOSE
TURNERS HILL
WEST SUSSEX RH10 4YY

CHEQUES SHOULD BE MADE PAYABLE TO T.B.C.I

BULLETIN

Club Sensei are responsible for ensuring their members know how to access the bulletin and that they all have the diary pages made available to them.

The bulletin will be produced in May, August and December. Articles and information are always welcome and should be sent by the end of the previous month at the latest.

Please forward these to:

Mrs Ann Bolt, ann_bolt@hotmail.com (please note the underscore between the names).

Tokushima Budo Council International – Website

As you are aware I am sure, there is a website for the TBCI from which you can gain various amounts of information. At a recent NEC meeting the question was asked “what else we should add to the website”. It was suggested that more photos and videos could be added. This is of course possible, but only if we have some input from our members.

If you have some photos, old or new, that you would be happy to put up on the website that are to do with the TBCI, either events or historic in nature then forward them on. Please note though that you need to have permission in principle of those in the photo and it would be good to have some indication of who and where.

Video footage could be of Kata’s etc, or again footage from the past would be welcome. Same rules apply, you need to have permission in principle of those in the footage and it would be good to have some indication of who and where.

We are looking to add a few more features as time goes on, but if you have any sensible suggestions let us know.

Please send any correspondence to jas.cambs@btinternet.com

All additions to the website will need to be approved by the Honbu.

John Snaith.

The Essence of Budo

In this short article I want to make a point, the same one I've laboured over at every course and seminar I've run in recent years, and it's premised around the following equation.

$$\mathbf{B = M + P}$$

Where B refers to the essence of Budo, M equals movement and P to purpose. Therefore the true essence of Budo is found in the combination of both movement and purpose: Budo = 'purpose in movement'. Now I'm not saying that these two principles are all that Budo consists of, what I am saying is that a martial art is Budo if, and only if (iff) it possesses these two qualities.

The first of these principles, movement, is a prerequisite for any martial discipline this is because the only thing that exists with the absence of movement is death. Therefore, Budo only exists when there is movement. With the application of Budo in its traditional context of the battlefield, or more recently in Taikai, we intuitively know, that without movement an individual would become an easy target for the most inexperienced opponent.

In Kata there appears, to the novice, to be moments of stillness, where no movement is easily discerned. Yet once that novice progresses, through years of practice they realise that even at the stillest moment there always exists movement. It may merely be the slow raise of metsuke (gaze) or the inhalation of a breath, but that's movement all the same.

The achievement of continuous movement is a hard lesson that we all must aspire to. Beginners try to do everything they perceive at once; the result of this is staccato movements, where the body beats the mind. What follows is a lull where the individual thinks, then remembers and as a consequence the body has to wait for the mind to catch up before it can begin movement again.

After years of practice the fundamental principles of Budo will become engrained and autonomic to the practitioner. For example without contemplation Shisei will be conveyed, that is adopting correct posture with the appropriate expression of attitude. Linked to Shisei is Seme this involves applying the pressure of attack to an opponent through either physical movement or more commonly through the expression of the intention to attack. Applying Seme alone, constantly wanting to attack and move sharply and quickly, is where all beginners find themselves. Over time and with much practice the principle of Tame can be developed, Tame is the concept of holding back and reflecting.

One of the basic principles of art is light and shade, the delicacy of the play between light and shade can make light appear to dance across the surface of a painting; it can bring paintings to life. This is because without light there is no shade and equally without shade there is no light. So it is the same with Seme and Tame, within Budo there must always be a mixture of these two principles and of course the mixture must be appropriate for the circumstances. Meri Hari is the Japanese term that captures this variation between the hard and soft / fast and slow and capturing and expressing the appropriate Meri Hari for the circumstance reflects the difference between a junior and senior master.

Purpose is the second part of the equation it stipulates that every movement made must have purpose or a function otherwise what the practitioner is doing is anything but Budo. The Budo world is full of maxims that are linked to movement for example 'minimum movement maximum efficiency' this shows the importance of rationalising movements to determine the most efficient and effective way to execute it. The opposite of purpose is meaningless. There is no place for performing meaningless superfluous movements within Budo, again reflecting on the origins of Budo then meaningless & superfluous movement would get people killed. However there are a number of places where these sorts of movements are encouraged and I can express one through a similar equation

$$J = M - P$$

Where J equates to joy or pleasure, M equals movement and P again equals purpose. This time the movements themselves do not implicitly possess a purpose they are performed exclusively for sheer enjoyment and/or self-expression. One place this is found is in dance.

I'm certainly not disparaging dances as there is nothing wrong with dance & I thoroughly enjoy watching it myself. However, the movements contained within a dance have no purpose, in ballet every movement needs to be executed very precisely, indeed just like in Budo there is only one way to perform a 'grand battement' and it will take the ballerina years to master how to achieve this, but the end result is a movement that will bring great pleasure to an audience and self-satisfaction to the exponent but the movement itself is without purpose.

If you want to train to bring pleasure to an audience or achieve feats of strength and agility then 'purpose in movement' will be of no interest to you but if you want to understand the essence of Budo, Kyushindo and Zen then the first step of this is self-knowledge and Budo can be a tool help you on this path.

Therefore if you truly want to study Budo then question you must constantly ask yourself is – 'Does the movement I'm currently performing have true purpose or is it a mere dance?'

Rick Roberts - a student of Budo