

**TOKUSHIMA BUDO COUNCIL
INTERNATIONAL**

BUDO COUNCIL OF EUROPE



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

BULLETIN NUMBER 109
DECEMBER 2010

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CHRISTMAS MESSAGE FROM PRESIDENT

Congratulations to those that passed their examination at the senior gradings in October.

Special notice should be mentioned to Gary Dutton & Christine Dyson for passing their Shodan examinations in Judo & Aikido respectfully. Special note is given to Ian Slack, who, when presenting himself for his Doshi, was so impressive he was also awarded his 2nd Dan. To the Kyu grades I would like to compliment them on the way they presented themselves. They are a credit to their Sensei's.

This time of the year is to reflect on the past twelve months, to think of others & be grateful for what we have.

Over the past twelve month we as an association have made some alterations to our set up. This in the long run I believe will be fruitful. As they say, time stands still for no man.

On Christmas day I will be walking on the beech with my dogs, at some time I will look at the sky, blue in colour it will be with a great orange ball in the middle of it

At that time I will be thinking how lucky Barbara & I are to be living our dream in the sun. How lucky we also are to have friends like yourselves.

But most of all the sound of one hand clapping, which I'm afraid a great percentage of people in the world will never know.

So those of you that can, enjoy Christmas as it's meant to be.

Shihan

CHRISTMAS MESSAGE FROM THE CHAIRMAN

The highlight of 2010 was the excellent 25th Anniversary dinner held in the summer. The dinner gave us a chance for us all to get together in a social setting and to celebrate the success of the TBCI.

The TBCI has seen many changes during its 25 years and this year has been no exception with Shihan and Barbara moving to Spain. The benefits for Shihan are obvious to all who have seen him recently and we are delighted for him. He continues to successfully lead the TBCI and attends most of the national events as well.

As ever I would like to extend my thanks to all of you for the part you play in ensuring the continued success of the association. We, like other martial arts associations, are still struggling with numbers but everyone is striving to improve this situation.

My thanks also go to two people who are not actually members but nevertheless work tirelessly for the TBCI – Barbara and Ann. The TBCI could not operate as it does without them and Shihan and I are indebted to them for their support.

Tenby 2010 was excellent, especially as we were all able to train together in one large hall. It would be great to see even more students at this event in 2011.

With Shihan moving to Spain we had to think about how we could continue to hold our Budo weekend. We were lucky enough to be hire the hall at Swavesey and Martin and Judith Dixon kindly made their garden available for campers as well as for the BBQ. So we were once again able to run a successful and enjoyable event. Numbers were somewhat lower than those for Donington but I am hopeful that more will attend the course in 2011.

Congratulations to all who graded during the year especially those who obtained their Dan grades and teaching awards, well done. We look to these students as the future of the TBCI.

There is a full programme of courses arranged for 2011 and I sincerely hope that you will all take the opportunities they offer to increase your knowledge. This is essential for all teachers as we are then better placed to help our students. It is up to each one of us to help improve and safeguard the future of the TBCI.

As always my best wishes to you all for a happy and peaceful Christmas and New Year. I look forward to seeing you all in 2011.

Roman Bolt
Shichidan Kyoshi

Aikido Section Christmas Message

Seasons greetings to all in Tokushima.

2010 has been a good year for Aikido. We had an excellent course at Tenby which was very well attended and I can recommend anyone, from whatever discipline, to attend the course in 2011.

It was very pleasant to meet old friends at the 25th Anniversary celebrations held at Wyboston Lakes in Cambridgeshire. Very good evening and very well arranged.

A good course at Swavesey in September but a pity that it was not better attended. The course at Donington took a time to build up so, hopefully, Swavesey will be the same.

It gives me great pleasure as an instructor to see the steady progression by the students in Aikido and the commitment they make to achieve these standards.

Regular practice is the only way to progress in Aikido and, as I have said, "one technique is worth a thousand words".

Best wishes

Hanshi Vincent Thompson 8th Dan

Christmas Message from Northern Region

My Christmas message this year is one of optimism, lets strive forward from a difficult year and improve the TBCI foothold within the martial arts world. Spread the word there is an alternative to the constant money grabbing tactics of other associations.

We are the TBCI's future, us the students and, having been a member for several years now, I personally have found it to be a happy and proactive environment to learn and develop anyone's martial arts journey. So let's spread the word there is an alternative!

Merry Christmas everyone and happy New Year.

Wayne Mellor Yondan Doshi
Northern Regional Director

Seasons greetings

Have a good one everybody!

To those of you that were successful at your gradings, well done, enjoy it. To those of us that didn't quite manage to achieve the results we were after, its not the end of the world learn from it.

Tenby was brilliant, so was the 25th anniversary dinner. The best thing about being in the TBCI is that we are all friends, which is what makes these events so enjoyable.

So to the people who have never attended a course, a competition or a social event, please give it a try. Not only will it enhance your discipline it will support the association.

Trevor Parmenter

NATIONAL DIARY DATES 2011

January 23rd	Teacher Course	Stukeley
February 13th	Kata Course	Swavesey
March 6th	Senior Gradings	Stukeley
March 27th	Andy Bentley Tournament	Swavesey
April 15th – 22nd	Annual Budo Week	Tenby
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

February 6th	Kata Course	Turners Hill
March 12th	Gradings	Turners Hill
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

romanbolt@hotmail.com

The three fundamentals of judo are timing, speed and distance.

Technical knowledge is not enough. One must transcend techniques so that the art becomes an artless art, growing out of the unconscious.

There are two types of people in the world.
Those that find excuses and those that find a way.

ANGLIA REGION DATES FOR 2010

12th December Grading Stukeley

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
Cambs
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

**HAPPY CHRISTMAS TO ALL
FROM PAUL & PENNI**

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

February 30th	Jujutsu Course	Glossop
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

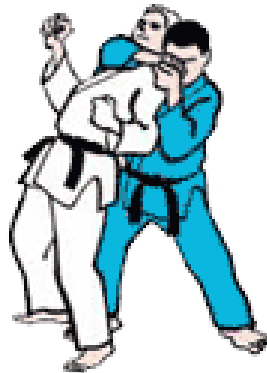
Chinley

High Peak

Derby

01663 751236

0790 487 3553 mobile



ANNUAL BUDO FESTIVAL
TENBY
15TH TO 22ND APRIL 2011

Following the success of the 2010 course we have booked the main hall at The Greenhill School Tenby for 2011!

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. Currently these passes are £30 for 7 nights for adults with a reduced rate for children. More information can be obtained by calling 08712 310889.

Possible accommodation:

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

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

<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

ANNUAL BUDO WEEK
TENBY
15th TO 22nd APRIL 2011

COURSE FEES

PLEASE ENSURE COURSE FEES ARE RECEIVED BY
1ST MARCH 2011

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

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

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 MEMBERSHI P 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, 29 Hill House Close, Turners Hill, West Sussex RH10 4YY or by email to 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.

Japanese proverbs go "You can't catch the tiger's cub unless you dare to step into its cave," or "No venture and no gain," or "Risk all and gain all." With such an attitude and state of mind you should attack in a lightening swiftness the moment you think it a chance. Here comes a mind in perfect harmony with body and you can get the key to the divine secret.

In the course of development, there was once a period when Judo was simply an art to fell down the opponent and in another period more importance was attached to physical culture. But the purpose is to be true to the standard of human life and its significance so rich that no simple words can express its implication. In other words, there is a union of body and soul, containing spiritual and physical factors put together.

To be spiritual may be interpreted both ethically and religiously, but Judo spirit absolutely takes side with righteousness and is incompatible with injustice, so its technique necessarily follows this principle of morality. Now, righteousness means well-balanced, mental and physical, and injustice or unrighteousness implies things unbalanced. This is easily comprehended, so when the mind is consistent with this reason, your temper is serene and you can act extremely freely. Therefore, "Ju" or in other words "being not hampered by anything" is "to tolerate" or "to pacify," then it is quite natural that anyone going astray or doing wrong should easily be subdued or tolerated by "Ju".

It is a superficial idea that Judo is simply an individual matter, because it is played between only two people. Real Judo means manifestation of rationality and not mere feat of physical strength. Verily, Judo truth admits no unrighteousness and is only consistent with developing the world as a peaceful and beautiful human cooperative body.

This lofty spirit of Judo is in its pure and firm trait, for its principle can only be grasped by continual self-annihilating efforts and endeavor, or in other words, through continuous hard exercise in sweltering summer and rigorous cold winter. Judo training is attainable only by dint of endeavor, perseverance, and modesty besides physical exercise.

-- *Kyuzo Mifune*

THE MARTIAL ARTS TEACHER

The relationship of the teacher to the training hall is very difficult to define, as it encompasses many varying aspects of life. The teacher must flow through the student in many levels of communication and reach to the far corners of life. The teacher is a father and at times a mother, an advisor and a chastiser. The teacher though different, is the same as everyone else. He is human and deserves respect, for he has travelled long upon the way.

The teacher is a good teacher. By this it is meant that he can convey the appropriate knowledge to his students at the correct time in the best manner. He must be able to see them and their problems as they seldom can – impartially. The teacher shows no favour. As progression is attained he becomes harder on those who progress. He is kind but firm to the beginners on the path.

He advises in an appropriate manner on the inner spiritual aspects of the art. He always has a friendly ear to listen, but is not outwardly moved. Many people are unable to see the teacher properly. They tend to see him as a teacher of friend. He is neither. He is both. He is more. He sees a student in a free way, unmoved by the external face or appearance, and helps in the best way. If he has to be hard he is. If he has to be soft, he is. His attitudes are in the best interest of the student.

Often the teacher may test his students by taking views diametrically opposed to theirs and watch their reaction. He will seldom openly praise. In the martial arts, silence is the best praise. He will note what affects the student in and out of the training hall, how he acts towards his friends, family, fellow students, and act accordingly. He will say nothing when he should speak. He is kind and understanding, he can be hard. He can be compassionate. Through all these externals his heart is forever with them. He listens when they speak and understands their feelings. He is unmoved but can move charitably if necessary.

He is active in a subdued way. He gives while others take and asks no rewards. He is sad. He is happy. He is let down. He is uplifted. He holds to the way, for that way is him. Though outside may change, the teacher does not; though he can adapt at will, the inwards ideals are always there.

He may be abused, but he thanks in return; blamed or criticised he persists. He persists when there is no reason to; that is why he is a teacher.

On an average it takes 2000 students to produce one good martial arts teacher. If you have one, take good care of him.

PHILOSOPHY

The beginning is the end and virtue is simplicity, the first technique is the last, beginner and master are equal and knowledge is a full circle which has no beginning and no ending. Every technique and every movement must be practised thousands of times until technique becomes no technique, movement becomes no movement, commitment becomes no commitment, the first elementary teaching becomes the highest knowledge and the master still continues to practise this simple training.

In the teaching of Martial Arts the student is subjected, by his own making, to verbal forays assailed with doubts and misery, his mind and spirit in a whirl, the student is gradually guided to realisation and understanding by his teacher.

If we look at the world we see great works of art for sale, all too often men use art or forms of equipment to sell themselves, therefore both those teaching and those learning the way are concerned with colouring their technique, trying to hasten a bloom to flower, which if they were successful would quickly wither and die.

They speak of this Dojo and that Dojo, they are looking for profit and will find none, only a sense of confusion and stagnation, an upheaval of mind and spirit. The right path will be recognisable only when the master points you toward the harmonious realisation which you seek. Look no further but follow your heart.

Read these two proverbs, keep reading them until you know them by heart, by then you will have developed the feeling and knowledge in which to inspire others.

When you seek it you cannot find it,
Your hand cannot reach it,
Nor your mind exceed it,
When you no longer seek it,
It is always with you.

When you find a technique difficult to grasp:

Think about it and try it,
Keep thinking, keep trying,
When you no longer think,
You can do it.

The philosophy as you know it must be passed on to your students to lead them in the way laid down by our masters, not only in the Martial Arts, but in every day life.

Kancho.