

AIKIDO is a Japanese martial art based on locks, throws and holds.

IT IS PURELY DEFENSIVE and uses the attacker's force and power against him/her. This means that people of all shapes and sizes, young or old, weak or strong, have the ability to practice Aikido. It also means that it is an 'ethical' martial art because it is not used to attack someone else - it is only used for self-defence.

AIKIDO IS USED BY THE POLICE and special forces world-wide as a method of restraining people and dealing with violence or threats. It is tried and tested - and it works! However, aikido is taught with the concepts of 'peace and harmony' at its centre - reflecting the philosophy of its founder and creator Morihei Ueshiba

AIKIDO INCORPORATES THE USE OF WEAPONS such as the wooden staff (jo), wooden sword (bokken) and wooden knife (tanto).

GRADINGS may be taken every three months or so if you practice on a regular basis.

AIKIDO IS NOT USUALLY CONSIDERED A 'SPORT', and so Tenchi Ryu Aikido does not involve any competitions or tournaments for adults.

ALL OUR INSTRUCTORS ARE FULLY QUALIFIED through our Sport England National Governing Body (The British Aikido Board). All instructors hold full insurance cover and have appropriate first aid training. Those working with children are CRB checked.

IF YOU WOULD LIKE TO TRY AIKIDO then just come along to any training session and try. You'll need to wear comfortable, non-restrictive clothes (track suit bottoms and a T-shirt are usually fine). You are most welcome to come and watch a session before you take part.

**Brian Stockwell 7th Dan Shihan
Chief Instructor and Head of Association**

City & Guilds 7306 Training & Development
NVQ & VRQ Assessor • MAC 1 Self Defence
Senior Instructor • BAB Level 3 Coach and
Coach Tutor • Level 2 Children's Instructor



I have been training in Aikido since 1964, starting my studies in the Far East whilst in the British Army. I now hold the rank of 7th Dan and have various senior coaching and instructing qualifications.

I believe in promoting and retaining the traditional values of the martial arts, whilst at the same time reflecting current best practice in areas such as sports science, equity and child protection.

I consider myself very fortunate to have been taught by some of the world's top instructors, and also to have a group of excellent coaches teaching what I consider one of the best martial arts. I truly believe that martial arts are for everyone of all ages and abilities, and would like to welcome you to train with us at our beautiful Dojo in Barnstaple or at our other Clubs in Torrington or Machynlleth.

Want to know more?
Then visit our web site:
www.tenchi-ryu.co.uk
email: info@devonaikido.co.uk
Tel: 01271 343952
Mob: 07789 960 893

Costs

You do not have to sign a Direct Debit in order to train with us. We operate a 'pay as you go' fee structure.

There is a an annual membership fee (which includes your insurance) and then you just pay per session, whenever you train.

Adults

Training sessions £4.00 • Membership £25 per year
• Gradings from £15 (includes belt and certificate)

Juniors (under 18s)

Training sessions £3.00 • Membership £15 per year
• Gradings from £12 (includes belt and certificate)

FREE sessions to get you started

Our Beginner's course is always running (within our normal training sessions). We offer **three free training sessions** so that you can come along and 'have a go' before you have to pay your annual membership (costs as above).

The three FREE sessions can be taken on any class within a one month period.

Iaido with Tenchi Ryu

Iaido sessions take place at Budo Centre, Barnstaple on Wednesdays from 6pm to 7pm and on Fridays from 7pm to 9pm.

If you would like to take up Iaido then please come along to any of the above sessions for an informal chat.

We are also affiliated to the Shinbukan network of dojos under the leadership of Sensei Vic Cook 7th Dan and we are also members of the British Kendo Association.



Tenchi Ryu Iaido is a member of Shinbukan and the BKA (National Governing Body)



**Class Timetable
BARNSTAPLE, DEVON**

The Old Ice Factory, top of Fairview Car Park, Pilton,
Barnstaple EX31 1JP

Adults

Monday: 7.30pm to 9.00pm
Wednesday: 7.30pm to 9.00pm
Friday: 9.30am to 11.00am

Junior (ages 6 to 11)

Thursday: 6.45pm to 7.45pm
Saturday: 10.00am to 11.00am

'Young Spirit' (ages 11 to 16)

Thursday: 7.45pm to 9.00pm
Saturday: 11.15am to 12.30pm



TORRINGTON, DEVON

Great Torrington Community School, Calvesford
Road, Torrington EX38 7DJ

Adults: Monday 7.30pm to 9.00pm
Juniors: Thursday 6.30pm to 7.30pm

MACHYNLLETH, POWYS

Bro Ddyfi Leisure Centre, Aberyswyth Road,
Machynlleth, Powys SY20 8ER

Adults: Tuesday: 7.00pm to 8.30pm
Juniors: Tuesday: 6.00pm to 7.00pm

Tenchi Ryu has been awarded Clubmark accreditation
by Sport England. This award recognises the high
standard of our classes for juniors.



Tenchi Ryu is run as a Community Amateur
Sports Club which means we operate on a 'not
for profit' basis.

You can obtain more information from our
website www.tenchi-ryu.co.uk.

We have a club shop at our centre in Barnstaple
which offers training suits, weapons, books,
videos and DVDs.

Our traditional Dojo (training hall) has excellent
facilities including a permanently matted training
area and separate male and female changing
rooms.

As part of Tenchi Ryu you will have access to
tuition from Japanese instructors and courses
throughout the UK.

We hold an annual summer school at the
Barnstaple Dojo and also run seminars and
gradings throughout the year.

We also run other special events and training
courses for students and instructors.



Adult training session at our Barnstaple Dojo

Our Association is a member of the
British Aikido Board: the National
Governing Body for Aikido.



Aikido is the perfect martial art for today's world.
Ethical yet practical; traditional, dynamic and
effective. Aikido is the perfect choice for self
defence, and Tenchi Ryu offers you instruction
from some of the UK's top coaches.

The friendly environment of the aikido dojo is
a fantastic way to meet new people and make
friends whilst learning this great martial art.

Classes at our Barnstaple Dojo



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