

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 instructors 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 Club in Torrington.

Want to know more?  
Then visit our web site:  
[www.tenchi-ryu.co.uk](http://www.tenchi-ryu.co.uk)  
email: [info@devonaikido.co.uk](mailto: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 Beginners 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 (Adults only) take place at the Budo Centre, Barnstaple on Wednesdays from 6pm to 7pm and on Fridays from 7pm to 8.30pm.

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



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





# TENCHI RYU

## AIKIDO & IAIDO

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*



### The Budo Centre

The Old Ice Factory (top of Fairview Carpark)  
Fairview, Barnstaple, Devon EX31 1JP

Tel: 01271 343952 or 07789 960893  
email: [info@devonaikido.co.uk](mailto:info@devonaikido.co.uk)  
[www.tenchi-ryu.co.uk](http://www.tenchi-ryu.co.uk)

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](http://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.



Classes in **BARNSTAPLE**  
The Budo Centre. The Old Ice Factory  
(top of Fairview Car Park)  
Fairview, Barnstaple EX31 1JP

### Adult Aikido

Monday: 7.30pm to 9.00pm  
Wednesday: 7.30pm to 9.00pm  
Friday: 9.30am to 11.00am  
Saturday: 11.45am to 1.15pm Advanced class  
*(3rd kyu and above only)*

### Junior Aikido

Thursday: 7.00pm to 8.15pm  
Saturday: 10.00am to 11.15am

### Iaido:

Wednesday: 6.00pm to 7.00pm  
Friday: 7.00pm to 8.30pm

Classes in **TORRINGTON**  
Great Torrington Community School  
Calvesford Road, Torrington EX38 7DJ

### Adult Aikido:

Friday 7.30pm to 9.00pm

### Junior Aikido:

Friday 6.30pm to 7.30pm



*Junior training session at our Barnstaple Dojo*

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

