

Q – How long have you practiced Aikido?

A - I have been a student of Aikido since September 1974

Q – How long have you taught Aikido?

A – I have been teaching Aikido since October 1989

Q – What other Martial Arts have you dabbled with over the years?

A – I first dipped my toes into the Martial Arts in 1963 when I visited the Judo club run by Osmond Thomas 4<sup>th</sup> Dan, Skinner Street Newport. We practiced above what is now Carousel Leisure and were constantly using the sash window frames to break our falls then landing perpendicular to the ground.

I have also dabbled in Shotokan Karate, for a total of 14 months 1968 – 1976, Goshindo Yawara Jiu Jitsu for approx 15 months 1990 – 91, 20 minutes of Kendo in 1978 (Graham Harris brought a spare kit one night, my brother and I both had a go, I was on my knees begging for mercy after 20 minutes)

Q – What brought you to Aikido or Aikido to you?

A – My brother was working in Whiteheads at the time and he was introduced to Aikido by a colleague of his, I went with my brother the following week to Dean Street Social Club in Newport where the club was in those days. The first Dan Grade I saw was Colin Clarke, the club instructor was on 2 – 10 that day. He turned up at the end of the session just as we were performing Kokyunage (free style) and just leapt on the mat attacking Sensei Clarke. This resulted in the latecomer promptly sitting back down but not in a comfortable manner. I thought 'YES', I want this. That was my introduction and I am still trying to perfect the many techniques that make up this wonderful Art.

Q – What does Aikido mean to you and what has it taught you over the years?

A – It would take me another 35 years to explain the answer to this question, suffice to say I enjoy the feeling of control (or lack of) over my body, also if you have never exited a technique feet first and upside down you haven't been training long or hard enough.

Aikido has taught me how resilient the body is and how quickly one can recover from one's injuries (catalogue supplied on request). Seriously though, Aikido has taught me many things over the years, such as "The Other Left", "Relax", "Oops" and many others.

Q – What instances stand out in your mind based on your training or teaching of Aikido?

A – As Alexander the Meerkat say's "Simples ". There are no particular instances but the many varied people and personalities that I have met over the years have made the journey so far extremely pleasurable.

Q – Why do you teach Aikido?

A – That's easy, because I don't know Capoeira, I enjoy the Art immensely and take great pleasure in watching others falling over.

Q – What are your hobbies aside from Aikido?

A- I enjoy listening to most music, reading, swimming, any form of physical exercise. Oh and the company of women