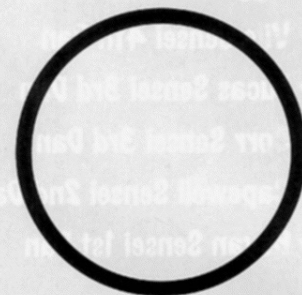


Interviewed by David Bristow

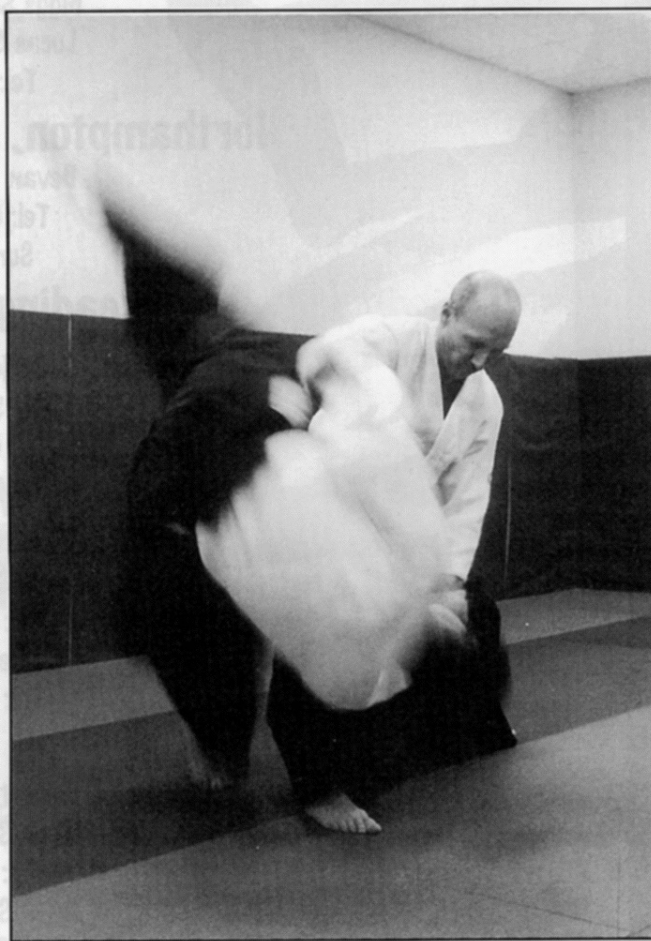


PAUL BARKER AND THE AIKIDO CIRCLE

Paul Barker Sensei was born in 1949. He started Aikidó in 1970. The Aikido Circle was formed by Paul Barker, Alan

time a Godan (5th Dan) and he is the Chief Instructor of the Aikido Circle which teaches traditional Aikido in the Essex area.

technique that changes. It is not so much teaching a basic technique but more the understanding of the basis of the technique.



Beecham and Steve Beecham in 1975-76. Paul Barker Sensei is at the present

Dave Bristow: Sensei, when did you start Aikido?

Paul Barker Sensei: Late 1970.

DB: Who was your Sensei and where did he learn hi Aikido?

PB: I studied under Alan Beecham who mainly studied under Chiba Sensei.

DB: Do you teach exactly what you were taught, that is basic techniques or have you developed slightly different basic techniques?

PB: Basic technique is basic technique, it is only sometimes how you approach teaching basic

DB: How many Dan grades train under you at present?

PB: Seven.

DB: Do you allow your Dan grade students to teach, and if so, do you encourage them to find their own way of teaching or must they follow your way rigidly?

PB: I do not insist that they follow me rigidly no. What they all do is teach in a traditional manner. They will go off and find their own way of teaching. It is sometimes more important to see what they are teaching rather than how they teach.

DB: Did you study any other art prior to starting Aikido?

PB: Yes. Judo and Karate, but only for a short while. I have also studied laido.

DB: What are your feelings towards Tomiki Aikido, ie sport Aikido?

PB: O-Sensei originally created Aikido as a martial art, not as a sport in which one could win medals or trophies. Aikido was created to make students better human beings who are at one with the universe and fellow creatures.

DB: Having attended one of your practice sessions, I notice that all kyu grades wear white belts and