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British Aikido Board Controversy

By Henry Ellis

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British Aikido Board acronym BAB or

Bad at Budo, this is the governing body for Aikido in the UK, In the UK we have a governing body for each of the martial arts, the governing body should oversee its's particular art and protect it and it's members as well as the ancient traditions. There is a universal problem within the martial arts of "IwannaBeAmaster" brigade of so called teachers who either grade themselves numerous invalid grades and titles, gradmaster being one of the more popular ones along with professor and Shihan to name a few, then we have the ones that concern me the most at the moment is the people who when they think no one is looking, they then re-invent themselves in a vain attempt to gain credibility, I had an immediate beginner in my school "The Ellis Schools of Traditional Aikido" a man called Mr Jack Poole, who has re-invented his background, and now claims to have started Aikido not in 1968 but in 1952, Aikido was first introduced to the UK by Kenshiro Abbe sensei in 1955, this would make him the first person in the UK to practice Aikido and would of course change the proud history of those that were involved in it's inception. there is a very controversial article on this issue

on the "British Aikido" web site at
www.GeoCities.com/BritishAikido

The article:

"British Aikido Board Controversy"

This site is a fully documented and honest detailed account of the bizarre conduct and actions of the BAB who instead of protecting it's heritage actually supported this mans claims and refused all the evidence offered against Mr Poole. The BAB then awarded Mr Poole with a bronze samurai statue to ratify his claims and therefore change the history of British Aikido.

Henry Ellis

Author: "Positive Aikido".

Henry Ellis a direct student of the legendary Martial Artist Kenshiro Abbe sensei from 1956. Author of the book "Positive Aikido".

Is Picking A Surgeon Pot Luck?

By Sharleen Standling

The decision to have any form of cosmetic or plastic surgery is a very big one to make, there are many risks involved and sometimes, after hearing many horror stories in the press, it's as if choosing a surgeon is a lottery.

Amongst other things, surgery is very expensive, granted, costs have come down considerably over the years, but it is still very expensive to the average person.

There are cheaper options, like going abroad to have your surgery performed, you can stay in a hotel and relax by the pool while you recover. But personally the thought of having my surgery performed by someone that doesn't even speak my language worries me.

Once you have your mind made up that surgery is what you want, the next step is to find a good surgeon. Did you know that within the US it is legal for a doctor regardless of their speciality to perform "cosmetic surgery" but not "plastic surgery"?

When your health is involved, it's best not to cut corners, if you would pardon the pun, and not substitute a quality procedure for cost.

In the US there is only one entity overseeing Physicians performing plastic surgery and that is the American Board of Medical Specialities, so you must make sure that your surgeon is board certified by them. There are other "fake medical boards" but they are not recognised by the ABMS so don't even touch a surgeon whose credentials do not include the ABMS.

For a surgeon to be certified by them they need to have completed around 5–7 years of surgical residency training after medical school, or possibly more depending on the programme.

In the UK, the surgeon must firstly be registered on the General Medical Council, and then must be a member of either the British Association of Plastic Surgeons (BAPS) or British Association of Aesthetic Plastic Surgeons (BAAPS).

With all surgeons, experience is vital, you must check how many procedures they have done, ideally they should be performing cosmetic surgery operations daily.

There is a ton of resources on the internet regarding plastic surgery, you must research thoroughly before you go ahead with an operation. If surgery is what you truly want, do not take it lightly. It is your body, your health and it is your right to find out and ask as many questions as is required to feel satisfied that you are making the right decision.

Sharleen Standling is a proud contributing author. Find more articles at

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