

## Richard Elliott

Richard Elliott is one of the longest serving students in the National Aikido Federation having trained in excess of 16 years, instructing for several years during that time.

Richard's first lesson in aikido was on an overcast Saturday morning in September 1987 at the club's original dojo in Clifton. Richard began training with Mike Narey, now 8<sup>th</sup> Dan, two days later.

Richard was introduced to aikido by his cousin, David Strong, who went on to reach 2<sup>nd</sup> Dan and teach aikido within the NAF (National Aikido Federation).

Richard had no idea of what to expect of aikido and only went because his cousin was so persistent in trying to get him there - he was hooked after the first lesson and moved to Templegate Dojo with the club in 1998.

He considers himself lucky to have trained abroad with Mike Narey in Slovakia and Hungary on several occasions, and has trained with many other instructors including Pierre Chassang and Rudi Varsegi.

Richard has taught at all levels and currently takes the 5<sup>th</sup> kyu class on Tuesdays and Thursdays at Templegate, having got a record number of beginners through their first grading in July 2003. He also covers Mike Narey's classes when required.

Richard sits on both club and national grading panels and has been a British Aikido Board Coach for approximately 8 years.

Richard's claim to fame is that as far as he is aware he is the only person in the NAF to have failed 6<sup>th</sup> kyu, which he was put in for a month after he started training!

He enjoyed aikido so much that even this didn't put him off and he attained 1<sup>st</sup> Dan in August 1990 and 3<sup>rd</sup> Dan in May 2001.

In addition to Richard's love of training he has made lasting friendships throughout Great Britain and Europe with fellow aikidoka which he values highly and he is looking forward to the next 16 years.