



**Sensei Richard Lewis**  
**5<sup>th</sup> Dan Chief Instructor**  
**Ken Shin Kai Yoshinkan Aikido UK**

**5th Dan Chief Instructor - Ken Shin Kai Yoshinkan Aikido**  
**5th Dan Instructor - Yoshinkan Aikido**  
**3rd Dan – Shotokai Karate**  
**1st Dan - Kendo**

Richard began practising martial arts in 1965, at school, where he practised judo which was taught by William “Bill” Farthing, a founder member of the British Judo Association. This led to several years close contact with the Harlow Judo club run by Dennis Winn and Alf Sinfield.

In 1968 Richard joined the Harlow Shotokai Karate club, which was one of the first clubs outside of London set up by Mitsusuke Harada who founded the Karate-do Shotokai (KDS) organisation in 1965 and who holds the rank of 5<sup>th</sup> Dan, personally awarded by Gichin Funakoshi in 1956. The club at the time was run by Dave “Taffy” Woodward and Eddie Davies. For Richard this was the start of a relationship with the Shotokai and Harada Sensei that would last for 20 years, with Richard holding a position within the Shotokai as local and national representative. Richard received his Shotokai Karate 1<sup>st</sup> Dan in 1971, 2<sup>nd</sup> Dan in 1978 and 3<sup>rd</sup> Dan in 1984.

During the mid-seventies Richard ran the Harlow Shotokan Karate club with Mick Nursey. Richard also enjoyed being involved with the Harlow Kumite team which had many local and national successes. During his time in karate Richard attended many seminars taught by leading instructors, including Hirokazu Kanazawa, Shiro Asano, Bill “Superfoot” Wallace, Joe Lewis and Tyrone White. Richard has also given demonstrations of karate and kendo at national events held at Crystal Palace and many other sporting events including Essex and Hampshire youth games.

Between 1979 and 1982 Richard trained Kendo with Sensei David Williams, who was one of the original students of Abbe sensei from the days of “The Hut” in Hillingdon, and obtained his 1<sup>st</sup> Dan in Kendo. From 1982 to 1984 Richard helped run the Harlow kickboxing club with William Grey (a student of Steve Morris from London). In the early 1980s Richard trained with Sifu Mr Lam in Dragon form Pau Kua and demonstrated at Soho’s Chinatown in 1981.

In 1998 Richard decided to take the path of Yoshinkan Aikido, joining Kenshinkai and receiving tuition from Sensei Garry Masters and senior Yoshinkan instructors. Starting at white belt and working hard to reach the level he is today. Richard has taught Yoshinkan Aikido at national and international seminars and represented Yoshinkan Aikido at the British Aikido Board (BAB) national course in 2013. Richard has travelled to Malaysia, Japan, Moscow, Croatia and Poland, in order to extend his and his students knowledge of Aikido and has attended and given demonstrations of Yoshinkan Aikido at many seminars taught by Terada Sensei, Ando Sensei, Takeno Sensei, Chida Sensei, Inoue Sensei, Payet Sensei, Obata Sensei and Thambu Sensei.

Richard was promoted to Chief Instructor of Kenshinkai in July 2016.