

KIAI is sent to all members of Wellsprings Aikido and to any of our friends who wish to receive it. If you would like to be added to the distribution list then please send your email address to enquiries@wellspringsoftheeast.co.uk.

Contributions to this newsletter are welcome and encouraged. Please send them to enquiries@wellspringsoftheeast.co.uk.

We hope to make the newsletters available online soon.

What's on in October

Sunday 2nd [T.I.A.E Seminar](#) with Tony Sargeant Sensei in Cambridge.

Saturday 8th Weapons Class
9.30 – 11.00 at Phoenix Martial Arts.

Saturday 8th [Aikijo workshop](#) with Tony Sargeant Sensei in Bideford, Devon.

Friday 21st
Get your booking form for the seminar being hosted by Poole Aikido Club the first weekend in November in by today to qualify for the early bird price.

Check out the [online diary](#) for details of future seminars and events.

Training Matters

“Mutual cooperation is one of the hallmarks of a good dojo.”

David Lowry

We don't have opponents or competitors in aikido – we have training partners. When we train we co-operate to learn how to execute a technique rather than engaging in a show of strength or superiority.

In the very first of his 'Precautions for training' O'Sensei said “... *do not engage in contests of strength.*” and in the Iwama Dojo, Saito Sensei had a notice put up which said, in English, “*Attention. Using force to stop your partner from executing the techniques is prohibited.*”

O'Sensei recognised four levels of training

1. KATAI (rigid) or Kihon (basic)
2. YAWARAKAI (flexible)
3. KI-NO-NAGARE (flowing)
4. KI (spirit)

Kihon is the most basic – and the most difficult! It is the level at which we learn how to execute a technique. In kihon training, the attacker (uke) establishes a strong grip on the defender's (nage) wrist, shoulder or other part of the body. Nage does not attempt to evade the attack but allows the attacker to attain the initial advantage. If the technique is not executed accurately then nage will be unable to escape from the attacker's grip and take control. If you can do a technique kihon then you can do it at other levels. The reverse is not true. O'Sensei once said “*I am what I am today only because I did katai training for 50 years*”

If when we train kihon I am stronger than my

partner then I can easily prevent them from executing the technique. But by doing so I prevent them develop their understanding of the technique. I am also encouraging them to use strength rather than technique to escape from the attack. In a worst case scenario I may even put a beginner off entirely. Do that too often and you'll soon run out of training partners!

Offering no resistance at all is equally unhelpful to your partner as they will have nothing to test their technique against.

What is required is graduated resistance. Grip your partner 100%. If they are unable to move release your grip just enough until they can. As we develop our understanding and refine our technique we are able to deal with stronger attacks.

It's worth mentioning here that in kihon training we are learning how to execute the technique from a specific attack. For example if the attack is a wrist grab you don't change your grip or push or pull in a different direction to counter the movement that nage has made. If you change your attack to try and stop nage you'd better watch out – you might find yourself on the end of a different technique than you expect!

(Check out the technical section of [the links page](#) on the website for a couple of articles describing the four levels.)



Remember our motto: "use his weight against him".

Wellsprings on the web

www.wellspringsoftheeast.co.uk

More links have been added recently including a clip of Saito Sensei teaching tai no henko and morote dori kokyu ho (in the technical section).

The [links page](#) is getting quite big now. The intention is to split it into several pages in the near future. In the meantime you can use the short cuts in the navigation bar to the right to jump straight to the section you are interested in.

Congratulations!



Mark Povey, Durwyn Liley and Rafal Szarecki were all awarded the grade of 5th kyu at the grading on 16th September.

Congratulations also to our training buddy **Mark Borley** of Poole Aikido Club who has recently been awarded the grade of 4th Kyu.