

## Welcome

To the first edition of Kiai, the newsletter of Wellsprings Aikido! Our intention is to publish a newsletter regularly. The frequency with which the newsletter appears will depend on the number of contributions received!

Your contributions are welcome and encouraged. Please send them to [enquiries@wellspringsoftheeast.co.uk](mailto:enquiries@wellspringsoftheeast.co.uk).

The newsletter will be 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](mailto:enquiries@wellspringsoftheeast.co.uk).

We hope to make the newsletters available online soon.

## What's on in September

### **Saturday 10<sup>th</sup> jiyu-renshu (free practice)**

9.30 – 11.00 at Phoenix Martial Arts.

Open to all members of Wellsprings Aikido and aikidoka who regularly train with us.

### **Sunday 11<sup>th</sup> Beginners Aikido Course**

If you know of anyone who might be interested in starting to train in aikido then please tell them about this course.

### **Friday 16<sup>th</sup> Grading**

Please come along and support the aikidoka who are taking their 5<sup>th</sup> kyu tests

Check out the online diary for details of future seminars and events.

## Training Matters

*“The sensei is the template. The sensei must also be a leader in the sense of serving as a technical model for others. He is, properly, the only source of instruction.”*

David Lowry in “In the Dojo” page 150

Sensei has demonstrated a technique. You turn to your partner, bow to them and then what do you do? Why, train of course!

That may be stating the obvious but some aikidoka cannot resist correcting their partners or telling them what to do. Unless you have been specifically asked by the sensei you do not teach on the mat.

Tony Sargeant Sensei often says that he never speaks when he is training on the mat and another Sensei is teaching – even when his partner asks for help.

Not speaking on the mat does not mean that you cannot help your training partner though. In the western world we are used to learning through verbal instruction but learning in Aikido comes from experiencing it. You can help your partner in the following way. When it is your turn as nage demonstrate the technique clearly then when you are acting as uke for them show your partner the effect of their actions through your following (there will be more about following in a future edition).

Hoa Newens Sensei is a 6<sup>th</sup> dan and a director of the Takemusu Aikido Association. In his article “Without Words” Eytan Ben Meir describes seeing Hoa help a beginner at the end of a training session.

*“One day, I noticed something new (to me, I noticed it for the first time). At the end of class, Hoa, as was customary and still is in most schools I know, bowed to a beginner and invited him to some additional after-class training. As I watched, they started practising together some technique that was taught in the class that just ended. They practised smoothly and silently, without stoppage or verbal noise. I thought I noticed that Hoa was paying special attention to some parts of the practice. The same parts, both as an Uke and as a Nage. I assumed those were places where he wanted to help his partner change something. He never stopped or said a word. In about 3 minutes something that seemed like a miracle to me happened. The way Hoa’s partner was practising the technique changed dramatically. It seemed to me that he did “correct” the flaws Hoa was aiming at. I’m not sure he was aware of the change in his practice. After that day, I amused myself often by watching Hoa’s silent ways of teaching.”*

([Read the full article](#), in English, on the Aikido Institute Davis website.)

Jiyu-renshu or free practice is an opportunity to train informally with no “lesson” being taught – it is not an opportunity to engage in some surreptitious teaching! Follow the examples of Hoa Newens and Tony Sargeant Sensei and teach silently.

By the way, aside from Mark Sensei, the best people to train with to help you with your techniques are sempai (senior students) Nigel and Steve. If you don't know them – they're the one's wearing hakama!

To finish I include some advice taken from Northside Aikido dojo etiquette:

*“So, when you are helping someone, keep the talking to a minimum, be patient, and show kindness. Let them practise and learn. Let them experience the difficulty, the joy, and the value that comes from their own discovery. Your*

*partner will appreciate it and think better of you for it. If your words are condescending and your attitude is bad, or you stop their attempts at technique, don't expect to make a friend. Treat them as you would like to be treated and you will not only get their attention but their respect and friendship as well.”*



Cartoon by Jobi\_ found on toonpool.com

## Wellsprings on the web [www.wellspringsoftheeast.co.uk](http://www.wellspringsoftheeast.co.uk)

The links page has been reorganised.

Links to clips of O'Sensei in Iwama in 1961; Saito Sensei demonstrating techniques from Budo (the handbook written by O'Sensei for his students) and film showing places in Tanabe City (Ueshiba's home town) associated with the Founder have been added to the section on Morihei Ueshiba.

We've also added a few paragraphs describing Iwama Style Aikido to the home page.

## Iwama South Coast Aikido

The club, founded by the late Tim Buswell Sensei, is to be relaunched under the direction of Andy Channer Sensei. Training is on Wednesday evenings from 8 – 9.30 pm at St Mary's Catholic Church, 211A Wimborne Road, Poole, BH15 2EG.