

## What's on in April

- Sunday 8th** Easter Sunday – **no training**  
**Saturday 14<sup>th</sup>** **Jiyu-renshu (free practice)** at  
**9.30 – 11.00** Phoenix Martial Arts. No mat  
fee, no Sensei, practise what  
*you* want. Sempai on hand to  
assist. Open to all who regularly  
train with Wellsprings.
- Friday 20<sup>th</sup>** **Wellsprings Aikido Kyu**  
**Grading**
- Saturday 21<sup>st</sup>** **Reading Zenshin Aikido Club**  
**& Sunday 22<sup>nd</sup>** **10th Anniversary Seminar**  
with Tony Sargeant Sensei, 6th  
Dan Aikikai et al.
- Saturday 28<sup>th</sup>** **Wellsprings Aikido Taisai** (see  
right)

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

## About KIAI

KIAI is the newsletter of Wellsprings Aikido. It  
is sent to all our members and to any of our  
friends who wish to receive it. If you would like  
to be added to or removed from the distribution  
list then please send your email address to  
[enquiries@wellspringsoftheeast.co.uk](mailto:enquiries@wellspringsoftheeast.co.uk).

Contributions to this newsletter are welcome  
and encouraged. Please send them to the address  
above.



## Grading

The next grading session is scheduled for 20<sup>th</sup>  
April. If you meet the criteria specified in [the](#)  
[syllabus](#) and would like to test for your next kyu  
grade then please inform Mark Sensei.



## 2012 Aikido Taisai

This year's Taisai is on **Saturday 28<sup>th</sup> April** at  
**Phoenix Martial Arts** from **2pm – 5pm**  
(registration from 1.45).

Our Sensei are **Paul McGlone Sensei**, 6<sup>th</sup> Dan,  
and **Pete Reynolds Sensei**, 4<sup>th</sup> Dan.

The Taisai is an opportunity to get together with  
fellow aikidoka and celebrate our love of  
Aikido. Taisai are held by aikidoka around the  
globe at this time of year. Entry is by donation,  
as is the custom in Iwama, and all profits after  
costs are given to a charity making a difference  
in our community. This year our chosen charity  
is the [Bournemouth and Poole Transverse](#)  
[Myelitis \(TM\) Support Group](#).

The [Transverse Myelitis Society](#) (TMS) is a UK  
registered charity affiliated with the worldwide  
[Transverse Myelitis Association](#) (TMA). The  
TMS provides information and support to over  
700 TM sufferers, carers and families in UK. It  
also supports people with other rare auto-  
immune neurological conditions eg ADEM and  
NMO (Devic's Disease). These conditions all  
involve inflammatory attacks in the central  
nervous system. The symptoms of TM include  
muscle weakness, paralysis, parasthesias or  
uncomfortable nerve sensations, neuropathic  
pain, spasticity, fatigue, depression and bladder,  
bowel and sexual dysfunction [Read more...](#) and  
check out [this link to a letter written by the actor](#)  
[Peter Jacobson](#) (who plays Dr. Taub in House)  
to raise awareness of TM.

## Wellsprings on the web

[www.wellspringsoftheeast.co.uk](http://www.wellspringsoftheeast.co.uk)

## Training Matters



We step onto the Aikido tatami to train not to fight. When we train uke doesn't attack nage but rather gives nage what is known as a 'promised' attack i.e. something for nage to work with.

As we have discussed in earlier editions of Training Matters uke should not prevent nage from doing the technique and they should not change the attack once nage starts to execute their technique. This would be fighting. Some aikidoka justify using their knowledge of the technique to be performed to prevent nage from executing it by claiming that they are making the situation more realistic. They are not, they are simply indulging in bullying and feeding their ego. In a 'real' situation nage would not be restricted to the technique being practised and uke would not have the advantage of knowing how nage was going to respond (Remember the story of O'Sensei biting Saotome when he blocked him).



### Easter Training Times

Please make a note of our training times over the Easter holidays:

**Good Friday: Training as usual**

**Easter Sunday: No training**



Having given nage a 'promised' attack, uke then follows nage's response, moving where nage directs them without anticipating the movement i.e. not deciding where to move or how or when to do a breakfall.

So uke doesn't prevent nage from moving but neither does uke make it too easy for nage. Finding the balance between the extremes of stopping nage or almost doing the technique for them isn't easy. The level of resistance required is often described as being that necessary so that both partners feel as though they are moving through treacle.



Treacle is a viscous liquid. Moving in a viscous liquid isn't easy but it's not impossible. This is the level of resistance nage should experience from uke. Viscous fluids have another characteristic – they flow, albeit very slowly. Like treacle uke should flow with nage.



## Breath with Movement Part 3 of 8

During 2012 Mark Sensei is introducing exercises combining breath awareness with movement into the training sessions. The purpose of these exercises is to tone up muscles and stimulate the flow of energy throughout the body. Here we present the third exercise which is known as 'heal the spleen and stomach through the push of arms'.



1. Stand with the feet shoulder-width apart. Cross the arms at the wrists with the right hand furthest from the body and the palms of the hands facing you. The hands, open with relaxed fingers, are held in front of your face.
2. On an exhalation turn your face slightly to the right as you lower your right arm and raise your left. Bring the right hand down to your right hip with the palm facing down and fingers pointing forwards. Raise your left arm until the left hand is poised above the left shoulder with the palm facing upwards and the fingers pointing backwards. Press the palms away from each other keeping the palms flat and at right-angles to your arms.
3. As you inhale bring your hands back in front of your face with both palms turned towards you and the right hand closest to you.
4. Repeat step 2 but this time extend the right arm up and the left arm down and turn the face to the left.

Keep the shoulders relaxed throughout the movement. Perform the whole exercise 4 – 8 times.

## Gripping Stuff!

By Richard Small

In 'Using fingers in Tai Chi is a work of art' [vol. 35 no. 4 of T'AI CHI magazine] William CC Chen writes of the strong connection between the fingers and other parts of the body over which they have influence. In his article Chen says that fingers are disproportionately represented in the motor cortex [see sidebar], that the fingers are part of the mind and that they move when we talk. Which ones move and how they act depends on our mood.

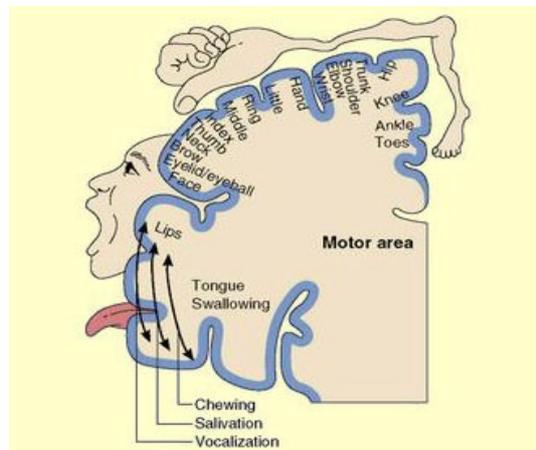
The 5 'fingers' are controlled by two different nerves. The little finger and ring finger are controlled by the ulnar nerve and the rest are controlled by the median nerve. According to Chen the little finger system is more active than the first finger system. Activation of the little finger system promotes relaxation of the mind/body and causes the feet to flatten and the inner thigh muscles to release. Activation of the thumb, first and middle fingers causes the body to become 'substantial', the feet to press into the ground and the inner thigh muscles to contract.

As I read the article I sensed the connection with Aikido in terms of grip. I recalled my teacher telling me "grip with the little finger first ... gripping with the index finger first tightens the shoulders. Gripping with the little finger first embodies a sense of gripping from your own centre" In the light of Chen's article these instructions make sense.

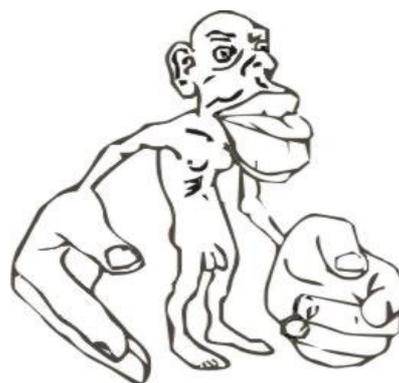
In bukiwaza we keep a relaxed body and use a relaxed grip while raising the ken or jo and at the start of the strike. We change to a full grip at the end of the strike when power is required. When we lift the grip is with the little fingers, with the fingers roundly encompassing the jo or ken. As the 'strike' materializes we engage the thumb and first two fingers and power is issued from a fully active and substantial body. Then it is released as suddenly.

## The Motor Cortex

By Anne Vincent



The motor cortex is the name given to the part of the brain involved in the planning, control and execution of voluntary motor functions. The diagram above shows the motor homunculus or map of the body parts on the motor cortex. The areas assigned to various body parts on the cortex are proportional to the complexity of the movements that they can perform rather than on their physical size. If we were to draw a picture of the body with the various parts drawn in proportion to their representation on the cortex it would look like this:



As you can see the areas for the hand and face are especially large. The brain is happy with this but if you are used to scaling things according to their size you might consider this disproportionate!