

## What's on in August

**Sunday 19<sup>th</sup>** **Aiki Weapons Workshop** with Richard Small Sensei, 3rd Dan TIAE in Higher Halstock Leigh

**Sunday 19<sup>th</sup>** **Training Day** with David Law Sensei, 4th Dan T.A.I.E. in Derbyshire

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.

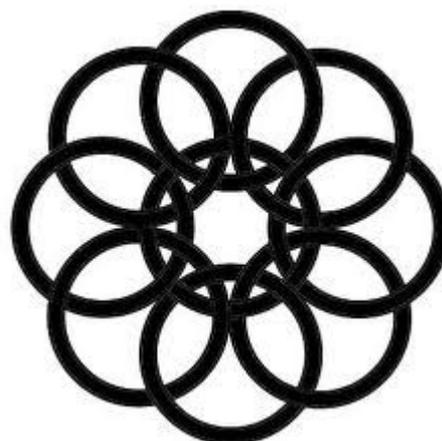
## Uchideshi in Kefalonia

There is a week's uchideshi with Tony Sargeant Sensei, 6th Dan Aikikai in Kefalonia, Greece from 15<sup>th</sup> – 22<sup>nd</sup> September ([more details](#)). If you are interested in attending please contact Tony Sensei by 15<sup>th</sup> August.

Photographs taken by Richard Small when he was in Kefalonia in June can be viewed from the [Wellsprings Picture Gallery](#).

## Congratulations

to Jon and Michelle Leslie on the birth of their son Jon Sonny.



## Nine Circles Order

Mark Sensei will be placing an order with [Nine Circles](#) on 20<sup>th</sup> August. If you would like to buy anything then please let Mark Sensei know by 19<sup>th</sup> August. Remember that **the prices shown on the Nine Circles website do not include VAT or postage**. We get a small discount on weapons and clothing, but not on gift, sale or other items, which goes some way to offset these charges. And by placing a collective order we save again on postage.



## Grading

The next grading session is scheduled for 28<sup>th</sup> September. If you meet the criteria specified in [the syllabus](#) and would like to test for your next kyu grade then please inform Mark Sensei.



## Wellsprings on the web

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

## Breath with Movement Part 5 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 fifth exercise which is known as 'Sway the head, swing the tail to remove the fire from around the heart'.



1. Stand with the feet slightly wider than shoulder-width apart and place the hands on the hips.



2. Bend over to the left on an exhalation. Keep your head in line with the body as you do this. Transfer some weight to the left as you bend.



3. Inhale and return the body to the central position.



4. Bend to the right as you exhale.

Perform the whole exercise 4 – 8 times.