

What's on in December

Saturday 8th – **Donovan Waite Sensei, 7th**
Sunday 9th **Dan – Shihan** in St. Ives.

Friday 14th Wellsprings Aikido 6th - 2nd
kyu grading

Check out the [online diary](#) for details of 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.

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

Errata in previous edition

The date of the **second workshop** in the bukiwaza series was given incorrectly in the previous newsletter. **The date should have read February 9th**. The poster and booking form have been corrected and appear at the end of this newsletter. Please ensure that you amend your diaries.

Introducing...

Wellsprings welcomes new member **Rob Crosby**.

Happy Holidays

Our regular training sessions continue throughout the festive season so come along and work off that Christmas pud!

Beginners' Course

Another 6 week course for beginners starts on **Friday 4th January**. The course gives the opportunity to experience aikido and provides a good grounding in the basics of the art. It also offers the chance to train with others who are just starting out and to make new friends. If you know of anyone who is interested in taking up aikido please tell them about this course and encourage them to come and join us.

Training Session with Pete Reynolds Sensei

by Richard Small

Our training session on Friday 30th November was taken by Pete Reynolds Sensei, 4th Dan of New Forest Aikido. Richard Small travelled from Bideford in Devon to participate in the class. He sent in this report.



Illustration 1: Group Photograph.

A cold and dark November night and a 240 mile round trip just for an hour and half aikido class. Mark Allcock, founder and resident Sensei at Wellsprings Aikido had invited 4th dan Pete Reynolds to teach. I knew the journey would be worth it, and was not disappointed. As they say, “don’t be afraid of going slowly, only of standing still”.

We started with a group photo, just in case we forgot at the end. Sensei Pete Reynolds of TIA Europe is a confident yet humble man and an easy going yet competent teacher; in fact his relaxed manner is a bonus to his teaching. More than this, Sensei Reynolds has, through his own long and sometimes arduous journey, developed some amazing insights and skills.



Illustration 2: tai no henko

We began with, “the most important practice you will ever do”, tae no henko, and were immediately treated to some useful advice that changed our strugglings into comfortable success. The principles were everything, positioning, posture, attitude and blending. Remember always that ‘seeing is not seeing’, sometimes you need the teacher there to tell you what you should see and not what you think you can see; the words alone are valueless without the dynamic guidance of a knowing teacher. . . one who has gone before.

With such skills it would be easy to impress and leave students struggling and envious but Sensei Reynolds was there to share his enlightenments with all who wished to know; he was most generous in sharing his

knowledge and skills with all of us.



Illustration 3: morote dori kokyuho

Next exercise/technique was morote dori kokyuho – and even more principle based enlightenment. Why do we make things difficult for ourselves when there is a better way?

One of the points made by Sensei Reynolds was, “uke has plenty of power of his own. . . why should you give him any of yours. . . do not add anything to the struggle”.

After plenty of opportunity to practice we moved on to Shiho nage, standing and hanmihandachiwaza. Same old technique practiced for years but now including our new principles. . . what a difference, the struggle was removed, we ceased to become the attacker instead of defender.



Illustration 5: kokyu dosa

As we ran out of time, Sensei Reynolds gifted to us, in my eyes anyway, a great secret, (they are always elusive secrets until you know the answer!) how to make a powerful yet effortless intervention to the yokumen attack that takes both mind and body of the strongest of opponents.

Sensei Reynolds was not yet finished, in timeless tradition we practiced kokyu dosa. Demonstrating a flowing, natural and flowing movement of free will he then assisted students in finding the same. . . well, sort of similar anyway.

Wellsprings lovely bunch of students and visitors were blessed by the teachings of a great sensei. . . there’s an old Chinese saying that goes, “don’t take their word for it, go see.”

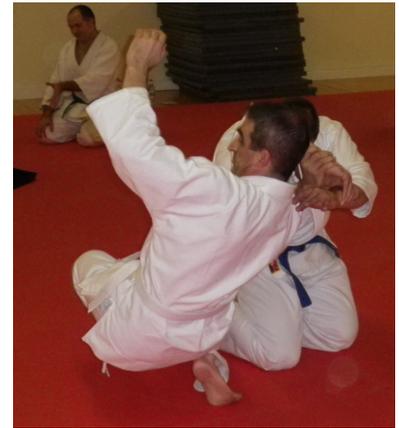
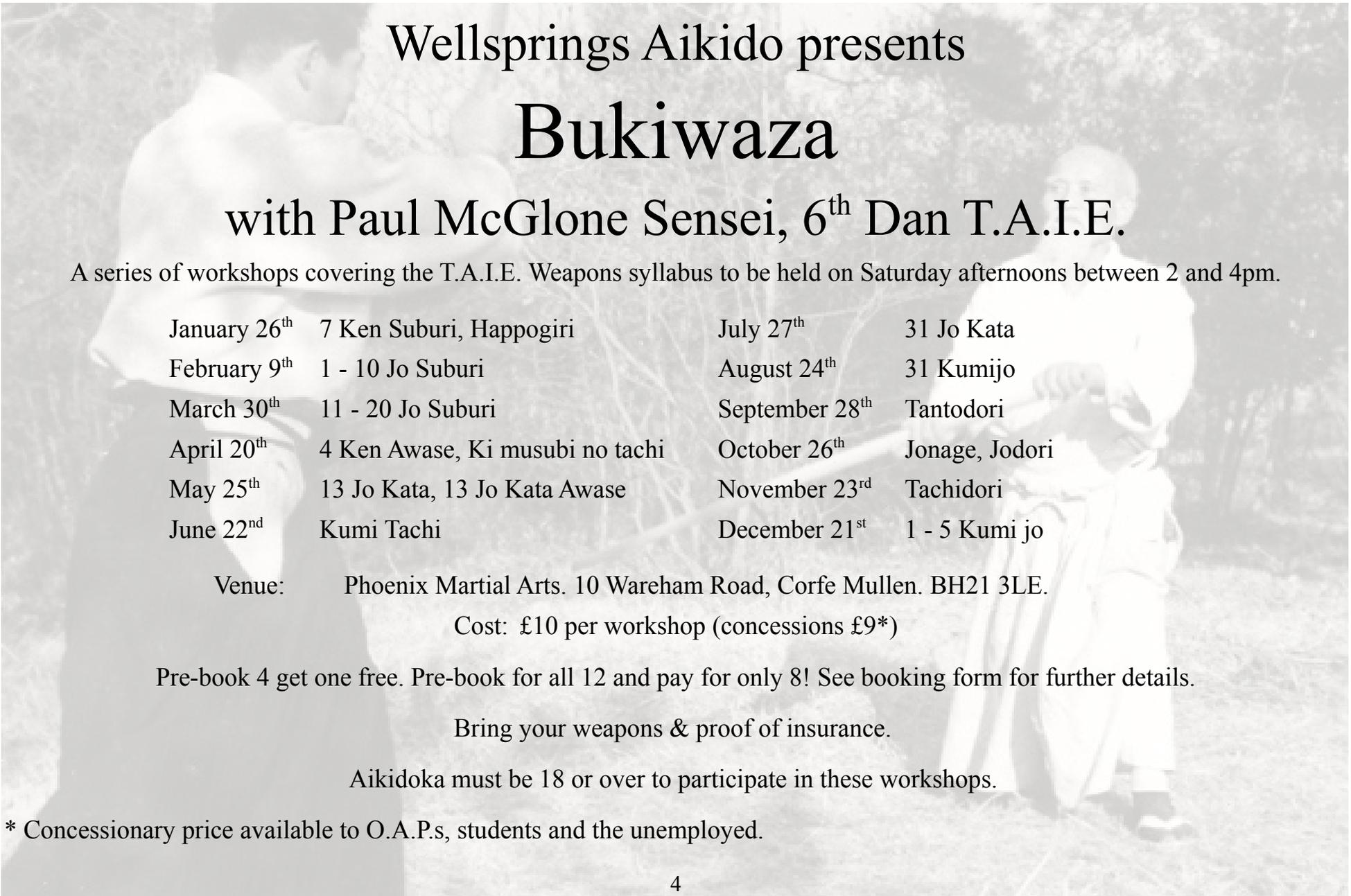


Illustration 4: hanmihandachiwaza shiho nage

Sensei Pete Reynolds of New Forest Aikido, a skilled but humble man and if you have any interest in Aikido one worth seeking out.



Wellsprings Aikido presents

Bukiwaza

with Paul McGlone Sensei, 6th Dan T.A.I.E.

A series of workshops covering the T.A.I.E. Weapons syllabus to be held on Saturday afternoons between 2 and 4pm.

January 26 th	7 Ken Suburi, Happogiri	July 27 th	31 Jo Kata
February 9 th	1 - 10 Jo Suburi	August 24 th	31 Kumijo
March 30 th	11 - 20 Jo Suburi	September 28 th	Tantodori
April 20 th	4 Ken Awase, Ki musubi no tachi	October 26 th	Jonage, Jodori
May 25 th	13 Jo Kata, 13 Jo Kata Awase	November 23 rd	Tachidori
June 22 nd	Kumi Tachi	December 21 st	1 - 5 Kumi jo

Venue: Phoenix Martial Arts. 10 Wareham Road, Corfe Mullen. BH21 3LE.

Cost: £10 per workshop (concessions £9*)

Pre-book 4 get one free. Pre-book for all 12 and pay for only 8! See booking form for further details.

Bring your weapons & proof of insurance.

Aikidoka must be 18 or over to participate in these workshops.

* Concessionary price available to O.A.P.s, students and the unemployed.

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Cost **£10 per workshop pay on the day** or
Save upto 33% by pre-paying for 4 or all 12 workshops.



Name: _____ Club: _____
 Address: _____
 Email: _____ Tel.: _____

I would like to take advantage of the following multi-buy option (please tick):

- January through April £30 (concessions £27*) if you pay before 12th January
- May through August £30 (concessions £27*) if you pay before 11th May
- September through £30 (concessions £27*) if you pay before 14th
December September
- All 12 workshops £80 (concessions £72*) if you pay before 12th January

* Concessionary price available to O.A.P.s, students and the unemployed.

Please return this form together with your payment (make cheques payable to "Yoga with Mark") to:

Mark Allcock, 110 Fernside Road, Poole. Dorset. BH15 2EP.