

What's on in May

Saturday 5th to 30th June **Uchideshi Programme in Kefalonia** with Tony Sargeant Sensei

Sunday 6th 14.00 – 18.00 **31 Jo Kata** with Richard Small Sensei at the Shinsei Dojo.

Saturday 12th & Sunday 13th **Mr Foster Memorial Seminar** in High Wycombe.

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.

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

Wellsprings on the web
www.wellspringsoftheeast.co.uk



Congratulations to...

Wayne Young who passed his 5th Kyu test on 20th April.

Nigel Hymas who was awarded his nidán (2nd dan) at the Reading Seminar on 21st April.

Paul Robinson, Tom Harker and Mark Povey who were awarded their 4th kyu at the Taisai on 28th April.



2012 Aikido Taisai

This year's Taisai was held on **Saturday 28th April** at **Phoenix Martial Arts**. Our Sensei were **Paul McGlone Sensei**, 6th Dan, and **Pete Reynolds Sensei**, 4th Dan.

We enjoyed a good afternoons training and raised £100 for the [Bournemouth and Poole Transverse Myelitis \(TM\) Support Group](#).

Thanks to all of you who supported this event.

Arrivederci Jon

Jon Leslie will be leaving Bournemouth this month to join his wife, Michelle, in Switzerland. We send them best wishes for the arrival of their first child which is due later in the year.

Jon will be staying at home to look after junior when Michelle goes back to work so please pass him all your child care tips!

Nine Circles

Mark Sensei will be placing an order with [Nine Circles](#) shortly. If you would like to buy anything then please let Mark Sensei know by **13th May**.

4th and 3rd kyu grades might like to consider buying a tanto, if they don't already own one, as knife taking techniques are introduced at 2nd kyu level.

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 the VAT and by placing a collective order we save something on postage.

Training Matters

Mark Sensei writes:

Recently in our training sessions we have been working on what is known as 'feather fall' ukemi in addition to our usual break-fall. Eventually I would like all of us to be able to do both forms.

From my own perspective I wish to continue break-falling for as long as possible. When I first started aikido I was told that you could stop taking high-fall in your mid 40's. Being born in the 1950's I have already passed that date but I want to be able to continue taking high-fall for many more years yet (look to Lew for inspiration... still break-falling in his 8th decade!). I feel that this way of falling will facilitate this.

Jonathan Pattison found this instructional [video clip on Youtube](#). In this clip the ukemi is being demonstrated by Myanmar Aikido's Maung Maung Thant (San dan) who seems a really happy chappy, embodying O'Sensei's instruction to 'train joyfully'.

We have been working on [step 1](#) in our recent training sessions and some of us now are moving on to [step 2](#). The University of South Florida Aikido [Ukemi Core training video expands on step 2](#) (thanks to Paul Robinson for finding this film on YouTube). Here is a transcript from the USF Ukemi Core Training video for this stage (N.B. USF's step 1 is equivalent to Myanmar Aikido's step 2).

Transcript from the USF Ukemi Core Training video – Stage 1

Benefits:

- A comfortable and addictive stretch that develops flexibility in the neck and shoulders
- A nice way to introduce forward rolls and back rolls, and help remedial students who have difficulty learning rolls
- Helps beginners straighten out their rolls
- Helps advanced students develop core strength and balance, and prevent injury from sudden and incomplete break-falls
- If you have neck or shoulder injuries or problems, please speak to your doctor (or yoga teacher!) before doing this exercise. It should never be painful.
- If you are an advanced Aikido student, however, this should be easy for you, right? You might be surprised!

Step 1: Neck/Shoulder Stretch. [view video clip](#)

- From seiza. Place both palms on the mat before you.
- Stretch one leg behind you, and follow it with your opposite hand.
- Follow your hand with your head, underneath your bracing arm. Place the back of your neck (not your ear, not the top of your head) on the mat. You should be able to look up to the ceiling.
- Take your bracing hand (the one with its palm on the mat), and lay it directly forward. If you can, try to lay it on the mat.
- If you can, look forward to follow your hand.
- Relax, feel which back, neck, shoulder muscles are fighting/resisting the stretch.

20 Jo Suburi

Paul Robinson compiled a list to help him learn the 20 jo suburi. Paul found that an English translation for the names helped him to remember the movements. Here is his list which we hope that you find useful. The list has been enhanced to include two hyperlinks for each suburi. These point to the start position in a [video on YouTube in which Saito Sensei demonstrates the 20 suburi](#). The first link shows the suburi viewed from the front and the second the suburi viewed from the rear.

Tsuki

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|--|--------------------------------|
| 1) Choku Tsuki - front rear | Direct (front) thrust |
| 2) Gaeshi Tsuki - front rear | Return thrust (Counter thrust) |
| 3) Ushiro Tsuki - front rear | Thrust to the rear |
| 4) Tsuki Gedan Gaeshi – front rear | Thrust with low return strike |
| 5) Tsuki Jodan Gaeshi Uchi- front rear | Thrust with high return strike |

Uchikomi

- | | |
|---|--|
| 6) Shomen Uchikomi - front rear | Front strike with step |
| 7) Renzoku Uchikomi - front rear | Continuous front strikes with step |
| 8) Menuchi Gedan Gaeshi - front rear | Front strike, low return strike |
| 9) Menuchi Ushiro Tsuki - front rear | Front strike, thrust to rear |
| 10) Gyaku Yokumen Ushiro Tsuki – front rear | Opposite side, head strike, thrust to rear |

Katate

- | | |
|---|---------------------------------------|
| 11) Katate Gedan Gaeshi – front rear | One handed, low to high return strike |
| 12) Katate Toma Uchi - front rear | One handed far-reaching strike |
| 13) Katate Hachi Noji Gaeshi – front rear | One handed “figure 8” strike |

Hasso Gaeshi

- | | |
|--|--|
| 14) Hasso Gaeshi Uchi - front rear | Eight direction return, front strike |
| 15) Hasso Gaeshi Tsuki - front rear | Eight direction return, front thrust |
| 16) Hasso Gaeshi Ushiro Tsuki – front rear | Eight direction return, thrust to the rear |
| 17) Hasso Gaeshi Ushiro Uchi – front rear | Eight direction return, strike to the rear |
| 18) Hasso Gaeshi Ushiro Barai – front rear | Eight direction return, sweep to the rear |

Nagare

- | | |
|--|-----------------------------------|
| 19) Hidari Nagare Gaeshi Uchi – front rear | Left flowing front return strike |
| 20) Migi Nagare Gaeshi Tsuki – front rear | Right flowing front return thrust |

This is a useful resource not only for beginners but also for the rest of us who can improve our understanding of the suburi by watching and learning from the master. We have created a standalone document containing this list (.pdf format) which can be found [here](#) on our website. It can also be accessed from [the Technical section on the links page](#) of the website.

7 Ken Suburi

Inspired by Paul, Mark Sensei has compiled this list of the 7 ken suburi. It too has links to the starting position of front and rear view video clips of [Saito Sensei demonstrating the 7 ken suburi](#).

1	Shomen Uchi	Front strike	front view , rear view
2	Shomen Uchi Komi	Front strike with step	front view , rear view
3	'The sword of universal Ki'		front view , rear view
4	Rensoku Shomen Uchi Komi	Continuous front strikes with step	front view , rear view
5	Renzoku Shomen Uchi Komi	Continuous front strikes with step	front view , rear view
6	Shomen Uchi Tsuki	Front strike with thrust	front view , rear view
7	Migi Shomen Uchi Hidari Tsuki	Right front strike, left thrust	front view , rear view

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[Link to cartoon source.](#)