

What's on in November

Saturday 17th Nine Circles order deadline
(see 'Dear Santa' below)

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

Dear Santa,...

This year why not ask Santa for your own ken or jo or for a new gi (beats socks any day!).

In the long-run it is best to buy weapons made from white oak (such as these [ken](#) and [jo](#) from Nine Circles) right from the outset as they are harder, will take more punishment and will last you many years. If cost is an issue and you are not sure of your long term commitment then this [entry level ken](#) is fine to start with. Be aware though that these lighter kens will not stand up to long term, heavy duty partner practice and you will eventually want to/need to buy weapons in white oak.

Mark Sensei will be placing an order with [Nine Circles](#) this month. If you or Santa would like to buy anything then please let Mark Sensei know by 17th November. **The prices shown on the Nine Circles website do not include VAT or postage** however the club does get a small discount on weapons and clothing but not on gifts and other items.



Charity Book Auction Thanks

A message from Ray Gardiner Sensei of Three Rivers Aikido:

“Thank you to all those who bid or bought Tim Buswell Sensei’s Budo books. All of them sold and after deducting Ebay Fees we raised £331.88 for MacMillan Cancer Support.

In some cases people bid more than twice the price of a new book and I am totally overwhelmed with people’s generosity.”

About KIAI

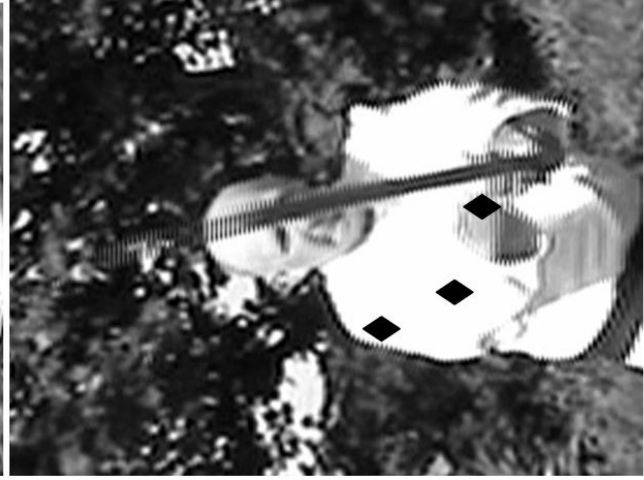
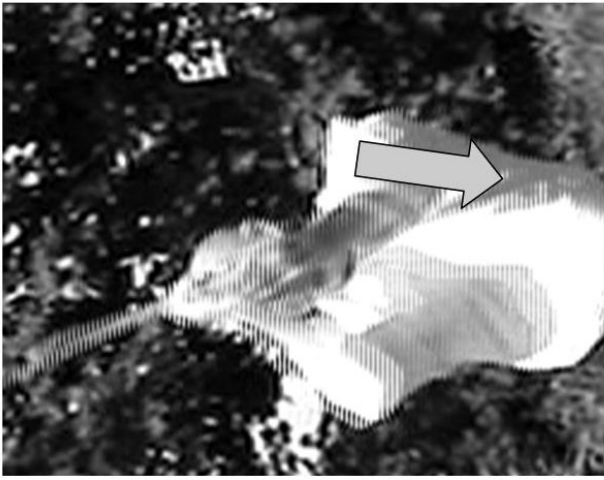
KIAI is the newsletter of Wellsprings Aikido. It is sent to all our members and to any of our friends who wish to receive it. If you would like to be added to or removed from the distribution list then please send your email address to enquiries@wellspringsoftheeast.co.uk.

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

Internal Power

In the feature on page 2 Richard Small Sensei describes how to increase the power in your Jo cut by using internal power.

Richard Sensei describes internal power as an “almost effortless power as it doesn't seem to need the big muscle groups we are used to using, in fact they are usually relaxed and create a oneness in the body.”



Something to consider for power.
 The initial direction of the striking Jo is along its length, as shown left by the arrow.

First relax the shoulders and allow them to connect with the hips. ↘

Shoulders and arms are cross connected to their opposite hips. ★

As the shoulders sink and open in a forward manner so the elbows join in, in an opening and forward and downward manner. ◆

Lastly the wrist joints open.

The final posture is one in which the joints are open and relaxed, the Jo is extended out wards and almost seems to stop on its own at the right time.

There is a 'rounded' feeling to the arms and hips and yet there is also an expression of extension too.

You can try this with a partner who resists your cut by a hand under your arm. Be warned that making a cut this way is very powerful.





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
March 2 nd	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 September
 December
- 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.