

What's on in February

Saturday 9th Bukiwaza (weapons training)
1 – 10 jo suburi
with **Paul McGlone Sensei, 6th dan T.I.A.E.** 14:00 – 16:00

**Sturminster Marshall
Memorial Hall**

Saturday 16th Aiki jo workshop in Taunton
with Richard Small Sensei, 3rd
dan T.I.A.E.

**Thursday 28th The first Thursday evening
training session** at Sturminster
Marshall Memorial Hall

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.

New Training Session

Our new Thursday evening training session at **Sturminster Marshall Memorial Hall** starts on **Thursday 28th February 2013**. Training is from **20.15 to 21.45** in the Second Hall.

There will be **NO MAT FEE** for this **first session**. Normal mat fees apply from March.

Bukiwaza with Paul McGlone Sensei

The first workshop, covering the 7 ken suburi and happo giri was a great success. There was much for everyone, whatever their grade, to take away to work with.

Here are some comments people have made about the workshop on Facebook:

"A really superb workshop down in Poole today. Sensei McGlone taught some solid fundamentals that would serve as excellent building blocks in all areas of anyone's aikido training. It's well worth making the effort to attend these workshops if you possibly can."

Jason Rodwell
Reading Zenshin Aikido

"It was well worth attending, made me aware of the weak points in my weapons, very enjoyable."

Lew Foote
Wellsprings Aikido

Has the sheer amount of technical information presented at the event caused a data overload? Are you kicking yourself for missing the workshop? If the answer to these questions is "yes", then we have just what you need... a dvd covering all the salient teaching points (available at the end of February). It is over 45 minutes long and costs £5 if you were at the workshop and £10 if you weren't. Place your order for the dvd with Mark Sensei. Because of the cost and time involved in burning each dvd we will only be producing them to order.

The topic for the next session, which is on 9th February, is 1 -10 jo suburi. If you are missing you will be missing out.

Warming Up

Sensei Mark attended a two day aikido seminar with Donovan Waite Sensei, 7th Dan Aikikai, back in December 2012.



Waite Sensei is 3rd from right, front row and Mark Sensei is 3rd from the left, back row in this group photo.

Each session began with a 15/20 minute warmup, similar to the Tai Sai we do at Wellsprings, but with a bigger emphasis on yoga postures. Most people who had not been on the warm up with Sensei Waite before were surprised at the intensity of the practice and even though Mark Sensei has a yoga practice he was surprised at the flexibility of Sensei Waite. The picture below shows Sensei Waite in one version of splits that we did:





Here is a shot, courtesy of Richard Small, of Sensei Mark doing a similar pose in his warm up at an Aikido course in Poole a few years ago.

The warm up (Aiki Taiso) that we perform at the beginning of our classes at Wellsprings is based on the warm up developed by Hoa Newens Sensei 7th Dan Aikikai. We usually do 20+ of the 31 moves taught by Newens Sensei. Newens Sensei says "All aikido techniques involve the use of body joints, especially the hips. Stretching the joints properly and regularly enhance their performance and keeps them in good order. If students aspire to a long and healthy career then they must not skip their daily dose of Aiki Taiso even if they do not go the classes."

Related articles in previous editions of Kiai:

Training Matters, Issue 6 February 2012

Training Matters, Issue 7 March 2012

Also of interest:

A [film of Morito Suganuma](#), 8th dan which includes the warmup (jumbi taiso) that O' Sensei did in his later years (the [jumbi taiso starts at 1 minute 42 seconds](#) and lasts for around 10 minutes).



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 23 rd	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: Sturminster Marshall Memorial Hall. Churchill Close, Sturminster Marshall. Wimborne. BH21 4BQ. (to be confirmed)

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.