

What's on in January

Friday 4th **Beginners Aikido Course** runs alongside normal training session.

Sunday 6th **The last Sunday evening training session at Phoenix Martial Arts**

Sunday 13th **Sunday training session moves to Sturminster Marshall Memorial Hall**

Saturday 26th **Bukiwaza (weapons training) 7 Ken Suburi, Happogiri with [Paul McGlone Sensei, 6th Dan T.I.A.E.](#) 14:00 – 16:00**

**Sturminster Marshall Memorial Hall
(TO BE CONFIRMED)**

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.

Ringling in the new

Many of you will be aware that we have been wanting to introduce another weekly training session for some time now. An opportunity has arisen to run a class at Phoenix Martial Arts on Wednesday evenings. However there are already classes in Ringwood and Poole on Wednesdays.

In addition there has been a very hefty increase in the cost of hiring the Phoenix Martial Arts dojo. As a result we were facing the prospect of having to make a very hefty increase in our mat fees.

So we have once again been looking around for another venue. Finding somewhere which is available, affordable *and* where we can store our mats securely is tricky... but we've done it!

Our second venue will be Sturminster Marshall Memorial Hall (SMMH). Thanks to Eddie Henry for telling us about this new hall.

We've delayed issuing this newsletter by a few days while we finalised the details. From 13th January the Sunday evening training session will move to Sturminster Marshall. There will be a new training session held at Sturminster Marshall on a Thursday evening starting on 28th February. The Friday evening training session will remain at Phoenix Martial Arts for the present.

The Training Times and Mat Fees for 2013 are summarised in table form on page 3.

New Venue for Sundays'

With effect from **13th January 2013** the **Sunday** evening training session is moving from Phoenix to **Sturminster Marshall Memorial Hall**. We will be in the Sports Hall. Training times remain unchanged.

New Training Session

We are introducing a new training session at **Sturminster Marshall Memorial Hall** on **Thursday evenings** from **20.15 to 21.45**. We will be in the Second Hall.

The first session will be on Thursday **28th February** 2013. There will be **NO MAT FEE** for this first session. Normal mat fees apply from March.

Bukiwaza with Paul McGlone Sensei

The monthly Bukiwaza workshops with Paul McGlone Sensei 6th dan T.A.I.E. start on 26th January 2013. The first session will cover the 7 ken suburi and happogiri.

Details of the whole series can be found later in this newsletter. Don't forget to take advantage of the generous discounts available for pre-booking.

It was originally planned to hold all the bukiwaza workshops at Phoenix Martial Arts. Our intention is to move them to Sturminster Marshall Memorial Hall. We are still waiting for the booking to be confirmed. Please check the website or with Mark Sensei before travelling.

Mat Fees for 2013

Unfortunately increased costs means that we have to increase the mat fees. This is the first increase since the club began nearly three years ago. Changing the venue for the Sunday evening training session and weekend seminars and events will help us to keep our costs down but we still need to increase our fees. The new mat fees are as follows:

Payment method	Aikidoka (waged)	Aikidoka (unwaged/student/pensioner)	TIAE coaches*
Pay per session	£9	£7.50	£6
Pre-pay by Standing Order for 1 session per week	£27 per month	£22.50 per month	£18 per month
Pre-pay by Standing Order for 2 sessions per week	£39 per month	£32.50 per month	£26 per month
Pre-pay by Standing Order for 3 sessions per week (from March 2013)	£48 per month	£40 per month	£32 per month

- prepared to help out occasionally with teaching!

Training Times

Day	Time	Venue
Thursday Starts 28th February 2013	20.15 - 21.45	Sturminster Marshall Memorial Hall Second Hall
Friday	20.00 - 21.30	Phoenix Martial Arts
Sunday	19.00 - 20.30	Sturminster Marshall Memorial Hall Sports Hall



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: 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.

Bukiwaza

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

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

From 2 – 4pm on the following Saturdays:

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

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 December £30 (concessions £27*) if you pay before 14th 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.