

What's on in March

Saturday 2nd – T.I.A.E.Seminar in Glasgow
Sunday 3rd with Tony Sargeant Sensei

Saturday 16th Tim Buswell Remembrance Seminar in Poole.

Friday 22nd Wellsprings Aikido 5th - 2nd kyu grading.

Saturday 23rd Bukiwaza 11 – 20 jo suburi
with **Paul McGlone Sensei, 6th dan T.I.A.E.** 14:00 – 16:00
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.

5th - 1st Kyu Gradings

The next grading sessions for 5th - 1st kyu will be held on Friday 22nd March and Friday 21st June. If you meet the criteria specified in [the syllabus](#) and would like to test for your next kyu grade then please inform Mark Sensei 3 or 4 weeks before the grading date. At Wellsprings we combine the 6th kyu (white belt) and 5th (yellow belt) kyu gradings together but you are expected to know the syllabus from both grades.



1st kyu grading and the awarding of the hakama.

Mark Sensei can, with the approval of a fellow 2nd dan at the grading (e.g. Terry Sensei or Nigel Sensei), grade students to 1st kyu (brown belt). However, the awarding of the hakama can only be done by Sargeant Sensei or McGlone Sensei. The hakama may be awarded at the time of grading or at any time up to and including 1st dan grading.

Wearing belts on courses.

On a TIAE organised course you should only wear the belt that you have been awarded at a Wellsprings grading or you have been awarded by another TIAE teacher.

At non-TIAE organised courses that are open to all styles you can wear the belt you have been awarded or white belt, whichever you feel most comfortable wearing.

At a non-TIAE organised course that is restricted to certain style it is recommended that you wear a white belt.

You should note that some aikido schools don't use coloured belts. All the kyu grades wear white belts and the dan grades wear black belts. So don't be surprised if the white belt you are training with seems to know alot more than you.

Sensei Mark on wearing a white belt.

During Sensei Mark's first 10 years in aikido he spent several years working away from home during the week. While he was away he trained where ever he was based. On all these occassions he wore white belt. More recently he trained with another style of aikido locally for several months and again he wore white belt.



Members News

New Members

This month Wellsprings welcomes new members Owen Potter, Naki Mahfouz and Maryna Leshan.

Elisa's Bundle of Joy



Harry Swainston arrived in the early hours of 27th February, weighing in at a healthy 7 ½ lbs. Congratulations to the proud parents, Elisa and Richard.

Bukiwaza with Paul McGlone Sensei

“Another fantastic Bukiwaza workshop down in Dorset yesterday with Sensei McGlone.

While illustrating a particular part of a jo suburi Sensei's likened iriminage to an Osprey taking a fish from the water. The moment when we take ukei's collar is like the moment the bird 'plucks' the fish from the water (me paraphrasing, but hopefully you get the idea).

This analogy was a real 'light bulb' moment for me (one of many yesterday!) so I took a look on YouTube for a video of the bird in action.

Couldn't find a great shot of an Osprey but found this one of a Bald Eagle catching a Salmon from the BBC's

*"Nature's Great Events". Different bird, same process:
<http://www.youtube.com/watch?v=hecXupPpE9o>*

I can honestly say that just these first two workshops have completely reshaped & elevated my understanding & execution of the suburi...which, of course, means that they have completely reshaped & elevated all of my aikido.

If you can make it along to the workshops, then I suggest you make every effort because they are outstanding. It's a really great format & I'm sure you will benefit no end.

If you can't make it along, be sure to purchase the DVDs. I'm sure they'll make an excellent addition to your collection. ”

Jason Rodwell
Reading Zenshin Aikido
via FaceBook

The Bukiwaza workshops are held monthly. The next workshop will be held on the 23rd March. It will cover jo suburi 11 – 20.

Workshop dvds

A video recorded at the Ken Suburi & Happo Giri workshop is now available. It covers all the salient teaching points from the workshop and is a wonderful learning aid. The dvd is over 46 minutes long and costs £5 if you were at the workshop and £10 if you weren't. We are only producing them to order. Place your order for the dvd with Mark Sensei or email

enquiries@wellspringsoftheeast.co.uk.

A dvd covering the first 10 jo suburi workshop will be available late March. Order as above.

Phoenix Martial Arts to close

We have been informed that Phoenix Martial Arts is to close shortly. We don't have a date yet. As soon as we know, you will know. We will send out emails to all who train with us, put a message on the home page of the website and put an update in the next edition of Kiai. In the meantime we are still training at Phoenix on Friday evenings... and back to searching for an alternative venue. Fortunately we had already moved the Sunday training session and our workshops and seminars to Sturminster Marshall Memorial Hall.

Training Matters

The only way to progress in aikido is to train, train and train. In addition to your regular training sessions make the effort to attend as many aikido classes and seminars as you can. Please make a particular effort to attend the seminars and workshops that are being organised by Wellsprings Aikido. If our seminars and workshops are not well attended and we do not cover the cost of staging them we will not be able to hold such events in the future.

Here is a list of some seminars coming up later this year, all of which Mark Sensei is planning to attend.

Every month to the end of the year.

Bukiwaza with Paul McGlone Sensei. See the poster at the end of this newsletter for the dates of the remaining workshops. A T.I.A.E. Event.

Friday 5th - Sunday 7th April 2013

Ikeda Sensei - 7th Dan in Coventry
New link - <http://www.chishindojo.co.uk/ikeda-sensei.html>

Saturday 13th - Sunday 14th April 2013

T.A.I.E Seminar in Reading with Tony Sargeant Sensei - [more details](#)

Saturday 27th April 2013- Wellsprings Taisai with [Paul McGlone Sensei, 6th Dan T.I.A.E.](#) and [Pete Reynolds Sensei, 4th Dan T.I.A.E.](#) 14:00 - 17:00 at Sturminster Marshall Memorial Hall. Entry by Donation (suggested amount £15) All profits to [About Face, the head and neck cancer support charity](#).

Friday 4th - Sunday 6th May 2013

KAYLA FEDER, Sensei 6th dan and LEWIS BERNALDO DE QUIROS Sensei, 5th dan (Iwama style) in Lancaster. [more details](#)

Saturday 8th - Sunday 29th June 2013

Deshi with Tony Sargeant Sensei in Kefalonia. Mark Sensei's attendance very dependant on getting cheap flights. Most likely not attending.

Friday 12th – Sunday 14th July 2013

with Pat Hendricks Sensei, 7th dan in Cardiff (Iwama style) [more details](#)

Friday 4th - Sunday 11th August 2013

Institute of Aikido Summer School. Book by **29th March** to qualify for a significant discount (A week's aikido training, accomodation and food for just £250) on the full price.

Saturday 14th September 2013

Wellsprings Aikido Special Keiko for [International Aiki Peace Week](#) with Richard Small Sensei et al.

Please read the article on page 1 regarding what belt to wear when you attend workshops and seminars organised by T.I.A.E. or another organisation.

Nine Circles Order Deadline

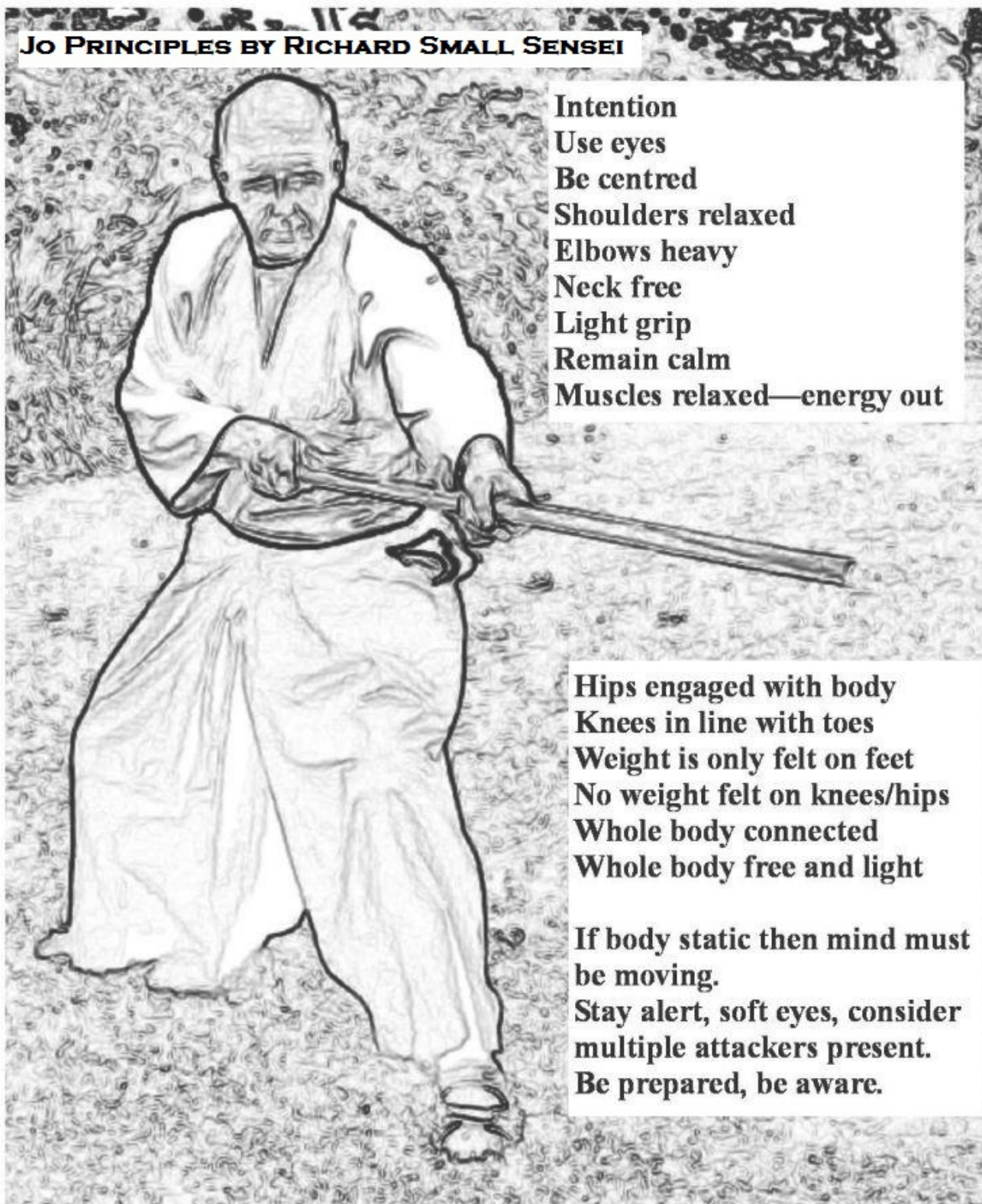
Mark Sensei will be placing an order with [Nine Circles](#) this month. If you would like to buy anything then please let Mark Sensei know by 10th March. **The prices shown on the Nine Circles website do not include VAT or postage** however the club does get a small discount on weapons and clothing but not on gifts and other items.

next month in Kiai...

an interview with our oldest member, Lew Foote.

Jo Principles

Thanks to Richard Small Sensei for providing the annotated drawing outlining jo principles to be found on the next page.



JO PRINCIPLES BY RICHARD SMALL SENSEI

Intention
Use eyes
Be centred
Shoulders relaxed
Elbows heavy
Neck free
Light grip
Remain calm
Muscles relaxed—energy out

Hips engaged with body
Knees in line with toes
Weight is only felt on feet
No weight felt on knees/hips
Whole body connected
Whole body free and light

If body static then mind must be moving.
Stay alert, soft eyes, consider multiple attackers present.
Be prepared, be aware.

**It is my opinion that these principles will hold true for all moves.
Feel free to comment. . . It is how we learn.**

Wellsprings Aikido presents

Bukiwaza

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

A series of workshops covering the T.I.A.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.