

What's on in November

Friday 1st **Tony Sargeant Sensei, 6th Dan**

Aikikai

Chief Instructor of T.I.A.E. will be taking our regular Friday evening training session

Saturday 2nd

T.I.A.E. Aikido Seminar hosted by South Coast Aikido

Tony Sargeant Sensei, 6th Dan Aikikai and Andy Channer Sensei, 2nd Dan

Sunday 3rd

T.I.A.E. Aikido Seminar hosted by Poole Aikido

Tony Sargeant Sensei, 6th Dan Aikikai and **Paul McGlone Sensei, 6th Dan T.I.A.E.**

Saturday 23rd **Bukiwaza (weapons training) Tachidori**

with Paul McGlone Sensei
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.



Grading

The next grading session is scheduled for Friday 6th December. If you meet the criteria specified in [the syllabus](#) and would like to test for your next kyu grade then please inform Mark Sensei.

Congratulations to...

Jon Leslie, who left us last year to live in Switzerland. Jon was awarded his Shodan a few weeks ago. He will be leaving Switzerland in a few weeks time to go and live in Singapore. Here's a picture of him... just in case you've forgotten what he looks like.



Jon attended the seminar with Sensei Lewis which was held in Switzerland recently. Read his account of the seminar later in this edition.



Still looking for new venue

We would still like to find a venue similar to Phoenix Marial arts that we lost at the beginning of the year where we could hold both of our aikido training evenings. Hopefully, in the Corfe Mullen, Merly, Broadstone area. We would require mats or a somewhere we can store our mats and enough height for weapons practice. Please let Mark Sensei know if you hear of anywhere suitable.

No class on Sunday 3rd November

Sensei Sargeant will be teaching our regular Friday evening aikido class on 1st November, and seminars in Poole on the 2nd November and Bournemouth on the 3rd November. We encourage you all to attend at least one of these sessions.

In anticipation of you attending the seminars, and no objections received when it was proposed, there will be no class on Sunday 3rd November.

Sensei Donovan Waite (7th Dan Aikikai)

One or two people have mentioned they are interested in seeing Sensei Donovan Waite. He will be teaching on 7/8 December 2013 in St Ives, Cambridgeshire. Can you let Mark Sensei know if you are interested in attending the seminar and he will try to coordinate lifts, hotels etc. No costs at the moment, last year it was £45 for both days. Maybe £50 this year. We should be able to get rooms for £50/£60 and people can share to keep cost down. Depending on start time we may travel to Cambridgeshire on the Friday.

“Be grateful even for hardship, setbacks, and bad people. Dealing with such obstacles is an essential part of training in the Art of Peace ”

Morihei Usehida

Bukiwaza

A dvd showing the teaching points from the Tantodori workshop is now available. We now have Dvds covering the subject matter of first 9 workshops in the series.

Volume 1. Ken Suburi & Happo Giri (46 min.)

Volume 2. Jo Suburi 1 to 10 (52 min.)

Volume 3. Jo Suburi 11 to 20 (49 min.)

Volume 4. Ken Awase & Ki Musubi No Tachi (31 min.)

Volume 5. 13 Jo Kata Awase (39 min.)

Volume 6. Kumi Tachi (31 min.)

Volume 7. 31 Jo Kata (39 min.)

Volume 8. 31 Kumijo (30 min.)

Volume 9. Tantodori (30 min.)

The cost for each volume is £5 if you were at the workshop featured and £10 if you weren't.

Order your dvds from [Mark Sensei](#) and collect on training nights or have them posted to you (p&p is £1.50 per dvd).

The next workshop, on Saturday 23rd November, deals with Tachdori. If you intend on coming to this workshop then **please let us know** so that we can bring in additional mats if necessary to ensure that we have an adequate sized tatami.

Help to get the mats out of the store room and lay out the tatami would be appreciated. Many hands make light work.

Account of Aikido seminar with Sensei Lewis Bernaldo de Quiros by Jon Leslie.

I first stumbled on Lewis Bernaldo de Quiros a few years ago, when I was searching on-line for movies to help with my aikido and since moving to Zurich had heard nothing but good things about him. Some people I currently train with attend his Summer schools as well as his seminars around Europe. Unfortunately I missed him when he came to Zurich last year but fortunately he comes most years, so this time round I made sure I saw what all the fuss was about. I'm glad I did.

Anybody who knows me will not be surprised I arrived late on the Saturday morning. It was a lovely sunny day and unbeknownst to me they had chosen to do weapons outside, only outside meant a park a few streets away. It took me awhile to realise this and thankfully I didn't need to practice my poor German to find them. As I was running around like a headless chicken swinging a bag of weapons a very kind, English speaking local pointed me in the right direction, after clearly recognising I should be with the other 30 plus people in 'pyjamas and black skirts' he had just seen.

The first session focused on 5th suburi and 5th kumitachi. Sensei Lewis spent a great deal of time in Iwama and was uchi deshi for many years to Morihiro Saito Sensei and therefore he reflects his original teachings. He broke down each movement and explained in detail Saito Sensei's reason behind it. I found this incredibly interesting but at the same time challenging (I'm currently trying to learn the weapons movements of Morihiro Saito's son Hitorhira Saito Sensei who has different style and movements). Thankfully I had a good and patient uke, who helped me get back on track.

The rest of the morning and afternoon was spent on addressing students' problems regarding specific techniques. There was never going to be enough time in the day to get through them, however, he did provide some very painful applications to the standard ikoyo pin and some great points in how to improve your timing and blending when trying to find the correct direction in ura techniques. For many of us this information was very useful but for those students who were taking their nidan test at the end of the day it was probably too late.

After starting Sunday's session with the obligatory tai no henka and morote dori kokyho (one day I hope I can go to a seminar which focus purely on this) the day was spent on juji waza. What made it so engaging was its gradual build up and the fact he focused on nage's and uke's perspectives. I found the exercises, which concentrated on uke's involvement, very insightful. Having trained in many different dojos and styles of aikido one of the many things I find frustrating is how I should attack/hold. Sensei explained the need to be alive and flexible but to stay true to your original attack, the strength of which should be related to nage's experience and level. A few exercises focused on holding with strength, yet remaining relaxed. Easier said than done. As the day went on the pace picked up, myself and many others soon come to realize, we really need to work on our cardio fitness. By the end there was a huge amount of sweat and aching limbs on display together with lots of smiles.

The seminar was well attended and there were students from all over Europe. I really enjoyed the experience (not just because it was taught in English, although that always helps). I know you don't need reminding it's always good to train with different people but it's all the more interesting when the only language you and your uke understands is aikido. I found Sensei Lewis approachable, down to earth and honest. His aikido is dynamic yet solid and he taught with clarity and an abundance of energy, which was very infectious.

Sensei Lewis is in the UK in January and you should try and attend. If you still have any doubts, [visit his website](#) and watch some of the footage. Thinking back, really that was all it took for me to be convinced.

Sensei Lewis Bernaldo de Quiros courses in the UK next year:

January

January 25 & 26, Lancaster, **England**.

Contact: [Oliver Thorne](#).

June

June 21 & 22, Lancaster, **England**.

Contact: [Oliver Thorne](#).

Mark Sensei attended a weekend course with Sensei Lewis last year in Lancaster and will be attending the course in January.

Coming in April 2014



Wellsprings is pleased to announce that it will be hosting a two day seminar with [Tony Sargeant Sensei, 6th Dan Aikikai](#) Chief Instructor of T.I.A.E. on Saturday April 26th and Sunday April 27th 2014. The event will be held in the magnificent Herrison Hall, Charlton Down near Dorchester.

Look out for further information about the seminar and details of generous early bird discounts in the next edition of KIAI.

In the meantime put the dates in your new 2014 diary and maybe add the event to your Christmas wish list.