

What's on in July...

**Friday 11th – Aikido Seminar in High
Sunday 13th Wycombe**
Pat Hendricks, Shihan

**Tuesday 22nd – Aikido Summer Camp in
Sunday 27th Orvelte, Drenthe, NL.**
Lewis Bernaldo de Quiros

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.

Training Matters

Aikido Summer Camp in NL

Whilst attending the seminar with Lewis Bernaldo de Quiros Sensei in Lancaster last month Mark Sensei learned of an Aikido Summer Camp in the NL. The camp is fully booked but Lewis Sensei says that people always drop out so if you are interested in attending email Lewis Sensei direct <http://traditionalaikido.eu/EN/contact.asp> to go on the waiting list.

Nothing comes back to you.

By Richard Small

Before we examine this idea, what do we think we need in order to study the art of Aikido? Please don't just read on, seriously reflect on your own answer first.

You need to take into account your own answer and not follow blindly that of others, you are making a choice here; you should therefore take responsibility for embarking on this path. Do not be a prisoner of someone else's views but consider them with an open mind.

Realise that we are competing with ourselves and not with others . . . there will always be someone better! Ultimate victory is over self. Would you say Aikido is restrictive in nature? It is not for you or him or her? In general practice we do restrict who can join a class because young strong people are mostly favoured . . . it's so much easier that way. Isn't Aikido to reconcile the world in peace and aren't all people entitled to find this peace?

Having a reasonable level of physical ability and fitness is a bonus . . . you can then look good and often better than others ! What you will also experience is the joy of feeling your own strength, it is what we have done since first placing our feet on the floor and pushing, (just watch a baby grow to see this change occur).

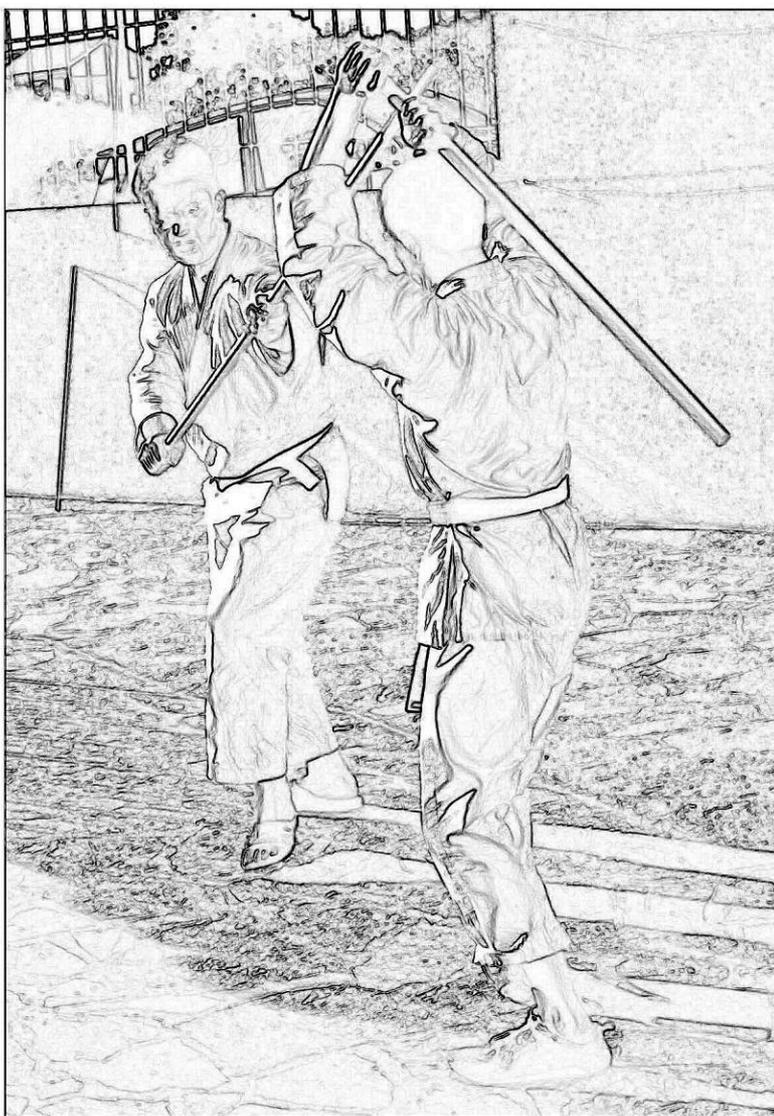
Strength and ego are often great bedfellows but ask yourself if this is the path of Aiki. Ego is not the same thing as self belief and strength is not the same as power.

Your **strength** can come back to you; you feel your strength when using it; you can only feel it because it is coming back to you and sending a false message of control and joy. The strength that comes back to you can be used by others.

However, your **power** can move from you yet you will not feel it go; only the recipient feels that power. To Nage it will appear effortless, to Uke, as though the universe has pushed them. As Uke cannot understand such power or where it came from they are unable to counter it. (Slight exaggeration there but level of expertise also plays its part . . . perhaps O-Sensei did have this skill in abundance.)

As a basic what we do appear to require in Aikido is:- Technique, Ki, spirit or energy, correct state of mind, and integrity of posture which remains relaxed and fully co-ordinated throughout all movement. To find and know such, we need to be body aware, to find and control our muscles in a manner that befits the art and not our own usual learned habitual thinking; we need to be able to place our mind both inside and outside our body and be fully conscious of that place. We need to know that place and yet never use it directly to conflict.

As it is a simple principle but complex to explain, we will look at a movement that should be known to all Aikidoka, whether in weapons or taijutsu; the raising of an arm.



In this picture of a kentaijo movement, Mark Sensei is raising the ken. Take a moment to look at and consider the left arm and shoulder position.

The arms remain powerful, not by muscular tension but by a power motivated by the mind, they become the ‘iron bar in cotton wool’. Arms are neither collapsed nor rigid but have found a middle way that is more born of mind than physicality. It is the relaxed concentration you may have heard about before. There is extension in the feeling at all times, even when the arms are bent they do not ‘come back’ to you. If your arm is soft (collapsing) it will be pushed back to you and if your arm is rigid it will be used to push you back.

If you extend your arm with intention it is still possible to bend it, as long as you maintain extension and an opening in the joints (thus only appearing to observers that it comes back to you). There is a world of difference. The length of the arm should stay the same regardless of any change in elbow angle.

The left shoulder does not go back and up but must go down and forward – the opposite to which many Aikidoka will train and aspire. One way leads to big muscles and the other to better technique. Which one did your mind say it would rather have when you read that?

As best as you can avoid using the outside muscles of the arms as this invariably tightens your shoulders. Instead tend towards using the inner muscles. Again there is a world of difference in the effectiveness. It is for such things that you need body awareness in

order to locate and activate the correct muscles.

Any action should always emanate from your centre, if you deviate from this principle you will struggle to find 'effortless power', you will only find struggle and therefore conflict with self as well as others

This is a concept much easier to understand practically, feel free to ask questions.

Often age or injury will force a fresh look on 'soft power'. You don't have to wait until you are old before you know this.

These are my own views based on studying the internal martial arts and applying the principles to my practice of aikido weapons. You must follow your own path.

Richard Sensei will be with us at the Wellsprings Aikido training session on Friday 8th August when we will spend a little time examining this principle. Bring any questions you may have for Richard Sensei along to the session.



new forest aikido

are proud to welcome



Sensei Tony Sargeant - 6th Dan Aikikai Saturday 9th August

Ringwood Health and Leisure,
Parsonage Barn Lane, Ringwood, BH24 1PX
12.00 - 18.00 (12.00 - 12.15 registration)

Seminar Fee: £25 (paid by 31st July - see payment method below) or £30 on the day

- All Aikido organisations are welcome
- Please bring Bokken and Jo
- Valid insurance required
- No video recordings will be allowed without the consent of the leisure centre and new forest aikido club

For more details visit www.newforestaikido.co.uk
Alternatively contact Terry Young on 07972471392
or email youngs@strathmore777.freeserve.co.uk

Payment: Cheques to be made payable to T. Young and sent to 41 Strathmore Drive, Verwood, Dorset, BH317BJ. Please quote your name, club, phone number and email