

HARVEY GOODMAN 70th BIRTHDAY SEMINAR – Saturday 6th May, 2017



"HAPPY 70th BIRTHDAY"

On the 5th May Harvey Goodman reached the distinguished age of 70. Having spent some 50 years studying Martial Arts it seemed fitting to celebrate this achievement with a small Seminar.

The event attracted 16 participants plus family friends. The billed instructors and in order of their "appearance" were Terry Nolan, Adrian Tyndale, Lesley Hepden and Harvey Goodman.

Terry took us through some Judo ground work Sutemi Waza, which led us nicely into the more familiar standing versions.

Adrian introduced the participants to some of the ideas being examined by The Study Group Tomiki Aikido. He first began with Functional Warming up exercises and their purpose for improving whole body efficiency not just for Martial Arts but for daily life.

Topics included hip movement exercises, isolation of the muscle groups controlling the movement of the Torso, better use of the spine and the elbows.

Lesley focussed on Tenkai Kote Gaeshi and Maeotoshi and the many derivations used within our system. There were many pointers on how to improve the execution including several practical examples from Basic Kata to Koryu no Kata.

Harvey Goodman focussed on Koryu Dai San - Sword to Sword Section.

We also spent a short time, under the supervision of Paul Phillips, looking at the use of the Jo, but not in the usual Tomiki "Spear-like" fashion.

To close the formal Dojo activities we took a mandatory "Picture!" with "Masculine" Harvey being presented with the specially selected bunch of flowers. :-)

In the early evening we continued our celebrations at our favourite restaurant in Ramsgate, The Toby Carvery. Drinks, Traditional English Roast and Pudding were enjoyed by all with all diners joining in with a round of "Happy Birthday Dear Harvey".

Thanks to all for making it great and memorable day.

STUDY GROUP TOMIKI AIKIDO SESSIONS FOR 2017 . . .

13-14May2017 Sofia, BULGARIA with Eddy Wolput
10-11Jun2017 Antwerp, BELGIUM with Eddy Wolput
19Jun2017-29Aug2017 SUMMER BREAK
30Aug2017-03Sep2017 International Tomiki Aikido Festival in Akita
07-Oct2017 Antwerp, BELGIUM with Eddy Wolput
11-12Nov2017 Almussafes, SPAIN with Eddy Wolput
09-10Dec2017 Antwerp, BELGIUM with Eddy Wolput

STUDY GROUP TOMIKI AIKIDO - Tradition and Knowledge

Chief Instructors/Examiners Study Group Tomiki Aikido
Eddy Wolput 7th Dan (JAA) - JAA-Shihan
Frits van Gulick 7th Dan (JAA) - JAA-Shihan
Yoshiomi Inoue 7th Dan (JAA) - JAA Senior Instructor

Instructors/Examiners Study Group Tomiki Aikido
Adrian Tyndale 6th Dan (JAA/BAA) - JAA-Shihan Dai - International Silver Medallist
Gina De Weerd 5th Dan (JAA) - JAA-Shihan Dai - former European Kata Champion
Koos de Graaff 5th Dan (JAA)
Mike Thraves 5th Dan (JAA) - JAA-Shihan Dai
Pierre Alain Zeiter 5th Dan (JAA) - JAA-Shihan Dai

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Wikispaces

STUDY GROUP TOMIKI AIKIDO - Wikispaces

<https://study-group-tomiki-aikido.wikispaces.com/>

For archived Study Group Tomiki Aikido reports please see:

<http://www.aikidouk.co.uk/study-group-reports.htm>