

STUDY GROUP TOMIKI AIKIDO - Saturday 17th November, 2012

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Mike Sigman visits Antwerp

WHAT DID WE LEARN?

Basic concept of Inner Power. The power comes from the ground. Not possible to push sideways; as the result is always a downward or upward action. Similarly with pulling, the action will be up or down. The important point is to establish a ground path. This travels up through the "TANDEN" to the shoulders and then on to the connecting limb. The ground path can be established by considering supporting a book on your head. Once this is done the feet can be moved freely. Once the body frame is stable, the ground path may be considered as coming direct from the ground rather than through the body.

With pair work we attempted to find this path in different ways.

We played with various applications using explosive yet "soft" actions to "project" our partner. This could be adapted in the context of Randori. A very interesting session but difficult to absorb and master.

Thank You Mike Sigman for helping us with these ideas.

More tomorrow



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A Playful Moment

Mike Sigman Seminar

This time was the first that many students attended from different disciplines. Included were those from Tomiki Aikido, Aikikai, Iwama, Iaido-Jodo and TaiChi. This mix was very interesting.

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Participants:

Eddy Wolput

Gina De Weerd

Dirk Raemdonck

Ria Buyck

Bob Van Leemputte

Chris Jacobs

Sacha Cloetens

Cindy Fernandez

Pierre Draï

Wouter Willemarck

Adel Coulommier

Axel Verachtert

Adrian Tyndale

Gitte Wolput

Mike Thraves

Patrick De Block

Ben Van Leemputte

Thomas Valgaeren

Steve Tuson

Emmanuel Di Pretotio

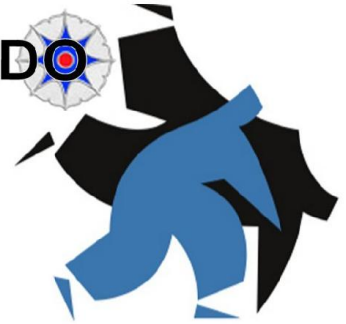
Martine Ronge

Luc Lemmens

Christophe Uyttersprot

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NEXT SESSION



More Study Group Tomiki Aikido Sessions. . .

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