

STUDY GROUP TOMIKI AIKIDO - 7th to 9th December, 2012

Etiquette

Some thoughts and comment were given to the importance of Etiquette.



CASE BY CASE, AU CAS PAR CAS, PER GEVAL describes much of what we do. Our mind must not be fixed.

Politeness is always correct!



Shotei Awase

Using a TheraBand of 4.5kg resistance we practiced a version of Shotei Awase.

This method highlights that there is a constant force or power.

Furthermore we were able to test the basic structures' of the partnership in different ways.

Elastic or Explosive

There is a time for both - we played with Ushiro Ate, Gyakugamae Ate and with elements of Koryu Dai Ni.

The explosive approach stiffens Uke. They become "like a wooden box" (This is a direct quote from Senta Yamada Sensei), then they become easy to throw.

Elastic describes an opposite to explosive where Tori stretches Uke to the point of throw. Then the stiffening of Uke is more subtle.

Open and Close

To Open and Close the chest or to Open or Close the shoulder blades.

Several "New" exercises were practised in an attempt to isolate key muscle groups.

Interesting but difficult, particularly when trying to apply this to known Aikido techniques.



Lower Back (Lumbar), Upper Back (Thoracic)

The movement of the lower back is restricted by its construction. The upper back is more free to move. We studied exercises which separated the two and then applied the elements to known Aikido techniques from the Koryu Dai Ni. The term "LULU" was devised to help during each sequence. Lowerback, Upperback, Lowerback then Upperback.

The ability to raise the arms when the wrists are grasped becomes easier when the focus is on the upperback rather than the top of the shoulders or lowerback.

Many students will use the lowerback incorrectly and cause damage.

The idea of "LULU"(Lowerback, Upperback, Lowerback then Upperback) was suggested to help concentrate the mind whilst doing the exercises.

A stimulating weekend leaving both body and mind tired.

Next session in Margate UK, 19th & 20th January, 2013