

STUDY GROUP TOMIKI AIKIDO - Friday 11th January, 2013



The first session of the new year and a good turn-out!

Attendees from Belgium, Spain and England.

Two sessions tomorrow. :-))

STUDY GROUP TOMIKI AIKIDO - Saturday 12th January, 2013



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It's not all study!



Man Cannot Fly, But He Can Improve His Movement!

## STUDY GROUP TOMIKI AIKIDO - Sunday 13th January, 2013



### WHAT DID WE LEARN 10-13JAN2013

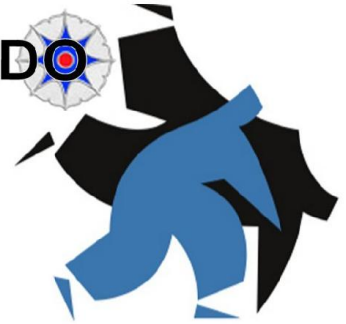
During the last meeting of the Study Group we explored the relation between the solo exercises, paired exercises and techniques. The solo exercises rewire the body to use concepts:

- 1-groundpath
- 2-open and close
- 3-neutral muscle tension
- 4-movement of arms driven by the torso
- 5-In case of oshi taoshi, the rewiring produces an alternative (?) version of oshi taoshi. There is no need to step in deep and pushing the elbow away and down. By using this method we create a double-weighting in the uke, we compress Uke's body. By moving to the side, uke is releasing the compressed body and this power is used to throw him.

We also did some study on how to use ground path and elbow

**STUDY GROUP TOMIKI AIKIDO**

**NEXT SESSION**



More Study Group Tomiki Aikido Sessions. . .

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