



STUDY GROUP TOMIKI AIKIDO - Antwerp - 1st March, 2013

Friday, Yamada Sensei's Birthday, he would have been 89.

"Tsugiashi Application"

The Devil is in the Detail, the detail is in the Footwork.

More on Saturday . . .

STUDY GROUP TOMIKI AIKIDO "KEY"



STUDY GROUP TOMIKI AIKIDO - Antwerp - 2nd March, 2013

TANDOKU UNDO VARIATIONS (Exercises to do by yourself)

Do not be a slave to the drill.

The drill is a tool to assist training.

Practise the drill for today; for tomorrow it will change.

The secret is to study the drill in one way, then another way, then a further way then mutate from one to another naturally and sub-consciously.

The drill has a job to do at the time after that we can leave it and move on.

The tool is a stepping stone for self development which allows us to move to the next stage or phase in a easier way.

This muse or text is an example of this, I am writing the same thing in several and slightly different ways to make the point.

Think of a drill as a path which you can step off at any time and in any direction and then later return.

The highway is the main route to success. The drills are small paths which make that journey more interesting and more palatable.

THERE IS NO STANDARD WAY!



STUDY GROUP TOMIKI AIKIDO - Antwerp - 3rd March, 2013

WHAT DID WE LEARN?

The Eyes make the connection.

The Eyes lead the body.

The Eyes connect with the heart which gives intent, this give Ki, this harmony creates power.

Therein lies three harmonies.

The Wrist connects with the Elbow which connects to the Shoulder.

Therein lies three harmonies.

The Foot connects with the Knee which connects to the Hip.

Therein lies three harmonies.

The Wrist links with the Foot the Elbow links with the Knee the Shoulder links with the Hip.

Therein lies six harmonies.

Kokoro

The heart in terms of a spirit rather than a physical organ.

Next session:

Margate UK - Easter Weekend Saturday 30th & Sunday 31st March, 2013