

STUDY GROUP TOMIKI AIKIDO WEEKEND – Thursday 20th to Sunday 23rd June, 2013



STUDY GROUP TOMIKI AIKIDO

Day 1 by Vicente Bosch

We started the session by performing some spine movement exercises, ritsu zen and breathing exercises to activate and locate our internal muscles / hara so we could be more conscious about them when we practiced.

We performed Tandoku undo (8 movements) and Sotai dosa. For each of them we covered the internal movement that was been performed (opening/closing of the shoulder blades, abdomen, lower back, rotation of femur (opening and closing the gap between the leg and pelvis)). In Sotai Dosa we paid special attention to how to make the turns hiki mawari and linked it to the Tandoku undo movements.

Finally we linked the Tandoku undo / Sotai dosa movements to actual techniques: tenkai kote hineri and sumo otoshi thus closing the actual circle from solo practice, passing to pair practice ending in the Waza making it all connected.

We took a breather by going over the first three techniques of Tachi tai tachi covering topics like Seme, distance between uke and tori to make the training demanding and fruitful for both (the long side of a tatami mat). We later performed some tanto tsuki ari with the same distance as for the tachi tai tachi making it a more effective tool for training.

Day 2 by Vicente Bosch

We started the mid day session in the same manner as we did for the first session performing some spine heating and internal exercises. Performed tandoku undo and sotai dosa and linked them to tenkai kote gaeshi, mae otoshi and gyaku gamae ate. We focused for the three techniques on the natural tension (like a rubber band) created when the initial movement is performed adequately (unsuko and tandoku undo). We also performed some tanto randori exercises to perform adequate avoidance, make Uke miss

the point by making the distance shorter , while Uke trained in how to perform good strikes in this context.

In the evening session: internal exercises, tandoku undo , sotai dosa

We also performed a second round of sotai dosa in a fast manner where tori had to play around with the movements while Uke changed hands as soon as he felt it was not effective or the movement ended.

We performed oshi taoshi from a uppercut by Uke. We performed it from this punch so that there would be some initial movement and the technique would not start from a paused stance. Afterwards we allowed Uke to try to get out of the technique from which Tori tried to perform Ude Gaeshi this derived into hiki tate geiko practice which is very hard to perform well with actual no resistance and giving feedback. We finally performed the last sequence of Tachi tai tachi also from the point of view that it is too hiki tate geiko.

Days 3 & 4

We continued to relate the basic hand exercises and sotai dosa to more familiar techniques seen in Ju Nana Hon and Koryu No Kata. Practise highlighted the benefits of Kakgarigeiko over Randori.

Some time was spent on looking at wrist grasps,

When the wrist is gripped, in some instances and as a reaction, we appear to push towards the shoulder, because visually that is how it looks. We remembered clearly Yamada Sensei saying "Never Push To The Shoulder". In effect we rotate around the shoulder or lift from under the shoulder always using our tummy area. The power is immediately taken away from an opponent or opposing partner. This action is difficult to see from the outside only the effect is observed.

During the weekend, and as a further and equally abstract thinking we applied this to weapons. These concepts are not just for the traditional weapons. A more usual form is that featuring a walking stick or cane.

This is known as Tanjo jutsu. For more information please see the link.

<http://www.kampaibudokai.org/Tanjo.htm>

The weekend sessions were very informative to all and as the picture shows, most importantly, it was fun.

Next sessions will be held in Antwerp at the end of July.