



STUDY GROUP TOMIKI AIKIDO - Friday 26th July, 2013 Session

Congratulations to Eddy Wolput, JAA Shihan
Congratulations to the "Study Group Tomiki Aikido", a group officially recognised by the JAA.

In this evenings session we were Working on Ground Path elements for Basic Kata, Koryu Dai San Kneeling, Koryu Dai Yon parts 1 & 2.

Tomorrow morning a meeting at 10am then in the afternoon,

Session 1
at 3pm followed by

Session 2
at 7pm — at Shobukai Dojo Antwerp

Hot Hot Hot?

"Wet Wet Wet"



STUDY GROUP TOMIKI AIKIDO

(NOW  JAA RECOGNISED)



STUDY GROUP TOMIKI AIKIDO - Saturday 27th and Sunday 28th July, 2013

WHAT DID WE LEARN?

It is difficult to put a feeling or sensation into words.

We have to connect with our partner but how do we do this?

In a sense this is the secret which everyone who practises Aikido wants to learn.

We tried some experiments with the Jo as a physical connection between partners.

Uke holds the Jo, hands together, at one end.

Tori, with one finger can push towards Uke's hands. This is an obvious and natural response.

Uke can feel this power directed towards their hands.

Tori now has to focus on Uke's body, centre, as a whole, not at the hands (any of those descriptions will do).

Uke can immediately feel the change in the direction of the power.

Yes Uke can fight this and "break the game", if so they will lose the feeling which is being demonstrated.

This feeling is experienced outside the physical line of the Jo.
At another level, the same can be experienced by simply gripping the wrist.
The connection has to be made to the whole person, not just the wrist!

We can practice the foot & hand movements to improve our own performance as an individual and this is an important part of the process.
We can practice pair exercises, Sotai Dosa and elements of Koryu Dai Yon for example but without an initial "Connection" the exercise is spoiled.

We practised lifting the power and not trying to lift the person.
This we studied this by using stretching actions.
The arm(s) move up the body moves down is a simplistic way of explaining something which is complex.
A stretch moves in two directions. From the centre of the body going up and from the centre of the body going into the ground.
This need not be by using both feet.
Some work on the expansion of the back of the waist helped to reinforce this difficult concept.

We applied this thinking to the last few techniques in Koryu Dai Yon, which gave it yet another flavour.

We studied the idea of "Zero time position".
The idea that the feet might, momentarily come together in a transition where one foot passes the other.
This can work when the posture is changed by stepping forwards or by stepping back.

Using the ideas studied we attempted to apply these to Basic Kata.

Start, Gedan no Gamae, both move to Chudan no Gamae, focus on the target (in this case the centre of the face).
There is a "Zero time position" just before the action takes place.
Small inside sweep action to "Take" the opponent/partner.
Depending on which technique the method to bring the partner to the floor starts by focussing on and bringing their tail-bone down.

Next Study Group Sessions at Shobukai Dojo in Antwerp
Friday 30th August 2013 to Sunday 1st September, 2013