

STUDY GROUP TOMIKI AIKIDO



STUDY GROUP TOMIKI AIKIDO - Thursday 29th August, 2013 Session

In the sessions today we Worked on Connecting when applied to Sotai Doza & Shichi hon no kuzushi.

Jo dori throw section of Koryu Dai San and Tanto section of Koryu Dai San.

More tomorrow, Saturday & Sunday.



STUDY GROUP TOMIKI AIKIDO - Friday 30th August, 2013 Session

We studied the relationship between:

Wrist - Ankle

Elbow - Knee

Shoulder - Hip(Joint)

This forms part of Six Harmonies.

We looked at different ways of presenting kata.

Then more practise and preparation for tomorrow's Grading.

More tomorrow and Sunday.



STUDY GROUP TOMIKI AIKIDO - Saturday 31st August, 2013 Session

Today's session was devoted to the candidates working on their syllabus for promotion.

Congratulations to the following students for a successful examination:

Gitte Wolput 3rd dan
Ben Van Leemputte 1st dan
Bob Van Leemputte 1st dan
Sebastiaan Verbeeck 1st dan
Dana Waerlop 1st kyu
Raphaël Du Bosch 2nd kyu
Mauricio Ramirez 2nd kyu
Wouter Willemarck 3rd kyu

Grading Panel:

Eddy Wolput 7th Dan, Gina De Weerd 4th Dan & Adrian Tyndale 5th Dan

More study on Sunday.



STUDY GROUP TOMIKI AIKIDO - Sunday 1st September, 2013 Session

WHAT DID WE LEARN?

The focus over this weekend was about the candidates who were grading up to 3rd Dan. Congratulations to those who were successful.

The common elements to looked for in every case are:

SHIZENTAI NO RI

Natural posture. This is not just in the static sense.

During movement the body keeps its natural stability with the limbs soft and ready to do any action at any moment.

JU NO RI

Flexibility, softness - in the sense of no local muscle power.

Power is expressed by showing a good connection to the ground with gravity as an aid.

KUZUSHI NO RI

Disturbing the balance or taking away the Shizentai of the opponent.

To achieve these to begin we must "connect".

This is demonstrated when we start at the correct distance and move towards each other.

A connection is made, a "togetherness". It is not about touch, it has to be felt.

The connection is internal.

As examiners we are constantly assessing these elements.

As students we perform various techniques to show competence in the execution of these

elements.

In one sense the more variety of techniques the more opportunity for success.

We studied these elements using the Jo as a physical "link" to aid the internal connecting. The elements of Shizentai, Ju and Kuzushi were sought as we slowly performed each technique of the Jo sections of Koryu Dai San.

The three elements are easy to discuss and demonstrate individually and with no context, but to apply them as part of a technique and series of techniques is much more difficult.

We were introduced to a series of exercises which linked to universal movements.

The common factor was the movement of the spine and how this can generate power.

As an indicator of performance we used the distance between the chin and the tail-bone.

As the spine bows and straightens the chin becomes closer and further from the tail-bone

The difficulty is taking these universal exercises and their principles and applying them to our Aikido.

Next Study Group Sessions at Shobukai Dojo in Antwerp, Belgium

11th-13th October, 2013

25th-27th October, 2013

15th-17th November, 2013

Next Study Group Sessions at Thanet Martial Arts Centre, Margate (Dojo By The Sea) in UK

1st-3rd November, 2013

Next Study Group Sessions at Valencia Tomiki Aikido Dojo in Spain

Pabellon Municipal de Almussafes, Valencia, SPAIN

22nd-24th November, 2013