

**Benefit Concert**  
4th EUROPEAN ETAN CHAMPIONSHIP  
*European Tomiki Aikido Network*  
**Quadrifoglio String Quartet**  
Works by Boccherini, Debussy and Dvorak

**Programma**

# STUDY GROUP TOMIKI AIKIDO



October 12th, 2013  
8pm  
St. Boniface Church

**"A FRIENDLY BUNCH"**

**Thursday 10<sup>th</sup> October, 2013 - Antwerp, Belgium**

Today's session explored the concept of Pulling.

Imagine gripping an extendable rope attached to your foot.  
The stretching and spiralling action through the body pulls this imaginary rope.

The effect on the opposite side of the hand is a push, but without the body tipping or leaning.

Like most Study Group projects the words do not really fully describe the actions.  
Aikido must be practised and felt as a priority the didactic method is secondary.

More Friday, Saturday and Sunday . . . . .



**Friday 11<sup>th</sup> October, 2013 - Antwerp, Belgium**

We continued to explore the concept of Pulling and spiralling.

The spiral in a gun barrel spins the bullet to keep its trajectory.

In Aikido movement the limbs should spiral rather move in a straight direction.

The continuous and passive partial contraction of the muscles is known as Tonus. Using this concept the Tegatana becomes stronger. To say the arm is relaxed is an over simplification as both the extensor and flexor muscles are involved in the maintenance of Tegatana.

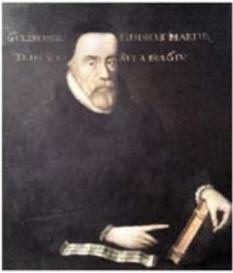
Applications of the Jo section of Koryu Dai San were studied in terms of the rope pulling idea.

An interesting observation was that pulling rather than pushing controlled the lurching forward of Tori which enables Uke to "Mirror" and escape. In addition the idea of compressing and then releasing (as a pull not a push) further improved Tori's control over Uke.

We played with the "Pool Noodles" as a stimulus to improve avoidance. With the extended distance and realistic and positive Tsuki we found it more difficult to when using a regular Softo Tanto.

More Saturday and Sunday . . . . .

# "Cultural Weekend" STUDY GROUP TOMIKI AIKIDO



REFERT HÆC TABELLA QVOD SOIVM POTVIT ARS GVILHELMI TYNDAIL, HVVS OLIM AVLE ALVMI, SIMVL ET ORNAMENTI, QVI POST FELICES PVRIORIS THEOLOGIE PRIMITIAS HIC DEPOSITAS ANTVEPIE IN NOVO TESTAMENTO, NEC NON PENTATEVCHO IN VERNACVLAM TRANFERENDO OPERAM NAVAVIT, ANGLIS SVIS EO VSQ SALVTIFERAM, VT INDE NON IMPERITO ANGLIÆ APOSTOLVS ADIRET MARTYRIO WILFORDÆ PROPE BRVXELAS CORONATVS. A. 1530. VIR SIVEL ADVERSARIO (PROCVBATOR) HEMPE IMPERTORIS GENERALI, CREDIVS PERDOCTVS PIVS ET BONVS.

**Saturday & Sunday 12<sup>th</sup> & 13<sup>th</sup> October, 2013 - Antwerp, Belgium**

*A brief explanation for the meaning of the Study Group picture . . .*

*The link with music is harmony. Classical music is cultural, so is Aikido. Latin links music and culture on a high level. Tyndale links culture and religion to everyone; "common" people not just the well-educated and upper class. We held the musical event in St. Boniface Church, Belgium. The Aikido training sessions in were held in Belgium. Tyndale lived and was hanged there. It is also the home of "Study Group Tomiki Aikido".*

*Aikido is for all. Aikido is (for) life!*

<http://www.shodokanaikido.be/page13/page13.html>

<http://www.quadrifoglio-quartet.be>

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

[http://www.tyndale.me.uk/william\\_tyndale.htm](http://www.tyndale.me.uk/william_tyndale.htm)

## WHAT DID WE LEARN?

We continued to explore the concept of Pulling and spiralling and how the extensor and flexor muscles play an important role in "Tonus".

Once again the choice of word to describe an action or state is difficult. Tegatana or gripping are neither relaxed or stiff.

When we stand are we relaxed? Wouldn't we just fall down?  
When we interact with another, how much force should we use?

When we hold a car steering wheel, the hands touch and lightly grip the wheel we are not leaning or pulling or fighting with the wheel. It is not propping us up.  
The grip is just enough to maintain contact or a connection, but not too loose to allow the wheel to slip.

The same applies when gripping a partner's wrist or Gi, for example.  
It is not necessary to "fight", just maintain the stance.  
We should not "Answer the power", as one student remarked.

There is an elastic tension of living muscles that facilitate response to stimuli. We have to be able to feel in Aikido.

We practised sweeps and turns, gripping quickly and responding fast. This proved to be very Aerobic. The movement improved the more we did.  
To begin with first slowly. Every muscle must be engaged, no flat spots or jerks in the movement.

We applied this thinking to some Koryu techniques to see how the application changed.

As part of the weekend, one of our objectives was fund raising for the "4th European ETAN Championship". This developed into a very cultural event.

More Study Group Sessions . . . . .

1st-3rd November, 2013 Antwerp, BELGIUM  
13th-15th November, 2013 Antwerp, BELGIUM  
23rd-24th November, 2013 Almussafes, SPAIN  
6th-8th December, 2013 Antwerp, BELGIUM