



STUDY GROUP TOMIKI AIKIDO



STUDY GROUP TOMIKI AIKIDO - Antwerp Thursday 31st October, 2013

Today's session explored the connection between the Itsutsu-no-kata and Tomiki's Aikido.

More Friday, Saturday and Sunday



STUDY GROUP TOMIKI AIKIDO - Antwerp Friday 1st November, 2013

Today's sessions explored methods of Uchikomi.

The term Uchikomi is derived from the Japanese verb Utsu which means "to beat against". In Judo practise Uchikomi is used as an attempt to improve techniques. Some learned experts comment that it has little benefit as in Judo Uchikomi the throw is rarely completed. This can have a negative effect. We looked at methods of achieving a realistic starting point for Aikido Uchikomi. Shomen ate and Tenkai Kote Hineri were chosen first.

To improve the dynamics a combination of Inside sweep into Ushiro ate to the point of Kake (the culmination point) back out then Inside sweep into Gyakugamae ate to the point of kake.

Repetitions against a regular "Clap" gave the exercise a high Aerobic content.

More Saturday and Sunday



STUDY GROUP TOMIKI AIKIDO - Antwerp Saturday 2nd November, 2013

In today's sessions we explored interesting applications of Kuzushi when applied to the Randori no Kata Atemi-waza section.

If we use A B C D & E as an indicator to where we are in a process which renders an opponent's stability to a point that their ability to regain balance for further attack is destroyed, then we have true Kuzushi.

More Sunday



STUDY GROUP TOMIKI AIKIDO - Antwerp Sunday 3rd November, 2013

WHAT DID WE LEARN? By Martin Dean

Sunday - The physical obstacle presented by Uke can be overcome by sinking and compressing in front of Uke who is committed to the attack (Gedan-Ate as an example technique).

The 8 basic hand-blade movements (Sotai Undo) were used to better understand Shizentai, softness and Kuzushi. Movement of Uke by Tori was achieved by good ground-path and stretching.

Sumiotoshi technique was explored to understand Kuzushi and throwing Uke without pulling.

Maotoshi technique was explored to better understand how to use Tori's spiralling arm to lift Uke's shoulder in preparation for the throw.

The 17 techniques of the Ju Nana Hon were analysed to better understand making space for Tori, Kuzushi and the execution of the technique using motion of the Hara.

Summary - Warm-up exercises using motions of the Hara (Tanden and Koshi), arms and body were used to prepare the student for the class. Concepts such as "drawing a string" from the foot to the shoulder, "arm pushing" and "arm pulling" motions involving circular motions of the Hara.

The use of various motions of the Hara to create power with Ju (softness) whilst causing Kuzushi in Uke. The Tanden was moved in forward and backward clockwise and anti-clockwise motions, and sideways motions.

More Study Group Sessions

13th - 15th November, 2013 Antwerp, BELGIUM

23rd - 24th November, 2013 Almussafes, SPAIN

6th - 8th December, 2013 Antwerp, BELGIUM

3rd - 5th January, 2014 Antwerp, BELGIUM

14th - 16th February, 2014 Antwerp, BELGIUM

22nd - 23rd March, 2014 Antwerp, BELGIUM

19th - 20th April, 2014 4th ETAN European Club Championship, Antwerp, BELGIUM

3rd - 4th May, 2014 Antwerp, BELGIUM

13th - 14th June, 2014 Antwerp, BELGIUM