

STUDY GROUP TOMIKI AIKIDO - Antwerp

Friday, Saturday & Sunday 15th to 17th November, 2013



WHAT DID WE LEARN?

This time we focussed on the idea of continuous movement.

To study this we related to the tempo in music.

To count one, two, three, four and keep the elements of the technique within that structure and without pausing or changing speed.

After this we took examples of counter techniques where the initiator would start the count and the recipient would finish the count and then throw.

In the musical scenario the concept of the Attack and Decay and change of the tempo of a piece was explored.

An analogy can be made to the completion of a throw. In the final part of the throw the intensity changes.

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The concept of consolidating the power (not splitting the power) was looked at. Examples using Gedan Ate were used.

Emphasis was placed on a central and vertical posture.

To practise we brought the feet together momentarily before Tsugi-ashi.

This reduced the leaning and lurching forward onto the partner or propping effect.

The idea of a Bow and Arrow was used to illustrate this style or method of Gedan Ate.

We looked at Centrifugal Force ("centre-fleeing") & Centripetal Force ("centre-seeking") when applied to Shichihon no Kuzushi.

In general we use the words but they are an over-simplification of the Laws of Motion.

We use Aiki-Age to initiate Jodan Kuzushi and Aiki-Sage to complete the movement.

Again in simplified terms, centrifugal starts the movement centripetal completes the action.



More Study Group Sessions

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