



STUDY GROUP TOMIKI AIKIDO - Antwerp - Friday 6th December, 2013

WHAT DID WE LEARN?

The class started with basic universal warming exercises for the spine. These help the students to locate the muscles, which control the Tanden area. Regular practise of these movements slowly enables the body to naturally adapt so that our basic sweeps and turns improve too.

For Outside Turn, for example, compression of the body by expanding the lumbar and shoulder areas as the wrist is grasped starts the balance breaking process. The arm stretches upwards from the ankle through the middle of the body towards the opposite shoulder. The final part is a further stretch through the body. Here the arm, hinged at the elbow, straightens. This thinking was applied to Inside Turn, Inside sweep and Outside sweep.

Some ideas in the approach to Tegatana Awase were explored. The skin effect on the back of the hand to sense movement was used . . . "It Had To Be Felt" The remainder of the session was devoted to some randori ideas based around this. Pushing, Pulling, Turning Inside and Turning Outside. Some reassurance was given to some of the younger practitioners and slowly their confidence grew.

More Study Group Sessions
Saturday & Sunday this weekend



STUDY GROUP TOMIKI AIKIDO 

STUDY GROUP TOMIKI AIKIDO - Antwerp - Saturday 7th December, 2013

WHAT DID WE LEARN?

Today's session explored the weapons section of Koryu Dai San.
We applied the body movements and exercises studied over the last few sessions to this sequence.

It was interesting to find that with a base set of moves that do not rely on Tori "Running around", the movement in Uke was very much present.
With sword take the important point is that the movement of the swordsman must not stop.

The technique must start just before the cut is complete.
. . . very difficult to perfect the timing.

More Study Group Sessions
Sunday this weekend



STUDY GROUP TOMIKI AIKIDO - Antwerp - Sunday 8th December, 2013

WHAT DID WE LEARN?

This weekend Peter Witters, a student of Marlon Hoating, joined us. He commented that these sessions are quite different to the classes that he had attended whilst living in London.

We started in the usual way with the "spine warming" exercises. One student commented that they had actually slightly increased their height. Normally with the ageing process the height reduces.

Today's session continued to explore the weapons section of Koryu Dai San - Jo-Take.

As a method of training we kept the leading hand well forward. This stopped the "cringing" effect usually seen. Later the arm should be dropped to a more natural position.

This was adopted for techniques one and two.

Uke is pushed off the Jo it is not "snatched" way.

We studied the concept of:

TAI-ATARI - Body Check

When applied to the third technique of Jo-Take. The method adopted did not include the Tori turn, which is currently recommended. This is not in criticism of this style.

For the fourth technique Tori uses large movements in the spine to create the "running" movements in Uke. To complete the throw Tai-Atari is used, but in the case of a lighter Uke their feet leave the ground due to the stretch that occurs!

With the last technique a version starting with the right hand was adopted, again this was not as a criticism to other methods. It does encourage the student to "think outside the box".

As a group, which was formally recognised by the JAA this year, we decided to create a logo, which is neutral and free of political bias. This has been professionally designed and will be used to promote our events. It is a reminder that the Study Group Tomiki Aikido remains open to all.

STUDY GROUP TOMIKI AIKIDO



More Study Group Tomiki Aikido Sessions

3rd - 5th January, 2014 With Tim & Gitte Wolput in Antwerp, BELGIUM

30th January to 2nd February, 2014 With Adrian Tyndale in Almussafes, SPAIN

14th - 16th February, 2014 With guests from Spain in 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 With guests from Spain in Antwerp, BELGIUM