



STUDY GROUP TOMIKI AIKIDO - Antwerp - Friday 3rd January, 2014

*** with Eddy, Tim and Gitte Wolput ***



"HaPpY nEw YeAr"

We wish you every success with your training throughout 2014.

More Study Group Sessions
Saturday & Sunday this weekend



STUDY GROUP TOMIKI AIKIDO - Antwerp - Saturday 4th January, 2014

*** with Eddy, Tim and Gitte Wolput ***

Today two members from Holland, Shihan Frits van Gulick and Koos de Graaff, joined us.



More Study Group Sessions
Sunday this weekend



STUDY GROUP TOMIKI AIKIDO - Antwerp - Sunday 5th January, 2014

*** with Eddy, Tim and Gitte Wolput ***

WHAT DID WE LEARN?

Over the three sessions we used the Sweeps and Turns to reinforce the concept of moving the "Drive" from one leg to the other and as a smooth transition.

This became quite interesting when we applied this to Major Circle (O Mawashi) as the arms counter-balanced the legs.

Randori applications of this were practiced first from a Judo Dogi grip then with open hand (Tegatana).

Variations of Shomenate, Hikiotoshi and Sumiotoshi soon developed from this.

In randori for the younger players the idea of creating a movement in Uke, which could then be used to throw them was explored.

Tanto performance was improved by better implementation of Ki Ken Tai Ichi.



On the Sunday after training along with all the specially prepared food and drinks, we were treated to a performance of two children singing and accompanied by their father playing an old Chinese 17 pipe reed instrument called a Sheng.

[http://en.m.wikipedia.org/wiki/Sheng_\(instrument\)](http://en.m.wikipedia.org/wiki/Sheng_(instrument))



A video of some of the weekend's highlights is available on the following link:

<http://www.aikido-aid.com/study-group/study-group-jan-2014i.mp4>





STUDY GROUP TOMIKI AIKIDO



More Study Group Tomiki Aikido Sessions

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	with Eddy Wolput in Antwerp, BELGIUM
19th - 20th April, 2014	4th ETAN European Club Championship, BELGIUM
3rd - 4th May, 2014	with Eddy Wolput in Antwerp, BELGIUM
13th - 14th June, 2014	with guests from Spain in Antwerp, BELGIUM