



STUDY GROUP TOMIKI AIKIDO Antwerp Friday 14th February 2014

We continued to use the Koryu Dai Ichi as a tool or vehicle to illustrate how we can implement the benefits gained in practising our base universal core exercises. By taking the basic choreography in each technique we were able to strengthen and reinforce the intrinsic movement by concentrating on the core.

Interesting terms such as "Embu Sen" - the kata line and "Vector" - the line where the power is travelling, were defined and put into context in relation to these studies.

Mini examples were studied as an attempt to cement these concepts.

Student from Spain and Switzerland joined us this time adding a further dynamic to the session.

More Study Group Tomiki Aikido Sessions

Saturday & Sunday



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Saturday & Sunday



STUDY GROUP TOMIKI AIKIDO - Antwerp Saturday 15th February 2014

Today we ran two sessions.

We continued to explore our basic thinking of internally stretching and compressing our body but with the added difficulty of connecting this with Uke. In many respects this made life tougher for Uke. We soon realised how many variations of ukemi Uke has to take.

For many this was the lesson!

We developed simple ways to lessen the impact of the ukemi by slowing the movements down thus allowing Uke time to work out their pattern of ukemi and build confidence for a later and full execution of the ukemi.

The same applied to the various attacks needed from Uke. It is important that the correct spirit and commitment is present. Without this the whole action becomes "empty" and then has little meaning other than for purposes of coreography.

From Tori's point of view, we continued to look at the emphasis in the Vector aspect of each technique and with some interesting results.

To close we used what we had learnt in connecting and variation of attack, to develop and improve skills in Renwaku waza. The movements were taken to the point of Kake (The throw) but then slightly released to enable Uke to find a solution of escape. This method stimulated better and stronger movement rather than just anticipating an early counter technique. It encourages Tori to focus on the Vector line with Uke feeling this and then dealing with it. An interesting and stimulating practice.

In the evening the format and venue changed but we continued to work on connecting and improving the Hara.

More Study Group Tomiki Aikido Sessions

Sunday morning



STUDY GROUP TOMIKI AIKIDO - Antwerp Sunday 16th February 2014

On several levels this weekend had many contrasting moments.

It was a weekend which included a full moon on Valentines Day and the funeral of a great pioneer in our world of Tomiki Aikido, John Waite Shihan.

Broadcast around the world via the internet; a first for many!

Our chosen Kata for this weekend too has many contrasts making it a very interesting tool for teaching and evaluating performance.

In this morning's session we continued to explore the intricacies of Koryu Dai Ichi. In many respects a weekend is insufficient and so it is important for all of us to continue our studies with this after this moment.

To close there was a short Kyu Level Grading , this gave us an opportunity to look for elements of Embu Sen and efficient use of Vectors.

STUDY GROUP TOMIKI AIKIDO



More Study Group Tomiki Aikido Sessions

22nd - 23rd March, 2014

19th - 20th April, 2014

3rd - 4th May, 2014

13th - 14th June, 2014

with Eddy Wolput in Antwerp, BELGIUM

4th ETAN European Club Championship, BELGIUM

with Eddy Wolput in Antwerp, BELGIUM

with guests from Spain in Antwerp, BELGIUM