



STUDY GROUP TOMIKI AIKIDO - Antwerp Thursday 20th March 2014

This month a few students from Kikusui Kai travelled to Antwerp to attend the Study Group sessions.

A brief comment from Kikusui Kai student Vitaly Mazayev:

"I really enjoyed last night. It's different way of doing. It's not easy to do, but as soon as you in to it, then all the stuff you apply is very effective. Also you sweat much more..!)"

More Study Group Tomiki Aikido Sessions
Friday, Saturday & Sunday



STUDY GROUP TOMIKI AIKIDO Antwerp Friday 21st March 2014

Today we ran two sessions.

In the afternoon we looked at the body movements associated with the sweeps and turns. We

applied the movements used in our universal warming up exercises.

Particular attention was given to the "closing" and "opening" of the hip joints.

This conveniently lead on to the tummy / hara and the turning and stretching of this area. When this is linked to routines such as Shichi hon no kuzushi movement of the front leg

becomes difficult if the weight is on it so a tsugiashi movements with the feet results. By

adjusting the balance and stretch towards the back leg the front leg can stretch around in a partial circle and create a stable and controlled spiral.

In the evening the class dynamics veered towards the younger students enabling us to apply these

elements in Tanto Randori. The idea of "on" "off" or "off" "on" timing was explored. Some interesting developments ensued and was a lot for everyone

Kikusui Kai student Vitaly commented:

"An excellent day today. Learned a lot, especially about foot movements and centre movement.

Really like the exercises which make the centre move; but it's all about constant practice and

it is a good thing that I can practise by myself. :-)"

More Study Group Tomiki Aikido Sessions
Saturday & Sunday



STUDY GROUP TOMIKI AIKIDO - Antwerp Saturday 22nd March, 2014

Today we split the group and ran two sessions over the four hour slot.

Fritz Van Gulik attended with some of his students from Holland and two more Kikusui Kai students, Eamon & Yusuf Odabashy also participated.

One group worked on Tanto Randori from the perspective of refereeing the other group worked on

elements of Koryu Dai San.

Kikusui Kai student Vitaly commented:

"I was practising kneeling Koryu Dai San, and of course we practised our centre control. We did

a lot of very useful exercises to help this. There were a lot of people from different clubs

and from different countries. We were given a choice between Randori and Kata. After the class

we went for a nice meal. I'm very tired physically but feel great! and I enjoyed the whole day.

Looking forward to tomorrow's classes. :-)"

More Study Group Tomiki Aikido Sessions
 Sunday morning, Sunday afternoon

MORNING SESSION



JUNIORS



AFTERNOON SESSION



STUDY GROUP TOMIKI AIKIDO - Antwerp Sunday 23rd March 2014

What an exhaustingly nice weekend, Thank You Eddy, Gina and all who attended.

The first session started with our usual "Spine-warming" exercises. Then with Togatana Awase we attempted, using what is called the "Suit", to move our partner around back and forth. A stretching effect on the skin of the back of the hand was felt prior to the final movement.

We then continued with our studies of Koryu Dai San.

In the afternoon the Juniors practised Randori matches using the new electronic score board. This familiarisation will aid the smooth running of the 4th ETAN Championships next month.

Senior students continued with elements of Koryu Dai San and also Randori no Kata. The concept of "on" "off" was reinforced.

Kikusui Kai student Vitaly Mazayev commented:

"Thank you for taking me with you to Belgium and introducing me to Eddy. A great weekend and a lot of useful information from the experts which I can use it in my Aikido training. I feel like I'm carrying a full bag of knowledge and I need to empty it by putting each item in it's place. So I can't wait 'till Monday's class. :-)"

A comment from Eddy Wolput:

Instructors :

Eddy Wolput 7th dan JAA Shihan

Fritz van Gulick 7th dan JAA Shihan

Adrian Tyndale 5th dan JAA

Basics for Aikido :

Exercises to improve movements of the "hara"

Exercises to wake up the spine

Some of the exercises can be used to explain "aiki age" (rising power) and "aiki sage" (dropping power).

Multiple examples from basic kata and koryu no kata were used.

Basically gravity and solidity of the ground were used to generate power with the hara as some kind of gear-box.

Koryu no kata dai san (16 techniques)

Explanation was given from the attacker point of view. All the attacks were explained (distance, target, purpose,)

The attacker cannot change the rules during the training, this excludes the question "yes but?"

The attacker must keep his intention on the attack and not on "blocking or spoiling" the defence.

By using a correct attack, the learning process will be better and faster.

The concept of "on" and "off" in randori and kata

This was a very difficult concept to explain and needs a higher skill in randori and kata to understand fully.

Basically we can say tension in the mind can be switched on or switched off.

This has an impact on the physical body and can create reaction by the opponent.

Refereeing as a tool to understand waza

By refereeing a tanto randori match, people become more critical on the judgement of a sloppy or high standard technique.

STUDY GROUP TOMIKI AIKIDO



More Study Group Tomiki Aikido Sessions

5th April, 2014 (10am prior to the tribute to John Waite Shihan)

with Eddy Wolput in MARGATE UK

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