



STUDY GROUP TOMIKI AIKIDO Friday 2nd May, 2014

For today's sessions Michael Thraves & Vicente Bosch joined us from Spain.

WHAT DID WE LEARN?

We started with our usual spine warming exercises followed by some key points from Tegatana Awase - "Skin & Bone".

Next Shotei exercises and with some explanation which helped to improve the concept. Sometimes pushing whilst lowering othertimes pushing and rising.

Some time was also spent on Omote & Ura relating to the footwork. Concentric circles, transparently changing direction, Ayumiashi versus Tsugiash.

We also studied Counter techniques using the first three formal counters afterwards applying them freely

More Study Group Tomiki Aikido Sessions . . . . .  
Saturday & Sunday



STUDY GROUP TOMIKI AIKIDO Saturday 3rd May, 2014

#### WHAT DID WE LEARN?

We continued to work on elements of Kuzushi linking to footwork and changes in direction and concentric circular foot patterns. Very interesting ideas using Omote and Ura sequences.

This session we made a start on elements of Koryu Dai Roku; stimulating and exhausting for both body and mind.

To finish with some Toshu Randori for those with enough energy left.

More Study Group Tomiki Aikido Sessions . . . . .

Sunday



STUDY GROUP TOMIKI AIKIDO Sunday 4th May, 2014

#### WHAT DID WE LEARN?

There are just four basic hand blade movements two sweeps, inside and outside and two turns, outside and inside. A fifth movement uses elements of these four as the body spirals when the wrists are gripped from behind. This morning we studied this. The idea of joining two spirals was explained and then practised. Some of the spine warming exercises we regularly practise started to fall into place as the relationship was clearly observed. An image of an athlete throwing a Discus or another Shot putting could be imagined as the movement was demonstrated.

The concept of rhythm for manipulating the opponents speed/power was studied. An example of the word BANANA was used as an abstract way to explain this. In one sense the repetition of "NA" could go on!

We continued to study the counter techniques of the Randori no Kata with hopefully a better insight and understanding

To finish, some Tanto Randori for those keen.

# STUDY GROUP TOMIKI AIKIDO



More Study Group Tomiki Aikido Sessions . . . . .

13th - 14th June, 2014 with guests from Spain in Antwerp, BELGIUM

Proposed 12th - 13th July, 2014 in Antwerp, BELGIUM

9th - 10th August, 2014 in Antwerp, BELGIUM

13th - 14th September, 2014 in Antwerp, BELGIUM

October, 2014 in Bex, SWITZERLAND

14th - 16th November, 2014 JAA GRADING in Antwerp, BELGIUM

21st - 23rd November, 2014 JAA GRADING in Xativa & Almusafess SPAIN

Proposed 13th - 14th December, 2014 in Antwerp, BELGIUM