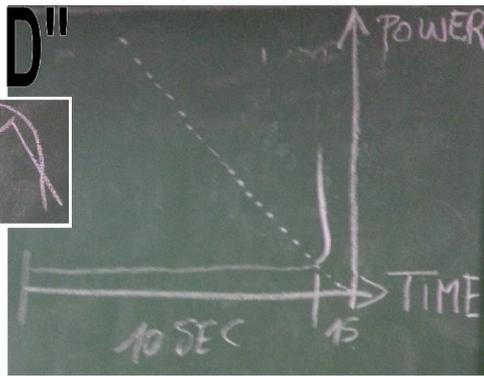


STUDY GROUP TOMIKI AIKIDO – Friday 12th September, 2014

"OPTIMIZED"



**MEET
THE
GIRLS**



In the afternoon and again in the evening we looked at modulating the speed of applying techniques.

The example of a count of ten was used. "Nine" would be the preparation and build up to the technique and "One" the execution.

In effect connecting with the opponent takes a greater part of the whole. It is a process of "Optimization".

"The sum of the parts is greater than the whole".

It was interesting to apply this thinking to specific techniques. We used the Jo sections of Koryu Dai San and Koryu Dai Roku to practise this study.

More Study Group Tomiki Aikido Sessions. . .

Saturday Randori session, Afternoon Session, Evening Session, Sunday morning session

STUDY GROUP TOMIKI AIKIDO – Saturday 13th September, 2014



Today we were joined by Patrick De Block from the Kopellen Dojo.

In the first session we studied the Tanto take section of the Roku.

Rather like the layers of a peeled Onion we put each layer back until it was complete.

Although there were only five techniques; with their individual intricacies there was much to take in.

The second session reflected this in the sense that the number of students present was less.

We took the opportunity to reflect on variations and ideas on Basic Kata. Primarily we looked at the wrist and floating techniques.

It was more than enough and we were thoroughly exhausted, but in a nice way!

More Study Group Tomiki Aikido Sessions . . .

Sunday morning

STUDY GROUP TOMIKI AIKIDO –Sunday 14th September, 2014



This morning we were joined by two students from Patrick De Block's Dojo in Kopellen: Axel Verachtert and Jorg Joossen.

To start we introduced them to our Spine warming exercises followed by basic sweeps and turns; the starting point for many things.
As an example we can see our recent video study on the 7-hon no kuzushi Omote and Ura.

<https://www.facebook.com/video.php?v=10152718994384709&set=o.235527326518006&type=2&theater>

We worked on elements of the kneeling sections of Koryu Dai San and Koryu Dai Roku.

The kata's are similar in some respects but speed and degree of difficulty quite different.

We continued to implement our studies on "Optimization", starting slowly and building up to a positive and swift end.
As part of this process the task of Uke was examined . . . the point of no return.

An example of keeping the vertical centre line using kneeling Gyakugamae Ate was practised.

The tendency is to pull the shoulder back and thus change the vertical centre.

We applied an old method of walking to our Kata's . . . The power of Tsuru (Tsugi).

"Namba Aruki" is the running style of the express runners (hikyaku) during the Edo Period (1603-1868) whose job it was to run messages quickly and efficiently between Edo and the other provinces. Usually they would travel in pairs, one having a pole with a box or package on the end, and another that had a pole with a lantern on it inscribed with the characters "official business." Needless to say, communication was key to an effective government, so these express runners had to be very, well, expressed.

They would regularly run from Edo to Kyoto in 6-8 days; approximately 300 miles. When wearing a kimono, Namba Aruki will also make it so it doesn't get ruffled up (because you don't move your hips or upper body back and forth like with normal walking).

Also, if you have a sword at your hip, walking in the Namba style will prevent the sword from swinging side to side, which would get irritating after a while (and make it harder to draw while you're running).

Lastly, if you're wearing Geta and walking through the muddy streets, this style of walking would prevent you from splashing said mud up the back of your hakama or pants, or even onto other people. So, even beyond the express runners there were many reasons for people to walk this way in Edo era Japan.

When you do Namba Aruki, you move your left arm and left leg forward at the same time. Then, you move your right arm and right leg forward at the same time. This may seem inefficient at first (and it is, until you practice).

In Kendo and Aikido the basic footwork revolves around Namba Aruki. It promotes a stable posture with reduced twists in the upper half the body.

There is no wasted energy and increased explosiveness and more power is generated by moving one arm, hip and leg at the same time.

Emphasis was put on not stopping the "Saw tooth" waveform verses the "Sinusoidal" shape was used to relate this.

An explosive element to a movement is not a stopping point. This applies to both Uke & Tori.

An interesting and stimulating session; it completed a great weekend.

STUDY GROUP TOMIKI AIKIDO

NEXT SESSION



More Study Group Tomiki Aikido Sessions . . .

10 - 12OCT2014 with Eddy Wolput in Bex, SWITZERLAND

17 – 19OCT2014 with Eddy Wolput in Antwerp, BELGIUM

14 - 16NOV2014 JAA GRADING to 6th Dan in Antwerp, BELGIUM

20 - 23NOV2014 Joint Course & JAA GRADING with Eddy Wolput & Yoshiomi Inoue in Almusafess, SPAIN (see <http://www.xativa-aikido.co.uk>)

10 - 14DEC2014 with Eddy Wolput in Antwerp, BELGIUM

For archived Study Group Tomiki Aikido reports please see:

<http://www.aikidouk.co.uk/study-group-reports.htm>