

STUDY GROUP TOMIKI AIKIDO - Thursday 9th October, 2014 - Antwerp, Belgium



This evening's session began with our Spine warming and relaxing exercises. We linked these to one of our basic hand blade movements, Inside Sweep. This association showed how the Core muscles drive the Togatana arm and not the shoulder muscles.

The Inside Sweep action was then used to develop Shotei Awase in our Core Rotation version as opposed to the usual linear method. Both methods focus on the centre area of the hand.

Either side of this are two other areas known as Boshiku (thumb side) and Shishiku (little finger side). Both play an important role along with the Shotei area.

Practical examples of the implementation of Inside Sweep were practised with and without the Jo.

This generated into a fairly aerobic exchange and was a lot of fun for the younger students present.

More Study Group Sessions Friday, Saturday and Sunday in Bex, Switzerland

## STUDY GROUP TOMIKI AIKIDO – Friday 10<sup>th</sup> October, 2014 - Bex, Switzerland



During the day we travelled down to Bex, Switzerland to join Pierre-Alain Zeiter in his Fifty years of Aikido Celebrations.



In the evening we continued with our theme of Inside Sweep. After a short "pendulum" movement and spine flexing warm up we practised Togatana Awase.





Some key points are:

- \* Connecting physically and mentally.
- \* Aigamae, use the skin (Facia) of the back of the hand to initiate movement.
- \* Gyakugamae, use the fingertips of the 3rd and 4th fingers to make contact.
- \* Keep the thumb relaxed.
- \* No physical contact, keep the distance of Togatana.
- \* Move as one.

We studied a "static" and slow version of Inside Sweep. It could be clearly seen that the body core rotated in sympathy with the sweeping movement of the arm. To do this the action of each hip joint is quite unique.

In pairs we practised Inside Sweep then Outside Sweep. Completing the four basics with Outside Turn and Inside Turn. This concluded with the Nana hon no Kuzushi Omote.

Various applied examples from Basic Kata to Koryu Dai San - Kneeling and using these hand blade movements together with Aikiage and Aikisage were shown and practised.

To close a brief warm down.



More Study Group Sessions Saturday and Sunday in Bex, Switzerland

## STUDY GROUP TOMIKI AIKIDO – Saturday 11<sup>th</sup> October, 2014 - Bex, Switzerland



Our accommodation was in a Hostel up in the mountains. In the morning we walked and admired our surroundings.



What a lovely environment and setting to promote study.



In the afternoon we had a long session and some depth and explanation was given to our pendulum and spine flexing exercises.



We recapped Tegatana Awase and Shotei exercises then basic sweeps and turns in relation to the Jodan, Chudan and Gedan levels.

In each case the shoulder joint moves, but in a passive way. It must not be the focus of the action.

For the main theme we looked at elements of Koryu Dai Ni with emphasis given to the importance of the correct and commitment of the attacks.

We made some comparisons between this kata and the Randori no kata.

The Koryu no kata's were completed by Tomiki and Oba after the Randori no kata was formulated but clearly some elements of the Koryu no kata are present in the Randori no kata.



To close a brief stretch and warm down.



In the evening a celebration of 50 years of Bex Aikido.



More Study Group Sessions Sunday in Bex, Switzerland

## STUDY GROUP TOMIKI AIKIDO – Sunday 12<sup>th</sup> October, 2014 - Bex, Switzerland



Today we had a morning session which started with our pendulum and spine flexing exercises and without comment.

Next Tegatana Awase; remember to keep it soft and fluid, pulling or pushing the skin/fascia on the back of the hand.

For this session we concentrated on elements of Koryu Dai Yon. So to begin we reviewed the seven Omote and seven Ura.

Some pointers:

- \* Two methods, Linear and Circular the two shouldn't be mixed.
- \* The footwork for the circular method is Aiyumiashi, Sugiashi for the linear method.
- \* Keep the arm central; try not to push to the "outside".
- \* Try not to lift the elbow, keep it below the wrist.
- \* Try to keep the elbow joint of Uke bent. Tori try not to force it straight.
- \* Tori keep the power on the outside of the hand; don't pull!

The Circular method footwork is likened to a pair of rails one foot on each and never crossing.

For the Omote travelling forward then changing direction for the Ura Waza.

For the Ura Waza the arm should relax downwards to the Gedan level and should not pull or force Uke.

For the third section of Koryu Dai Yon, the knowledge gained and practised in the first two sections must now be applied.

Tori should always be "active" when grasped so that the initiative is gained right at the start of the technique.

Elements of Gyakugamae ate from the Koryu Dai Yon can be extracted and used in Basic kata. We looked at a "ballistic" form of Gyakugamae ate which might be more effective in Randori.

Finally a brief look at:

Kakgarigeiko - no resistance from Uke.

Hikitatigeiko - no resistance from Uke but changing tactics.

Randori - both seeking an opportunity to throw or control.



To close a brief stretch and warm down.



Afterwards a question to the younger students, "What did you learn"?

Some interesting comments:

- \* It's quite difficult learning about movements inside the body.
- \* How to put my hand onto the mat and throw someone
- \* Aikiage and Aikisage up and down.
- \* How to break fall forwards.
- \* It was nice that the whole Seminar was conducted in French.

This made it much easier for us to understand.



In the afternoon, a further celebration of 50 years of Bex Aikido with a Barbeque and another chance to drink the specially bottled and labelled Chablais red wine.

What a fantastic weekend's training in the mountains.







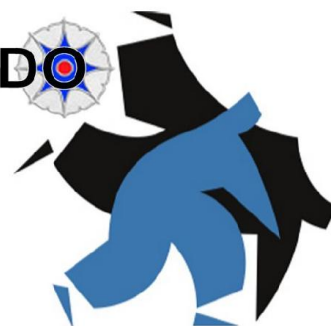
Thank you Pierre-Alain, Nadia, Kristel and everyone at Aikido Club Bex for their hospitality.

Thank you too for our Chef couple, Robert and Eliane for all the delicious meals.

Lastly thank you Eddy for continuing to inspire us.

## STUDY GROUP TOMIKI AIKIDO

### NEXT SESSION



More Study Group Tomiki Aikido Sessions . . .

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 Almussafes, 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>