

STUDY GROUP TOMIKI AIKIDO - Saturday 18th & Sunday 19th April, 2015



As stated in the promotional notifications, this weekend Study Group Tomiki Aikido came to Margate, "Dojo By The Sea" with Eddy Wolput, Adrian Tyndale, Harvey Goodman, Terry Nolan & Richard (Dick) Todd, 10.00am onwards Saturday and Sunday.

Saturday

We started with a warm-up from Terry Nolan inspired by the pictorial movements of certain animals. This proved to be a very entertaining and energetic idea for whole-body exercise.

Harvey Goodman continued with ideas about balance breaking. Some interesting ideas ensued with an emphasis on softness.

Eddy Wolput then related his ideas on Kiko exercises and how closely they relate to many of the body movement situations we face in Tomiki Aikido.

Saturday evening after an exhausting day of Aikido study, a Carvery meal proved most welcome!

Sunday

Eddy Wolput explained in some detail key points and the purpose of Kiko exercises. We practised these for about 30minutes, which is more than adequate.

Harvey Goodman led us through the ten standing techniques of section two of the Koryu Dai Roku.

We experimented with alternatives to the "prescribed" versions which were interesting and stimulating as the average weight of the participants was on the high side!

After a short break Eddy Wolput continued with the session relating to Judo and how to manage a player with Judo skills.

The session appeared to wander off topic as more and more ideas were explored, but the underlying theme was maintained.

We finished by using Kiko exercises as a method of cooling down for a change.

We offer Many Thanks to Richard Todd, the instructor's and all the students for making this weekend's sessions a most enjoyable event.

Report by: Eddy Wolput

* Zaterdag 18 April & Zondag 19 April, 2015

* Aikido - Thanet Judokwai Margate.

* With Eddy Wolput & Harvey Goodman.

* How to break the structure before applying a technique . . . also with big and strong people.

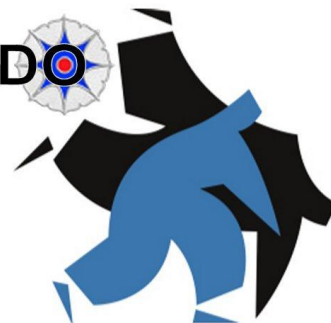
* Some relationship with judo was explored.

* Introducing Martial Kiko as warming up/cooling down.

See you in Antwerp next month for a multi-country weekend.

STUDY GROUP TOMIKI AIKIDO

NEXT SESSION



MORE STUDY GROUP TOMIKI AIKIDO SESSIONS . . .

15 - 17MAY2015 with Eddy Wolput in Antwerp, BELGIUM

19 - 21JUN2015 with Eddy Wolput in Antwerp, BELGIUM

13 - 15NOV2015 with Eddy Wolput in Almussafes, SPAIN

PROPOSED SESSIONS FOR 2015

31JUL-02AUG2015

with Eddy Wolput in Antwerp, BELGIUM provisional

11-13SEP2015

with Eddy Wolput in Antwerp, BELGIUM provisional

16-18OCT2015

with Eddy Wolput in Antwerp, BELGIUM provisional

11-13DEC2015

with Eddy Wolput in Antwerp, BELGIUM provisional

STUDY GROUP TOMIKI AIKIDO - Tradition and Knowledge

Chief Instructors/Examiners Study Group Tomiki Aikido

Eddy Wolput 7th Dan (JAA) - JAA-Shihan

Frits van Gulick 7th Dan (JAA) - JAA-Shihan

Yoshiomi Inoue 7th Dan (JAA) - JAA Senior Instructor

Instructors/Examiners Study Group Tomiki Aikido

Adrian Tyndale 6th Dan (JAA) International Silver Medallist

Gina De Weerd 5th Dan (JAA) former European Kata Champion

Koos de Graaff 5th Dan (JAA)

Mike Thraves 4th Dan (JAA)

Pierre Alain Zeiter 4th Dan (JAA)

Gitte Wolput 3rd Dan (JAA) former World & European Champion

For those who are "Facebook-less" we have an alternative way of communicating our studies via:



Wikispaces

STUDY GROUP TOMIKI AIKIDO - Wikispaces

<https://study-group-tomiki-aikido.wikispaces.com/>

For archived Study Group Tomiki Aikido reports please see:

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