

In this evening's session there were just four of us, Eddy, Adrian, Ben and Christian.

The group was introduced to Ritsuzen (Standing) Exercises. These "movements" proved to be much harder than they looked. Although there is no apparent movement on the outside, inside "Twitch Muscles" are constantly maintaining and stabilising the frame in the "Still" state.

After these solo exercises we continued with our pair combination movements, first Outside sweep into Inside Turn, then Outside Turn onto Inside sweep.

Next we applied some of what we had discovered from the Ritsuzen exercises to the eight Sotai Doza movements.

To work up a sweat we used Softo attacks, shomen uchi and shomen ate, to practice avoidance.

Finally we did a brief cool down using more elements from Ritsuzen.

More Study Group sessions Friday, Saturday and Sunday

## RITSUZEN

*Your armpits and upper arms rest on two small balloons.*

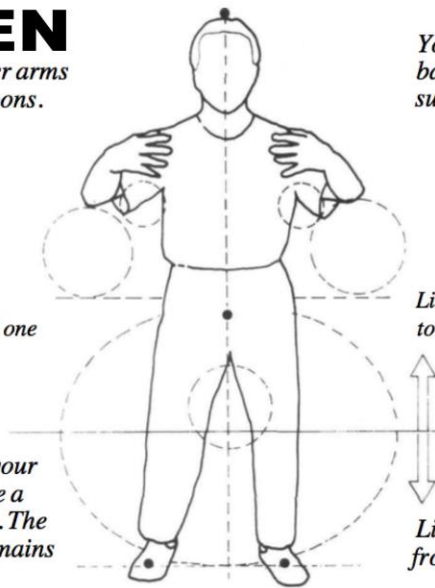
*Your elbows rest on two large balloons that float on the surface of a pond.*

*Your thighs gently hold one balloon in place*

*Like a tree you reach upward to the sky.*

*A huge balloon takes your weight behind you. like a beach ball on the sand. The weight on your feet remains slightly forward.*

*Like a tree you are rooted from below*



For this evening's session we were joined by three students from Spain, Michael, Vicente and Alphonso.

We started the session by continuing with our studies of Ritsuzen.

In order to hold these stationary positions we have to learn to relax which this system encourages; this is because if we tense the limbs too much then muscle fatigue stops the process. In essence these exercises cannot be done wrong!

The main benefits are to strengthen the leg muscles and without the wear and tear on the joints. Also these exercises improve blood flow through the limbs. This is particularly noticed when a pose is released; a tingling sensation occurs as the blood flow changes.

The idea of imaginary balloons in strategic places assists in the correct alignments. When standing you have to imagine that the ground level is in line with the knees, when sitting this raises to above the hips.

"Within the stillness there is movement"

We spent some time with pair work. First Outside Turn into Inside Sweep, then Outside Sweep into Inside Turn. The main benefits are in basic technique improvement, connecting and mutual stretching. Some applications of Sotai Doza completed the pair exercises.

Using the Softo we did more avoidance training from a variety of random Shomen Uchi and Shomen Ate attacks. The recipient had to avoid and then quickly attack the head or torso without throwing. With a regular change in partner this proved to be a very energetic practise.

To finish a well needed cool down.

More Study Group sessions Saturday and Sunday

## STUDY GROUP TOMIKI AIKIDO - Saturday 20<sup>th</sup> June 2015



As usual today's class was a double session starting at 2pm and finishing at 6pm.

Continue our weekend theme we started with Ritsuzen exercises.

Ritsuzen as dynamic meditation exercises can be done standing, sitting and reclined.

Today I tried these exercise from a kneeling position. Interestingly the blood rush and tingling in the limbs still occurred.

Today we explored several avenues but focussed around "bow-like" stretching from within. We first applied this to our eight Sotai Doza movements.

We looked at elements of timing when applied to Shomen Ate and Aigamae Ate.

We studied some key points in the applications of the first two Counter techniques.

We took the third section of Koryu Dai Yon and explored further the ideas on "Bow-like" internal stretching. Outwardly this gave the impression of less movement in terms of the foot-work, but within Tori the movement still existed.

Raven Van Hove, with the assistance of Dana Waerlop, presented his techniques for his grading to Brown belt; a good and successful performance.

To finish we cooled down and stretched.

Afterwards we had a well-deserved meal and some relaxation at the "Den Tir" restaurant.

#### RITSU ZEN - ZHAN ZHUANG

Stand with your feet shoulder-width apart, with toes lightly outwards. Knees bent slightly and with the arms hanging loosely. The Head should be kept straight. Look into the space far in front of you, or slightly above the line of eyesight (it helps concentration). The eyes can be slightly closed. The Mouth slightly opened, but breathe through your nose. Tranquilize your mind and relax your body. Have a slight smile-like look on your face. Slowly raise your arms to shoulders level, bending them, as if embracing a big, but a little flattened, balloon. The Palms of hands are directed towards the body, about one foot or little more apart. The Fingers are apart and slightly bent. The Distance between the finger tips is about 3 fist-widths. The Elbows are slightly dropping down, but at the same time pointing outwards. Keeping such a position needs some effort, but you should avoid using excessive force. To help keeping relaxed, you can imagine that your arms (wrists, elbows) are resting on something (for example on balls, floating on the water surface). Keep the balloon lightly, not letting it "escape", but not pushing too strongly, in order not to "damage" it.

During the exercise, to deepen the state of relaxation and tranquillity, you can try to imagine, that you are in beautiful surroundings, smelling flowers aroma, hearing birds singing, feeling light breeze. You can imagine that your body is submerged in pleasantly warm water - you feel light and gradually more and more relaxed. Imagining that the water is lightly massaging your body; this can be helpful. Other, often used, visualization is imagining that you are standing under shower and water pleasantly warms up and softens your body. Direct the attention to various parts of your body, successively from the top of your head to the soles of your feet, and consciously relax them.

More Study Group sessions Sunday morning

## STUDY GROUP TOMIKI AIKIDO - Sunday 21<sup>st</sup> June 2015



We started this Solstice morning's session with a brisk warm up. First starting with the ankles and working the way up the body to the shoulders. Then we did a few aerobic exercises to close.

After a short burst of Unsoku we continued with pair work. First Outside Turn into Inside Sweep and then Outside Sweep into Inside Turn.

Our study was where/how to start the movement and how to perfect a stretch through the shoulder line.

From outside the body towards side the body towards the outside. Which option depends in many cases on the response from Uke.

For example:

Tori's right wrist, palm down, is gripped by Uke's left hand. It is difficult for Tori to start the action by beginning with Outside Sweep with the wrist; the initial movement starts inside the body, rippling through the hip, shoulder, elbow and finally the wrist.

Similarly with Inside Turn, the action starts from the inside, rippling through the hip, shoulder, elbow to the wrist.

With Outside Turn the action starts with the elbow then shoulder, hip and finally towards the inside.

This can be simplified into thinking pushing or pulling.

To pull a gripped wrist the "chain" starts with elbow to the shoulder to the hip to the inside.

When pushing the "chain" starts from the inside rippling through the hip, shoulder, elbow to the wrist.

A further example of a "Chain" is from one arm to the other across the shoulder line. This is used in Judo and can be applied to Aikido techniques when a wrist is being grasped. By using an Inside sweep action as the chest is opened. The chest is active and the back is passive. The gripped hand is active and the free hand is passive but still very much involved. The whole action is "Bow-like", "Elastic!"

We applied these studies, initially to Sotai Doza. We then continued this, each pair with a Kata of their choice.

Lastly a cool down and stretch.

As a summary, this weekend has been about further fine tuning of our basic sweeps and turns. And a different approach to body preparation and maintenance.

We had a thoroughly informative and enjoyable weekend; Thank you Eddy and Gina.

#### REPORT BY VICENTE BOSCH

Back in Valencia after an awesome study group weekend:

- Applications of explosive power in jodo and how to use it in our Aikido.
- Introduction to Zang Zhuang ( for some of us ) and the different ways to move without moving.
- A new set of exercises to keep the mind and body active.
- Sotai Doza: pushing from the centre and pulling from the extremities.
- Applying the Sotai Doza movements in Koryu no kata Tachi Waza section.
- Pushing game: accepting incoming power.
- Learning Tai Sabaki and distance with the Softo.
- Randori no kata - Ura Waza.
- Ukemi lessons.
- A 45 min one on one Randori session with Ben Van Leemputte.



"And now for something completely different" - Antwerp Folklore.

After lunch we all went to Antwerp city centre to look for evidence of Giant Grandma; a crushed car is one indication of her presence nearby!

GRANDMA HAS WOKEN UP!

The giants in the city of Antwerp have come to life. While Grandma Giant was waking up, a Small Giant was taking breakfast. The giants will be in the metropolis until Sunday, wandering around. It will be a surprise for many to discover where they will actually come. The giants' event marks the start of the "Summer of Antwerp", a major street theatre festival.

What a fun afternoon. :-)

Then a meal and drinks at 'T Pakhuis.

# STUDY GROUP TOMIKI AIKIDO

## NEXT SESSION



### MORE STUDY GROUP TOMIKI AIKIDO SESSIONS . . .

04 – 07AUG2015 with Eddy Wolput & Yoshiomi Inoue in SWITZERLAND  
11 – 13SEP2015 with Eddy Wolput in Antwerp, BELGIUM  
16 – 18OCT2015 with Eddy Wolput in Antwerp, BELGIUM  
13 - 15NOV2015 with Eddy Wolput & Yoshiomi Inoue in Almusafes, SPAIN  
11 - 13DEC2015 with Eddy Wolput in Antwerp, BELGIUM

### STUDY GROUP TOMIKI AIKIDO - Tradition and Knowledge

#### Chief Instructors/Examiners Study Group Tomiki Aikido

Eddy Wolput 7<sup>th</sup> Dan (JAA) - JAA-Shihan  
Frits van Gulick 7<sup>th</sup> Dan (JAA) - JAA-Shihan  
Yoshiomi Inoue 7<sup>th</sup> 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:



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>