

STUDY GROUP TOMIKI AIKIDO - Thursday 10th September 2015



This evenings session, the first after the summer break, was conducted mainly in Flemish.

We started with warming up our bodies, first the ankles. Although these rotations affect the knees and hips, the focus is in the ankles. In the past the focus was in the knees, this caused more harm than good to the knees.

We slowly moved up the body and with detailed explanations, these exercises had more meaning.

We relaxed the arms by using large rotations. This then allowed us to apply stretches to the torso in a rotational manner.

The analogy of a horizontal cylinder was use to try to reinforce the aspects of alignment.

To further breakdown the detail and direction of the movement, counting each stage was introduced, this helped immensely.

To develop the calf muscles we worked on a strenuous routine with bent knees, legs together and then raising and lowering the heels. Gravity intensifies this movement and maintaining a vertical posture is tough particularly when the muscles start to fatigue.

We worked on elements of inside and outside sweep with the emphasis of not lurching the body. This allowed the leading leg not to be pinned thus stunting the ability to have freedom in movement. This timing of hand action and foot placement is very important for success in Randori.

We continued by applying these elements in the warm up to techniques starting with inside sweep and outside turn; Tenkai kotegaeshi and Oshi Taoshi.

For some aerobic content and to stimulate the younger students some drilled low Gedan Ate entries.

A very interesting, stimulating, invigorating and tiring session! :-)

More sessions:

Friday, Saturday and Sunday

STUDY GROUP TOMIKI AIKIDO - Friday 11th September 2015



For this evening's session we had a small group.

As with yesterday we started our warming up from the ankles gradually moving up the body and finally circling the head from the nose to stimulate the upper part of the neck.

We worked on some sideways drills which involved raising the leg at the same time as lowering the torso. An application to illustrate this idea is seen in Ushiro Ate.

In pairs we studied absorption or storing the given energy so that it may be used in return.

One partner pushes the other receives, but how to move the leg (back leg) in which the energy is stored? Yes we can change posture as a solution but if we do not wish to change posture the "planted" back leg stops further movement.

As a solution we studied the idea of using Isometrics to free the back leg so that it could move freely. Initially the front leg is kept loose, but by tensing the muscles in that leg an isometric link with the front leg is created so that then the back leg can be moved backwards. All this must be done without lurching the body. Complex but possible!

To finish with some three minute bouts of Tanto Randori.

Another interesting, stimulating, invigorating and tiring session! :-)

More sessions:

Saturday and Sunday

STUDY GROUP TOMIKI AIKIDO - Saturday 12th September 2015



Today we did a single three-hour afternoon session.

After our ankles to head warm-up we continued with our studies on how to move.

The class dynamic was quite different to the previous sessions, adding a further dimension to our studies.

Using the “free front leg” we practised, in drill format, moving across the mat performing strikes or pushes from Frontal Attack and from Inside and Outside Sweep.

We looked at the rotation of the forearm in the application of Inside and Outside Turn as a drill.

Forward Movement, as a drill to start:

The body weight is predominately on the back (right) leg, the front leg is in position and is free to move.

Place the front (left) foot onto the mat visualising the three points of the foot;

- The Heel
- The knuckle of the big toe

- The knuckle of the little toe

All three must touch the mat simultaneously.

Shift the body weight from back to front.

Rotate the Torso towards the front leg, remembering to keep the “cylinder” vertical.

Increase the weight on the front leg, thus freeing the back leg.

Raise the back leg, not by bending the knee, but by “stretching” it off the mat.

Move the leg forward and place it on the mat, remembering that all three points of the foot must touch the mat simultaneously.

We have now moved forwards in a controlled manner!

To practice our ideas on how to move, we used the sequence from the Sotai Dosa exercises

Many interesting avenues were explored with this, making the session very tiring in the mind as well as the body.

For Outside Turn we applied our studies of individually moving each hip and using this to pull or push.

When our right wrist is grasped we can expand our shoulder line, elbow to elbow.

We can pull back with our rear hip (not by pulling with the gripped arm, not by moving our front leg at the knee)

We can raise the gripped arm and rotate the forearm outwards (anticlockwise), elbow always below the wrist never closing the armpit.

We can move the feet as previously described (right then left in this case) to apply the first part of Oshi Taoshi.

To bring the person down we can pull back with the right hip and use the shoulder-line of Tori to bring Uke down.

More sessions:

Sunday

STUDY GROUP TOMIKI AIKIDO - Sunday 13th September 2015



This morning's session was about reflection and reinforcement of the previous sessions.

We started with our ankles to head warm-up.

- Ankles & Knees – by rotating clockwise then anticlockwise.
- Hips – Use the arms, swinging and wrapping them around the Torso (Cylinder) first clockwise then anticlockwise. This action rotates each hip in turn.
- Shoulders – Fingers forward thumb up. Rotate the arms towards the head and then down towards the legs
- Shoulders & Hips – (Symmetrical) Swinging the arms forwards and backwards (hips still).
- Shoulders, Hips & Ankles – (Asymmetrical) One leg forward “Wind milling” the arms whilst turning the Torso.

Remember to change the arm rotations and the forward leg.

- Upper Neck – Steadily circling the head from the nose in the vertical plain.
- Calf's – Maintain bent knees, smoothly raise the heels off the mat in order to raise and lower the Torso

We practised in pairs, in drill format, Frontal Attack from Inside Sweep action.

- Power from the back leg, front leg and arm leading the movement without lurching the body forward.
- Soft part of Tori's forearm makes contact with Uke's upper chest.
- Uke receives the power by rotating the hips slightly.

We also reinforced the idea of three body lines.

- A vertical line running from the centre of the head down through the spine to between the feet (this is not necessarily in the middle of the two feet).
- A horizontal line following the line of the shoulders ("Big Side", Strong Line).
- A line, horizontally forwards and backwards through the upper spine ("Small Side", Weak Line)
- A rotational aspect also exists when these lines turn around the vertical line.

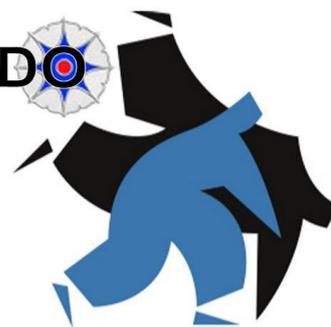
We applied this and the previous studies to Oshi Taoshi and Ude Gaeshi.

Another stimulating session!

Thank you Eddy & Gina.

STUDY GROUP TOMIKI AIKIDO

NEXT SESSION



MORE STUDY GROUP TOMIKI AIKIDO SESSIONS . . .

22 – 26OCT2015 11th International Seminar & Tournament, Fiesch, SWITZERLAND
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 th Dan (JAA) - JAA-Shihan
Frits van Gulick	7 th Dan (JAA) - JAA-Shihan
Yoshiomi Inoue	7 th Dan (JAA) - JAA Senior Instructor

Instructors/Examiners Study Group Tomiki Aikido

Adrian Tyndale	6th Dan (JAA) - JAA-Shihandai, International Silver Medallist
Gina De Weerd	5th Dan (JAA) - JAA-Shihandai, former European Kata Champion
Koos de Graaff	5th Dan (JAA)
Mike Thraves	4th Dan (JAA) - JAA-Shihandai
Pierre Alain Zeiter	4th Dan (JAA) - JAA-Shihandai

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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>