

## AIKIDO SEMINAR WITH DR PETER COIA

Friday 6th November 2015

“Dojo By The Sea”, Margate, Kent



First consider three actions on the Torso:

- 1) BEND it forwards or backwards.
- 2) TILT it from side to side.
- 3) TWIST it clockwise or anticlockwise.

Subject your partner to any one of these and they will accommodate the disturbance and still remain stable.

With any two actions it becomes more challenging for Uke to keep stable.

With a combination of all three elements Tori is guaranteed success in destabilising Uke. Three elements are just too much for Uke.

We explored changing the order in which the elements were applied and we also tried the movements in the non-preferred directions.

Peter prepared special Dices to introduce some randomness in the selection of the order of the elements. It generally made little difference.

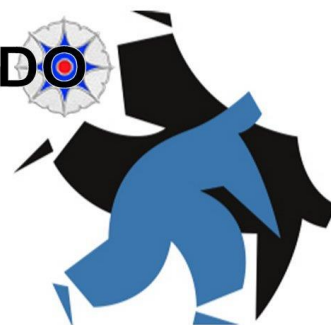
Peter has written an extensive report on his studies on this which is due to be published soon. It includes endorsements from learned faculties.

We all found this afternoon's session both interesting and stimulating.

We owe a big "Thank you" to Peter for an excellent seminar also "Thank You" to Richard for organising it.

# STUDY GROUP TOMIKI AIKIDO

## NEXT SESSION



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

13 - 15NOV2015 with Eddy Wolput & Yoshiomi Inoue in Almusafes, SPAIN

20 – 22NOV2015 with Eddy Wolput in Antwerp, BELGIUM

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/BAA) - JAA-Shihan-dai - International Silver Medallist

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

Koos de Graaff 5th Dan (JAA)

Mike Thraves 4th Dan (JAA) - JAA-Shihan-dai

Pierre Alain Zeiter 4th Dan (JAA) - JAA-Shihan-dai

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>