

Almussafes



Friday 13th November, 2015

This evening's session started with a brief warm up.

Eddy explained some ideas on Unsuko training. Some key points are:

- * Moving forward to the diagonal front corners.
- * The back leg shape keeps a constant bend and moves swiftly in the direction of the front leg.
- * When moving backwards the front leg pushes into the ground and moves swiftly in the direction of the back leg
- * Posture remains upright with the balance always between the feet. There are three zones, the posture remains in the middle zone.
- * No lurching of the upper body.
- * On commencing the body slightly sinks and remains there.
- * The arms are relaxed and slightly forward of the Torso.
- * The line through the toes of the rear foot are on a parallel line with the front foot.
- * Similarly when moving to the front corners the trailing leg stretches to initiate the movement.
- * To the rear corners the front leg stretches as the rear leg makes the mawashi action.

We did not practice the sideways moves, but the principle is the same.

On Saturday we have morning and afternoon sessions with Eddy Wolput and Yoshiomi Inoue.

To close there will be a JAA Grading to 5th Dan.

STUDY GROUP TOMIKI AIKIDO - Saturday 14th November, 2015



Almussafes



JAA Grading
International
Friendship



Belgium, Bulgaria, England, Japan, Scotland, Spain
Saturday 14th November, 2015

This morning's Seminar was directed by Yoshiomi Inoue.

We worked on Togatana Awase and some interesting footwork practise linked to Shotei. Some key points are:

- * Touch and move.
- * If your partner's stance is too strong, "bounce" away, another chance will happen.
- * Don't use force against force.

Aigame Ate practice some key points:

- * First Togatana tension.
- * Shotei on the elbow "bind" or "bond with" the arm
- * "Hang" laterally by sinking the posture, don't pull on the arm.

Gyakugamae Ate practise, some key points:

- * "Hook" and "Pick" progressively, first the little finger then the ring finger and so on. Do not grasp the wrist.
- * Control the elbow not the wrist.

As a mark of respect to the lives lost in France yesterday we held a one minute silence.

The afternoon session was run by Eddy Wolput.

After our warming up exercises with fuller explanations we worked on more examples of how to improve footwork. Moving with smaller steps helps to maintain posture, balance and stops "lurching".

This included practical examples when kneeling and some applications from Koryu Dai Roku.

After the seminars a JAA Grading

Panel:

Eddy

Inoue

Adrian

Candidates with their new grades:

Michael Thraves 5th Dan

Juan Rabada Muñoz 2nd Dan

Miguel Llop Monteagudo 2nd Dan

Mario Viguera Nieto 1st Dan

Oscar Gonzalez Mas 1st Dan

Jose Angel Dubal Cano 1st Dan

Vicente Cuesta Reig 1st Dan

Carlos Armero 1st Dan

Congratulations to all, a good grading.

STUDY GROUP TOMIKI AIKIDO - Sunday 15th November, 2015



Sunday, 15th November, 2015

This morning's session was run by Eddy and we discussed the three basic lines in the body - Three opposing force-lines in the body.

- *Vertical
- *Horizontal
- *Forward

Keep those lines.

Tori, their lines are dominant.

Uke should also try to keep the lines.

We applied this thinking to sweeps and turns *Jodan*, *Chudan* and *Gedan* then to *Tegatana Awase*.

Using small steps helped immensely to maintain the lines.

Afterwards, and with *Inoue Sensei*, we practised his ideas from inside and outside sweep.

He used examples from the Counter Kata and Randori champion, *Shimada*, to illustrate these.

Try not to brace but absorb the energy from the movement.

Always be prepared to move.

RH cut down no grip, no pull

Left leg absorb at the same time

LH slide and pick down the bicep with the fingers pick the inner elbow with the middle finger.

STUDY GROUP TOMIKI AIKIDO REPORT by Vicente Bosch

Awesome Study Group seminar this last weekend with Eddy Wolput and Yoshiomi

Inoue Lots of topics covered (and a lot to think about):

1. Stepping adequately

- Unsoku undo - pushing into the floor and using the bounce to step
- Small steps better vs large steps
- Back foot power line crossing the ball of the foot to push forwards the front

foot contact point to push backwards

- Maintaining the body at the same height during movement
- Adequate tenkai foot movement: issues when not turning on the spot (turning

with a step back) or in not turning the amount required to affect Uke

- Keeping the three lines while walking (extreme small steps)
- mud walking

2. Focusing on the movement instead on focusing on the techniques

- Performing sotai dosa movements correctly and using them adequately in

techniques.

- Paired exercises to use sotai dosa movements for initial kuzushi
- Improving your basic movements and seeing the basic movements in techniques

will always be better than technique training.

- Creating power by elongating muscles instead of by contracting them
- For each ounce of up power we want we need to generate the same amount of down

power

- Using the sotai dosa movements to perform tsukuri with a relaxed arm : hanging

and bonding instead of pushing and pulling

- Using sotai dosa and the ground to perform proper tsukuri for kihon ura waza
- The three lines of the body and how it impacts Uke
- Practical usage in randori: examples of how top Japanese players apply

techniques using these principles

3. Using the opponents power against him:

- Keeping a relaxed body while moving
- Using a flexible wrist , elbow , shoulder to be able to meet up
- Bouncing tegatana awase exercise
- Using the bounce to go back in and perform kihon techniques (an awesome intro

into toshu randori or how we see the kihon)

4. JAA gradings with (as usual) top grading panel : Eddy Wolput sensei,

Yoshiomi Inoue sensei and Adrian Tyndale sensei

STUDY GROUP TOMIKI AIKIDO

NEXT SESSION



MORE STUDY GROUP TOMIKI AIKIDO SESSIONS . . .

20 – 22NOV2015 with Eddy Wolput in Antwerp, BELGIUM

11 – 13DEC2015 with Eddy Wolput in Antwerp, BELGIUM

PROPOSED TOMIKI AIKIDO STUDY GROUP SESSIONS FOR 2016

01	08-10Jan2016 Antwerp	06	03-05Jun2016 Antwerp
01a	29-31Jan2016 10 th Year Celebration, Almussafes	07	15-17Jul2016 Antwerp
02	05-06Feb2016 Antwerp	08	05-07Aug2016 Antwerp
02a	06-07Feb2016 Yi-Chuan Antwerp	09	09-11Sep2016 Antwerp
03	11-13Mar2016 Antwerp	09a	16-18Sep2016 Almussafes
04	15-17Apr2016 Antwerp	10	07-09Oct2016 Antwerp
05	06-08May2016 Antwerp	11	11-13Nov2016 Almussafes
05a	20-22May2016 Bulgaria	12	09-11Dec2016 Antwerp

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/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 5th 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:



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>