

STUDY GROUP TOMIKI AIKIDO - Thursday 19th November, 2015



It was a small group this evening and so after a warm up some reinforcement of Unsoku movement and the three body lines.

Key points:

- \* Hand and front leg move together.
- \* No body lurching forward.
- \* Front leg continues to move forward as the back leg advances quickly without losing its bent shape.
- \* The arm stretches to the target all at the same time.

In pairs we worked on attacking and then the recipient avoiding then attacking back.

We studied which was the drive leg front or back and then reversed which was the drive leg.

We looked at Aigamae and Gyakugamae Jodan Kuzushi and made a start on Chudan Kuzushi with respect to the three body lines study. Hikiotoshi was used to reinforce the dropping action.

STUDY GROUP TOMIKI AIKIDO - Friday 20th November, 2015



This evening's session started with warming up exercises with corrections and explanations. An attempt to increase the speed added to the difficulty.

We continued with footwork training and with a younger mix of student the exercise became very aerobic.

When working in pairs we tried to consider the effects of the "leading" and "trailing" leg. By "trailing" it doesn't mean slow or dragged.

We practiced being driven back by a double attack.

The skill sought is to move without "bracing" then avoid side-ways, exchanging the "leading" leg so that a counter attack can be attempted.

A further element was studied; how to attack?

The method is to move and touch, then drive with the hand by leading with the feet. No leaning or lurching of the Torso.

A further study of the intricacies of Gyakugamae Jodan Kuzushi was next.

An analogy of holding a rifle helped to reinforce the shoulder line.

To finish; how to apply the study to a double Tanto attack?

## STUDY GROUP TOMIKI AIKIDO - Saturday 21st November, 2015



We held an afternoon session only today; with just a few students the intensity was more than adequate.

More time was spent on details regarding the warming up exercises. Raising and lowering of the Torso whilst using a rotational element and not just using the arms was emphasised.

Details regarding the position of the hands, sometimes both palms up, other times one up one down.

Don't bend the knees forward in order to lower the Torso. Use a type of sitting back action. The knees still bend but in a safe way. When we refer to the Torso it also includes the upper arm.

Next we practised more Tsugi Ashi training.

First two movements diagonally to the left and then back, then two movements diagonally right and back.

- Keep legs bent.
- Maintain posture, no bouncing up and down.
- Trailing leg moves faster than the leading leg.
- Always moving, no stopping.

As part of this training and in a forward line, the hand is engaged to simulate a Tsuki attack. This is achieved by first moving across the mat, turning and returning to the start. Making sure that the head is fully turned towards the direction of travel.

We studied a “static” Shotei exercise in order to improve stability. Both partners established an opposing push. One partner releases so that they may test the others stability. Any lurching or wobbling of the tested partner is an indication that the isometric link between leading and trailing legs is poor.

Further reinforcement of Jodan Kuzushi was next.

We studied two Gyakugamae versions, first by moving backwardly around and down then by turning forwards and around.

Each version began by establishing the three body lines, vertical, horizontal and to the front.

To affect the throw on version one, Tori must stretch and release their body. A corresponding effect occurs in Uke as they are stretched upwardly then suddenly released downwards. This is not forced but is assisted by the effect of gravity.

For version two Tori must turn but not in the direction of Uke’s free arm. Tori first initiates Jodan Kuzushi and maintains this and in the same vertical plain whilst turning. Tori’s arm must not collapse towards their body; the armpit stays “open”.

We used Hikiotoshi to show a practical application of our studies. This proved to have additional difficulties.

STUDY GROUP TOMIKI AIKIDO - Sunday 22nd November, 2015



In this morning's session we established the idea of a fourth line; a power line. The body lines are to stabilise, amalgamate and consolidate the individual. The power lines strengthen and reinforce the interaction with another.

Using the Koryu Dai Yon as a base we studied the application of this theory.

As a sequence which could be applied to each technique we might proceed as follows:

- On being grasped, make the vertical line in the body.
- Make the horizontal line in the body.
- Make the front line in the body.
- Establish the power line and move.

This template is just a guide and a memory-jog to assist training. Once the movements are perfected a more natural and fluid approach should be adopted.

This method should now be applied to the Basic 17 etc. to see if it works for this and other sequences.

An analogy follows to assist the understanding of a method of applying Shomen Ate.

## SHOMEN ATE (CADENCE BRAKING ANALOGY)

Cadence braking or stutter braking is an advanced driving technique that involves pumping then releasing the brake pedal and is used to allow a car to both steer and brake on a slippery surface. These days' electronics take charge of this automatically and it is known as ABS.

In our application of Shomen Ate we have to lightly touch the chin (with just the centre finger) then release and re-apply with Shotei action at full power. Although the action is interrupted it is still in essence continuous. During this movement the Torso should not lurch or lean forward. The action is always motivated by the legs. In terms of a time-line the action is not rushed and conversely it is not drawn out. The action is explosive (over a short time) and starts with an initial soft touch. For safety during training we used the upper chest area as the target and not the chin, because whilst perfecting this movement occasional impacts occur.

This ended another informative and stimulating weekend; Thank you Eddy and Gina.

# STUDY GROUP TOMIKI AIKIDO

## NEXT SESSION



[MORE STUDY GROUP TOMIKI AIKIDO SESSIONS . . .](#)

[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 <sup>th</sup> 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	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	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>