



In this evenings session we looked at the differences between Strength, Power and Force.

To start with we did our body and mind "Warming" exercises. To the observer these look strange and meaningless. But with brief explanation and knowledgeable correction the true benefits begin to surface.

It was explained that one aspect for doing these is to improve the strength of the body frame. If the body frame collapses under "attack" we cannot transfer the power from the ground and direct it towards the attacker in the form of an efficiently executed technique. Our body strength is imperative in the maintenance of the frame. The muscles must be used to keep the frame strong and should not be directed to the opponent.

Having said that, the focus and whole body movement has to be directed towards the opponent. This is power; the combination of a strong, unbuckling frame with meaningful and focussed movement.

Force, on the other hand, is achieved using the combination of the body weight and the speed at which it is used. For example a smaller person has to rely more on

their natural speed to produce a given force, whereas a larger person can use on their weight more to produce the same force. Big people and small people use different ways to achieve the same goal!

We spent some time studying Uke grasping Tori's wrist from below with the intention of executing an Inside sweep action on Tori. Further subtleties quickly ensued.

- * don't pull
- * grip and drop
- * spiral the arm
- * use a small wrist action
- * don't use the shoulder
- * use whole body movement to complete the action.

Once a good grip followed by a meaningful action was achieved then Tori began a counter outside sweep action to negate this. Some of the points observed here were.

- * Do not rush the counter action.
- * Wait for Uke to almost complete their action.
- * Do not pull Ukes arm.
- * The footwork moves back and along the line of Ukes arm.
- * Do not consciously lift Ukes arm; this will occur naturally when the correct footwork is applied.

It is important that the pair work together in order to achieve perfection of this extremely subtle combination of movements.

At the end of the session we played our pushing Randori game. The mix of the class allowed us to experiment with the ideas studied earlier. Younger and smaller students paired with older and larger students to try to overcome each other's deficiencies. The application and proper direction of force could be clearly seen. This is not to say that force is directly opposing force but is the manipulation of the opponent's force which is the skill being developed. This proved to be a tiring and stimulatingly enjoyable session.

We will continue with our exploration at 3pm to 6pm tomorrow.

STUDY GROUP TOMIKI AIKIDO – Saturday 9th January, 2016



This afternoon we continued with our studies of Strength, Power and Force. There were just three of us and we started with a discussion about them.

When we consider each one from a Physics perspective the definitions are well documented but we are not dealing with fixed and static bodies; we move, adapt and are driven by a brain. Our frame can be changed to suit the moment; something a fixed structure cannot do!

After this we continued with our "warming" exercises and drills developed to promote a stronger body which in turn enables us to create more Power and Force.

A brief explanation of the power developing movements is: Using the arms outstretched and as "markers" we move in an Unsoku format. The arms are relaxed and help to focus forwards. The feet are always moving with no pausing when the direction changes.

The movement is always driven from the heels. When moving backwards the front heel "moves" inwardly. When moving forwards the rear heel "moves" outwardly. "Move" is not just physical but more to do with where the focus lays.

To close the session we did some exhausting Randori. :-)

STUDY GROUP TOMIKI AIKIDO – Sunday 10th January, 2016



Participating in this morning's session there were ten of us.

We started with our usual warming and relaxing exercises.
Today, to increase the intensity, each person counted whilst doing the exercises.

For the technical element we practised in pairs gripping the wrist from below, right to right and left to left then performing Inside Sweep action to control Tori.
After this action was established, Tori performed a Jodan reactive or counter action which neutralised and controlled Uke. This was an interesting and difficult-to-perfect, study.

For the Randori element we must, keep to the structure of practice, do not brace or block. Keep upright, always the balance is between the feet.
Start with the basic forwards and backwards approach, and then develop into a more advanced sequence of movement.

To finish a brief practise of Randori no kata with constant movement, no pauses during the execution of the technique.

For everyone this was a most enjoyable session.

After the practise it was time to open the doors for all who wished to join us for the New Year Kampi. This year we decided to include some traditional Belgium sing-along entertainment with the help of Gina, Michel and Katrijn.

Thank you Eddy and Gina for another great year start celebration.

STUDY GROUP TOMIKI AIKIDO

NEXT SESSION



MORE STUDY GROUP TOMIKI AIKIDO SESSIONS . . .

29-31Jan2016 Almussafes with Adrian Tyndale
05-06Feb2016 Antwerp with Eddy Wolput
06-07Feb2016 Yi-Chuan Seminar Antwerp
20-21Feb2016 Margate with Eddy Wolput
11-13Mar2016 Antwerp with Eddy Wolput
15-17Apr2016 Antwerp with Eddy Wolput
06-08May2016 Antwerp with Eddy Wolput
20-22May2016 Bulgaria with Eddy Wolput
09-11Sep2016 Antwerp with Eddy Wolput
16-18Sep2016 Almussafes with Eddy Wolput
07-09Oct2016 Antwerp with Eddy Wolput
11-13Nov2016 Almussafes with Eddy Wolput
09-11Dec2016 Antwerp with Eddy Wolput

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/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

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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>