

## BAA SOUTH OF THE RIVER SEMINAR 2016



Thanet Martial Arts Centre hosted the BAA South of the river seminar 2016 on September the 2<sup>nd</sup>, the 3<sup>rd</sup> and 4<sup>th</sup>.

The course started at 1900pm on Friday with a lesson from Adrian Tyndale

Continuing on Saturday 0900am until 1600pm followed by a Dan grading at 1605pm and finishing on Sunday 1000am until 1400pm.

The Instructors were:

Ken Broome 7th Dan Tomiki Aikido, JAA Shihan

Shaun Hoddy 6th Dan Tomiki Aikido, 1st Dan Taiho-Jutsu, JAA Shihan Dai

Harvey Goodman 6th Dan Tomiki Aikido, 5th Dan Iaido, JAA Shihan Dai

Adrian Tyndale. 6th Dan Tomiki Aikido, 1<sup>st</sup> Dan Judo, JAA Shihan Dai

The cost was £10 per day, £5 Friday

### FACEBOOK COMMENTS

Thanks to all the instructors and participants in the weekend course you made it a great time, see you all at the next one!

Here are some photographs and videos of the Seminar, please feel free to copy or share.

<https://youtu.be/-hDB4sIWmgc>

<https://youtu.be/l4amNuDc9a4>

<https://youtu.be/NZT3DMM9eCU>

<https://youtu.be/zbhO7yE7UuE>

<http://www.essex-aikido.org/>

<https://www.facebook.com/groups/40066972728/>



In attendance was a modest group interested to know some of what we are looking at in the regular Study Group Tomiki Aikido sessions. It was rather apt as some students present this evening recently attended the BAA Summer School weekend where JAA Instructor, Yoshiomi Inoue, introduced some of his ideas on Tomiki's Aikido. It was impressive and caused some confusion on how his ideas worked.

In a complementary way, this evening's session attempted to shed some light on the darker areas in this.

First we started with whole body warming up.

#### ANKLE ROTATIONS

Ankle rotations are a very important exercise for good mobilisation of the ankles. In practise the knees, the hips, the shoulders and neck all move but the focus must be in the area of the ankle!

## HIP ARTICULATION EXERCISES

By moving the leg forwards and then backwards by scratching the mat with the big toe and not lurching or leaning the body, the only the hip is moving.

These actions are called FLEXION & EXTENSION

Flexion – moving the Femur bone forwards (like a kick to the front).

Extension – moving the Femur bone backwards (like a kick to the back).

Still keeping the body from the tummy up fixed, now move the leg to the side and then back, scratching the mat with the big toe as before.

These actions are called ABDUCT & ADDUCT

Abduct – moving the Femur bone outwardly.

Adduct – moving the Femur bone inwardly.

For the last pair the foot rotates inwardly (closing the body) and then outwardly (opening the body)

These actions are called MEDIAL & LATERAL ROTATION

Medial - rotating the Femur bone inwardly.

Lateral – rotating the Femur bone outwardly.

Note in each case the body does not lurch or lean only the leg moves. The movement is only in one hip at a time the opposite hip remains fixed in order to gain the maximum benefit in isolating each hip movement.

## VERTICAL “RISING” AND “DROPPING”

By using the arms stretched up in line with the ears the body is "opened" and stretched vertically. By circling the arms and bringing them down and at the same time dropping the body, this establishes a "compressive" action. It is very important that the knees do not lurch forward or collapse inwardly. So to reinforce this we did some pair exercises to reinforce this "squatting" and "dropping" concept.

## CONTRA ARM CIRCLING

This exercise starts by using the left side of the brain which logically assimilates the movement. In the beginning the effort is in remembering the sequence. After a period of time the right side of the brain takes over and the whole action becomes instinctive and automatic. This is in every sense very similar to a Martial Arts learning process.

From the physical perspective it is an example of a whole-body exercise. Every limb is involved and including the brain!

Next we looked at Tsugi Ashi, Ayumi Ashi, Irimi and Hiraki in the guise of Unsoku. This included some ideas on how to improve on the benefits of doing this this drill.

We introduced the concept of five divisions between the feet and that the body weight can shift between points 2, 3, & 4, but points 1 & 5 should be avoided. In essence the posture is kept vertical and in the middle of the feet, but there is a degree of movement within this - Body Shifting.

Conversely the job of Uke is to try to bring Tori to or outside the feet, for the start of an effective throw.

We then looked at the comparisons in the exercises to some of the techniques we commonly use.

Examples from Basic Kata and Koryu Dai Yon were used to illustrate this.

### SOME HINTS:

Gyakugamae Ate: Opening the body, using both arms, like a bow. Stretching through rather than leaning or propping.

Gedan Ate: Making the opening with Aikiage. Keeping the armpits open. Use both arms.

Oshitaoshi: No leaning on your partner. Use a big circular action through the head. The relationship of elbow hand and wrist hand are now equal in intensity or direction. The spine bows to bring Uke down.

We practised in pairs Inside Sweep and Outside Turn actions simultaneously in order to improve posture and stability. Use torso rotations. Keep the feet fixed. Do not collapse the knees. Use each hip independently.

We introduced the idea of a "Pushing" Randori game. It is not really pushing, the words limit us in how to describe it correctly.

The study is how to move forwards and then backwards remembering to keep the posture between the feet. No propping or leaning. This movement is the "Reset" state.

Whilst moving each player looks/feels for the opportunity to attempt a technique from Basic Kata. After a while the "play" will become scrappy. At this point "Reset".

Hopefully this session answered some of the questions? No matter what Koryu or Kata is studied these exercises will complement and enhance them and your Randori will grow too.

For the last part of the session time was devoted to those wishing to Grade this weekend.

Last but not least, my thanks go to Richard Todd and his helpers for making this weekend possible.

## MORE STUDY GROUP TOMIKI AIKIDO SESSIONS . . .

5<sup>th</sup> ETAN Open European Club Championship  
17-18Sep2016 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 <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>