

STUDY GROUP TOMIKI AIKIDO – Friday 9<sup>th</sup> December, 2016



For this evening's session there were eight in attendance. Dana Waerlop took the functional warming up exercises and the group picture.

We continued with individual drills for basic (Tandoku Undo) movement to develop Kyokotsu training and Tsugi Ashi drills for training the Koshi/Tanden. It is the muscles and tendons in these interlinked areas of the body which we must try to "Wake-Up".

We then studied grips (Mochi) from the outside and the inside starting from Tegatana. We did this to create the concept known as Rikakutaisei (keeping the postures apart).

It is important to keep the sequence even when Uke tests the movement by them not collapsing (maintaining the pressure).

- Awase - Coming together, meeting, making the contact (Keep pressure).
- Taisabaki - Avoidance, Step out of the attacking line. (Maintain pressure).
- Mochi - Grip the wrist, controlling the opponent (Still keeping the pressure).

Once Tori takes the grip, they use this to "freeze" Uke. They cannot close the distance and enter into Tori's space.

Once this practice became familiar we applied it to the wrist technique section of Basic kata. The sequence extends to suit the technique, sometimes Uke is moved upwards, sometimes Uke is brought down, and sometimes Uke is turned, depending on the technique. The mechanism to achieve this is by implementing internal stretching or releasing. These actions relate directly to the functional exercises studied and performed at the start of each session.

For example, with Kote Hineri the sequence is:

- Awase
- Taisabaki
- Mochi
- Age – Up
- Wrist twist, turn the body (Uke's body)

For Kote Gaeshi the sequence is:

- Awase
- Taisabaki
- Mochi
- Sage - Down, from the bicep, not the wrist.

Move Uke's free wrist/hand through the shoulder line then turn the ceased wrist whilst bringing it up. Footwork is body turn then step back.

For Tenkai Kote Hineri the sequence is:

- Awase
- Taisabaki
- Mochi
- Sage - Down, from the bicep, not the wrist.
- Age - Up then Tori turns under their own arm.
- Sage - Down, from the bicep, not the wrist.

This action is performed in the line of Uke's shoulders.

With Tenkai Kote Gaeshi the sequence is:

- Awase
- Taisabaki
- Mochi
- Sage - Down, from the bicep, not the wrist.

Turn Uke by stepping with the inside leg

- Age - Up then Tori turns under their own arm.
- Sage - Down to complete the action.

The session finished with some "Pressure Training". This was achieved by applying the studied sequences freely in timed rounds of Kakarigeiko. With this free practise the basic starting sequence must be maintained; always:

- Mochi
- Awase
- Taisabaki

This was a very energetic close to the session.

STUDY GROUP TOMIKI AIKIDO – Saturday 10<sup>th</sup> December, 2016



This afternoon we had two sessions and with four students in attendance. We continued with our studies from yesterday, reinforcing some key points in the functional warming up exercises.

Some Exercise Detail:

We start with the ankles, but in fact it is the whole body, focussing on moving the Tanden in a circle. This affects the movement at the ankles which are also circling. Traditionally we were always instructed to circle the knee, which has a negative effect on the knee joint. Of course the knee will move, but it is not the starting point or point of focus.

Next we worked on the stretching and relaxing (letting go) of the Psoas muscle group (the muscles that link the lower back and the upper leg). We use a semi-rotational movement which starts at the Kyokotsu, the area around the Sternum, stretching through the body all the way down to heel. This may lift when performing the exercise. The elbow is lifted to aid the efficiency. The body moves up from the hip and down by relaxing this area rearwards. This should not be performed by bringing the knees forward.

- Rotating the arms

Start with the arms raised, palms facing inwards, pull the Sternum/upper spine backwards when dropping the arms, palms facing backwards. Stretch the Sternum area laterally when lifting the arms.

An application of this effect is demonstrated when Tori attempts to lift the arm sideways and from the shoulder muscles and then by raising the Sternum up. The power difference can be felt by both Tori and Uke.

- Sternum and lower back

The sternum is controlling the upper spine. An Application of this is Inside Sweep Turn

- Groin and lower back

This is used to lower the Tanden/Koshi.  
Keep the Tanden/Koshi/Tummy straight/upright.  
Do not use the knees, but each groin and the lower back.  
Keep the movement centred, between both legs.  
The effect of Tsugi Ashi amplifies the final part of the movement.  
For example, when performing Koryu Dai Yon section one, techniques five and six

- Control by using the Sternum

Outside Sweep Turn is an example of this body stretching application. This stretch uses the upper spine both vertically and laterally. For Outside Sweep Turn the left and right arm movements start from the Sternum and run through the body from arm to same-side foot.

We spoke about how to use the associated muscles to move the Sternum backwards without moving the lower body too. This is a difficult concept which requires concentration and repeated practice. Connection between the exercise and elements of Koryu Dai Yon, section one, first seven. With number seven we investigated the idea of attacking from behind.

STUDY GROUP TOMIKI AIKIDO – Sunday 11<sup>th</sup> December, 2016



At this morning's session, the last one before Christmas, there were five in attendance.

We looked in detail at some of the exercises and their purpose in relation to our Aikido, the benefits to daily life and well-being and for efficiency in movement. We looked at in more detail, Rikakutaisei, the concept of keeping the postures apart.

After our functional exercises and warming up we used an example from Basic Kata number two, Aigamae Ate to illustrate Rikakutaisei.

- Awase - Coming together, meeting, making the contact (Keep pressure).
- Taisabaki - Avoidance, Step out of the attacking line. (Maintain pressure).
- Mochi - Grip the wrist, controlling the opponent (Still keeping the pressure).
- Kyokotsu - Using the Sternum for better control and more power.
- Kuzushi - Controlling or breaking the opponent's balance.
- Attack - Perform Aigamae Ate, Regular Attack.

Several variations on this were practised from Basic Kata.

- Awase - Coming together, meeting, making the contact (Keep pressure).
- Taisabaki - Avoidance, Step out of the attacking line. (Maintain pressure).
- Mochi - Grip the wrist, controlling the opponent (Still keeping the pressure).
- Kuzushi - Controlling the opponent's balance by bringing the power down.
- Attack

Perform Gyakugamae Ate or Gedan Ate or Ushiro Ate from the outside.

Perform Tenkai Kotegaeshi, Mae otoshi from the inside.

We then linked the previous studies to Basic Kata, Atemi waza.

For technique three the connection with Tandoku Undo, Outside and Inside Sweep Turns was emphasised.

Further examples were studied from Koryu Dai Yon, section two (Ura waza).

After the Study Group session we went to the City to enjoy some time at the Antwerp Christmas Fair. The day finished at our favourite restaurant, 'T Pakhuis, for food, drinks and the weekend's summarizing.

Our thanks extend to Eddy and Gina for a great weekend.

**AND FINALLY TO EVERYONE; WE WISH YOU A MERRY CHRISTMAS AND A HAPPY NEW YEAR.**

## **COMMENTS AND VIDEOS FROM EDDY WOLPUT**

### **FUNCTIONAL EXERCISES**



Functional exercises are a part of the study. Warming up and exercises have a direct relationship with the "older" Tandoku undo. The older Tandoku undo is oriented more to Toshu Randori.

By controlling the sternum and the lower back, our power generation is more efficient. Of course you need some personal touch to perform these exercises.

<https://vimeo.com/195278095>

### **RIKAKUTASEI**

Taking postures at a certain interval so that the contestants may not fall into grappling with each other.

According to Kenji Tomiki, Rikakutaisei is the key to understand the essence of Atemi Waza and Kansetsu Waza.



<https://vimeo.com/195435168>

## PROPOSED STUDY GROUP TOMIKI AIKIDO SESSIONS FOR 2017 . . .

07-08Jan2017 Antwerp, BELGIUM with Eddy Wolput, New Year Kampai  
21-22Jan2017 Paris, FRANCE with Sensei Hino  
27-29Jan2017 Almussafes, SPAIN with Adrian Tyndale  
18-19Feb2017 Antwerp, BELGIUM/Paris, FRANCE with Eddy Wolput  
18-19Mar2017 Antwerp, BELGIUM with Eddy Wolput, JAA Grading  
Provisional 22-23Apr2017 Antwerp, BELGIUM with Eddy Wolput  
13-14May2017 Antwerp, BELGIUM with Eddy Wolput  
17-18Jun2017 Antwerp, BELGIUM with Eddy Wolput  
19Jun2017-29Aug2017 SUMMER BREAK  
30Aug2017-03Sep2017 International Tomiki Aikido Festival in Akita  
07-Oct2017 Antwerp, BELGIUM with Eddy Wolput  
11-12Nov2017 Almussafes, SPAIN with Eddy Wolput  
09-10Dec2017 Antwerp, BELGIUM 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>