

STUDY GROUP TOMIKI AIKIDO – Friday 6th January, 2017



For this evenings session there were five of us, Eddy, Ronny, Ria, Woulter and Adrian. We had all pre-warmed up so we headed straight in with Tsugi Ashi drills, first without using the arms, then with the arms.

The idea was examined of stretching the upper body whilst moving forward in Tsugi ashi. Similarly by stretching the upper body whilst a Tsugi ashi movement backwards. In both cases the upper body completes the same action.

This idea can also be applied when rotating. There is a downward or upward spiral (dependant on the application) which must end in Tori's centre. No whipping the arm of Uke, it has a negative effect by interrupting the natural flow.

The session focussed on learning the skills of turning movement.

For example in basic kata number five, Ushiro ate. Tori must find Uke's back. The skill is in how to turn Uke.

Using:

- Touch (keep the tension)
- Avoid (keep the tension)
- Grip (keep the tension)
- Turn (keep the tension)

The turn is achieved with a combination of elbow wrist action and Tsugi Ashi. Always the problem is how to turn Uke without pulling or pushing them as this is too easy for Uke to deal with.

Correct use of elbow in relation to wrist.

An example of this was given where a kneeling Tori has their wrists grasped by a kneeling Uke. An elbow up, elbow down action is used to control Uke.

A further example was used from sword work. Withdrawing the sword from the scabbard requires an elbow-leading action. It cannot be done with a completely straight or "locked" arm.

Applying all this to basic exercises. This is for the establishment and reinforcement of these movements within the body so that the actions become natural and performed correctly without thinking.

Using the basic exercises and maintaining these when applying them to applications.

This is the area where difficulties arise. It is far too easy to miss out crucial points when performing the basics within or as part of a technique. As always practise makes perfect! :-)

Our studies were applied to the first six techniques of Koryu Dai Yon - Jodan, Chudan and Gedan balance breakers.

To close we relaxed our bodies with a simple reciprocating roll.

The skill here is to close the body/shoulders as you roll back and open the body/shoulders with the wrists down. Do not focus on stomach muscles or shoulders.

In any event when done excessively it becomes a tiring exercise.

STUDY GROUP TOMIKI AIKIDO – Saturday 7th January, 2017



Today, on this first snow of the year, we had two sessions one in the morning, for the benefit of two students, Laura and Raven, who are practising for their Dan Grading later this year, and one in the afternoon.

In the afternoon session Eddy, Gina and Adrian continued their studies relating to the Sternum.

The stretch is in two directions, starting from the Sternum.



We began with a simple solo exercise which illustrates how to isolate the different parts of the spinal column. Start with the feet positioned away from the wall and with your back facing the wall. Lean back until the upper spine touches the wall (not the head). Slowly bring each vertebra towards the wall, moving down the spine until the lumbar region. The result will be a form of squat. Now undo the action by slowly unrolling the spine vertically back up and away from the wall until you reach the point where you first started.

MANIPULATION OF THE STERNUM

From a spine-neutral starting position if you move the sternum vertically up there is a stretch through the body, elbow to elbow.

This is not the same as moving the elbows outwards, which is how this action may be interpreted.

The effect of this stretching action can be used in a linear way or a rotational way.

One point that became very apparent was the importance of doing solo exercises in order to establish correctness, however, it is imperative to be able to transfer the desired effect to a partner and so pair work is also very important; a must!

Using the first 14 techniques of Koryu Dai Yon we tested the effectiveness of these studies.

Some general pointers are:

- CONTROL - When gripped by Uke, “move” the sternum to create the stretch, which buckles Uke’s arm.
- KUZUSHI - Move Tsugi Ashi.
- CONNECT - Make a connection by focussing on moving Uke’s sternum.
- ACTION - Lead the action with the elbow.

STUDY GROUP TOMIKI AIKIDO – Sunday 8th January, 2017



This morning there were ten in attendance. We started with our functional warming up. First the ankle rotations; but in fact it is the whole body which moves spirally. Then the Torso rotations, which again have a spiral and stretching effect throughout the body, first starting at the elbow and ending with the big toe.

We continued the session with Tsugi Ashi drills, first without the arms then with the arms.

Next we preceded with pair exercises. Pointers on the application of the basics studied in our preparation exercises were reinforced. No pulling, No pushing, but "bucking" Uke's arm to gain control and weaken the effect of their grip, whether Jodan, Chudan or Gedan. The method in achieving this is by the manipulation of the Sternum region, up, down or back. The effect at the elbows and then wrist can be transferred to or felt by Uke.

Next, moving in Togatana; "Feel the rhythm" and always keeping the correct distance was the focus here. During this movement one partner would avoid with Tai Sabaki and seize the partner's wrist. This could be from the outside or the inside. Here the objective is to take control of Uke's balance by neutralising their ability to move effectively. Then any one of twenty two techniques can be used to throw or control Uke to the ground. Kote Hineri and Kote Mawashi were chosen for the purpose of today's demonstration and training. All of the skills previously studied must be seen and performed in this "Free-practise" game.

For example:

- The Sternum manipulation movements.
- The correct application of Shichi no hon Kuzushi.
- Leading with the elbow.

This style of practise was reminiscent of Judo practice, but with the increased distant apart.



As a consideration, this method of training could be used formally as an alternative method of assessment of each student's understanding and knowledge in their Aikido development.

The suggested 22 techniques might be:

1 Shomen Ate	12 Kote Hineri (Aigamae Juntedori)
2 Aigamae Ate	13 Kote Hineri (Aigamae Gyakutedori) - <i>Kote Mawashi</i>
3 Gyakugamae Ate	14 Kote Hineri (Gyakugamae Gyakutedori)
4 Gedan Ate	15 Kote Gaeshi (Aigamae Gyakutedori)
5 Ushiro Ate	16 Kote Gaeshi (Gyakugamae Gyakutedori)
6 Oshitaoshi	17 Tenkai Kote Hineri
7 Ude Gaeshi	18 Tenkai Kote Gaeshi (Omote-forwards)
8 Hikitaoshi	19 Tenkai Kote Gaeshi (Ura-backwards)
9 Ude Hineri / Ude Garami	20 Mae Otoshi
10 Waki Gatame (Soto-outside)	21 Sumi Otoshi
11 Waki Gatame (Uchi-inside)	22 Hiki Otoshi

The Study Group Tomiki Aikido is not all work and no play.

Sometimes we make fun of ourselves.

Video – “more stupid things of our training”

<https://www.facebook.com/eddy.wolput/videos/10154869527259709/>

After practise and during the afternoon we celebrated our New Year Kampai with food, drinks and talking about times past and proposals for the coming and busy year ahead.

And last a Thank You to Eddy and Gina for their hospitality and continued inspiration and guidance.

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 and Paris, FRANCE with Eddy Wolput
18-19Mar2017 Antwerp, BELGIUM with Eddy Wolput, JAA Grading
29-30Apr2017 Antwerp, BELGIUM with Eddy Wolput
13-14May2017 Sofia, BULGARIA 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 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

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>