

STUDY GROUP TOMIKI AIKIDO – Thursday 8th June, 2017



On this warm summer evening there were four of us in attendance, Eddy, Adrian, Ronny and Raven. We worked on the first four standing techniques of Koryu Dai Ichi.

To begin with we first did our functional warming up and then some more specific solo and pair exercises related to the techniques.

To improve the understanding of the concept of moving both ankles forward, we practised leaning then moving using Tsugi Ashi. We studied this both by leaning forwards and then leaning backwards. The idea is to simulate a falling forwards (or backwards) to the point where you have to move the foot to keep control. The movement at the ankles is then the same.

Sometimes the idea of a flat foot planted for stability is good. Equally the idea of a rounded foot to assist freedom of movement is also good. To develop this concept we practised stepping in the sequence, heel, ball-of-foot, toes, when moving forwards and the reverse of

that when moving backwards. When this is applied to Tsugi Ashi the foot does not "Stick" due to the "Double-Weight" theory.

We practised a few exercises to emphasis the correct use of the elbow. Once again we studied these individually and in pairs.

To emphasis the constant relationship between both elbows a Jo was used. We practised an exercise where one partner cyclically moves the Jo, rather like the action of rowing in a Kayak (using a double-bladed paddle), whilst the other partner is holding it too. This is a whole body movement with first one partner taking the initiative then the other.

We also had some discussion on the differences between Sports Aikido and what we may term Pure Aikido. Observation of the students during practice confirmed that with Pure Aikido the implementation is far more precise than that of the Sports alternative, which in many respects does not need the precision.

To close we looked at Tanto avoidance using one or the other shoulder as "bait" in order to stimulate an attack. This was stimulated from the Koryu Dai Ichi skills.

STUDY GROUP TOMIKI AIKIDO – Friday 9th June, 2017



This evening's session was small in numbers and with a guest appearance of Sebastian. :-)

We continued to work on elements of Koryu Dai Ichi and like yesterday we began with solo and pair exercises in order to sub-consciously prepare our bodies. Emphasis was put on rotational winding and unwinding, stretching and letting go, which is a linear alternative. Maintaining the body line between the top of the head down to the perineum is important. Keeping this line whilst dropping or squatting has it's difficulties, particularly to those with ankle, knee or hip mobility issues.

Repeated slow and controlled solo practise is the medicine.

Taking each technique at a time we studied some pointers:

1. When the wrist is grasped, move the elbow along the weak-line whilst moving diagonally back. The technique is performed to Uke's front.
2. Similar start to the first technique but in this case the left wrist is grasped. The technique is performed to Uke's back by stepping behind Uke, unlike the first technique where you step in front. Control of the elbow is achieved by raising the sternum whilst moving forwards at the ankles. This tips Uke on to one leg. The spiral movement which brings Uke down is initiated by a stretch between the elbows of Tori. This shape is maintained, rather like the Kayak exercise, as Uke is collapsed to the mat.
3. When Tori's right wrist is grasped Tori attempts to do outside turn as in the first technique. Uke blocks this by seizing Tori's elbow. Tori then moves their elbow up and across the front of Uke whilst gripping the wrist of Uke. A double step with the right foot together with a torso rotation creates the wrist twist on Uke. The most effective direction of the movement is along the line of Uke's shoulders.
4. When Tori's left wrist is grasped Tori attempts to do outside turn as in the second technique. Uke blocks this by seizing Tori's elbow. A movement reminiscent of Inside sweep turn is used, starting with the elbow and then the elbow driving the wrist vertically. By then moving the elbow outwardly and above Uke's arm (Inside Turn), stretch the elbow towards Uke's centre and touch with the hand. Uke is forced to buckle to the mat.
5. Working on the Kotegaeshi technique presented a few problems in using the elbows correctly when winding and unwinding the torso. An added problem was, which way to wind and which wrist to perform the Kotegaeshi on. In fact both ways are correct in terms of the body movement principles involved. The preferred way is to start with an anti-clockwise rotation and do the Kotegaeshi on Uke's right wrist. More importance should be placed on the correct use of the elbow for moving Uke. No body bracing, No pushing forwards and down, No hip twisting in an attempt to move Uke. Use the elbow circularly down and straight then move the hips. The final application of Kotegaeshi is performed from the elbows.

To close the session we did a spinal-wave stretch (Lying down Kyokotsu exercise).

Starting seated and balanced on the sit-bones with bent legs and feet off the mat. Raise the sternum and stretch the spine as you lay back place the toes on the mat and stretch from the toes to the shoulders whilst raising and rotating the sternum towards the head. Slowly and each vertebrae at a time, lower the spine until it is on the mat. Raise the sternum and curl the spine forwards until you are balanced on the sit-bones and with bent legs and toes off the mat. Repeat the entire movement a few times maintaining all the details.

STUDY GROUP TOMIKI AIKIDO – Saturday 10th June, 2017



Today we ran two sessions one in the morning for junior students wishing to transfer to or get a taster of the senior classes and in the 26°C warm sunny afternoon, a Shihan Dai training session.

The morning class was split into two with Eddy looking after the two more senior students and Adrian overseeing the three younger students. Eddy focussed on body weight shifting and winding, unwinding applying these principles to elements of Basic Kata. Adrian worked on Tanto avoidance and two techniques from Basic Kata.

In the afternoon Shihan Dai session we looked at all the standing techniques from the Koryu Dai Ichi.

Some of the elements reinforced were:

- Body winding/twisting
- Weight shifting using the ankles
- Specific use of the elbow
- Effective distance between the elbows
- Rising and moving back the sternum
- Round-foot theory (heel-ball-toe)
- Head to perineum alignment
- Keeping the spine-line when dropping

STUDY GROUP TOMIKI AIKIDO – Sunday 11th June, 2017



For this morning's there were seven in attendance. After a brief functional warming up exercise sequence we practised leaning then moving using Tsugi Ashi. We did this both in a forwards direction and in the more difficult, rearwards direction. This can also be done sideways by leaning to the side which is to be moved and using Tsugi Ashi in that direction. . . Tricky!

We then related this ankle derived leaning or tipping to Togatana Awase. This became the start to a few applications from Basic Kata, starting with Oshitaoshi.

The mantra was:

- Meet (Togatana Awase)
- Lean (Reinforce)
- Avoid
- Technique

To close the session once again we warmed down using our lying down Kyokotsu exercise.



Sunday 11th June, 2017

GREEK TAVERNE, Antwerp

In the evening we met up for a meal and drinks at The Griekse Taverne in Antwerp city centre for a pleasant and relaxing close to the warm sunny weekend.

Thank you Eddy & Gina for a relaxing and recuperating weekend.

STUDY GROUP TOMIKI AIKIDO SESSIONS FOR 2017 . . .

23Jun2017 Special Training Session 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	5th Dan (JAA) - JAA-Shihan Dai

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Wikispaces

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For archived Study Group Tomiki Aikido reports please see:

<http://www.aikidouk.co.uk/study-group-reports.htm>