

STUDY GROUP TOMIKI AIKIDO – Sunday 17th December, 2017



This morning there were eight of us and the session began as usual with our Functional warming up. We looked at some of the detail linked with the movement of the Kyokotsu. We established that this area moves in a figure of “eight” and that is multi-dimensional. The idea of a Möbius strip was used to illustrate this.



This exercise is used to develop diagonal tension/stretching in the torso.

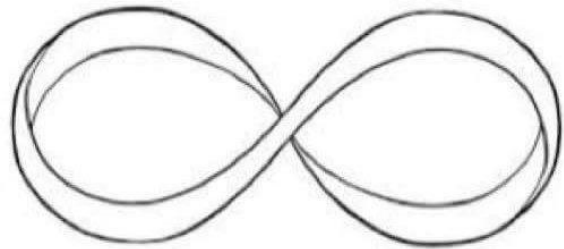
Next we ran through Unsoku and Tandoku Undo / Tegatana Dosa, not in the usual choreographed way but drilling each part repetitively.

We then looked at Sotai Dosa based upon Tegatana Dosa number five.

The intricate movements in this were used to study Tenkai Kote Gaeshi, Mae Otoshi, Tenkai Kote Hineri and Sumi Otoshi. These were practised from an attempted frontal grab and from a sweeping cut to improve the concept of Mikiri.

MÖBIUS STRIP

The Möbius strip or Möbius band, also spelt Mobius or Moebius, is a surface with only one side and only one boundary. The Möbius strip has the mathematical property of being unorientable. It can be realized as a ruled surface.



MIKIRI (見切り)

The literal translation of Mikiri is: mi, "to look" or "to see," and kiri, "to cut." Hence we may translate the term "to see with cutting minuteness" or the ability to judge distance by eye and act accordingly.

After lunch we shared some festive culture with Gina De Weerdt. We travelled to nearby:

Damiaankerk,
Groenenborgerlaan 149,
2020 Antwerpen.



This is a church building with modern design and significant architectural spender. From inside, the trees outside are always seen, day and night, through a high level window structure.

The performance started at 15.00pm presenting 32 pieces in a combination of solo, duet, full choir and children's choir. The orchestra supported the vocals and comprised Piano/Organ, Xylophone/Timpani Drums, Recorders, Obo, Violins and Cello. All conducted by, Dimitry Goethals.



The soloists were professionals, Helga van Campenhout – Soprano and Peter Ickx – Countertenor and Gina's singing teacher.



The two complemented each other with their similar vocal ranges. The presentation of the songs intermingled solo/duet pieces, sung in various languages (Dutch, German, English), with full choir pieces. The seasonal flavoured songs included "Jingle Bell Rock" and "Hark! The Herald Angels Sing". It was an excellent performance with a nice balance of orchestra to vocals.

In the evening we had dinner and drinks with Mitchel and Katrine at our favourite restaurant, T'Pakhuis.

See you in Margate after Christmas for a Study Group session and an evening of classical masterpieces by Bach, Beethoven, Gliere, Prokofiev, Handel/Halvorsen and Hoffmeister, courtesy Caroline Denys and Christoph Bunzendahl. We thank you Eddy and Gina for your continued hospitality and kindness.

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

STUDY GROUP TOMIKI AIKIDO SESSIONS FOR 2017 . . .

28Dec2017 Margate Christmas Special with Eddy Wolput

29Dec2017 Folkestone Cultural Evening with Christoph Bunzendahl

PROPOSED STUDY GROUP TOMIKI AIKIDO SESSIONS FOR 2018 . . .

06-07Jan2018 New Year Kampai, Antwerp, BELGIUM with Eddy Wolput

26-28Jan2018 Almussafes Spain with Adrian Tyndale

03-04Feb2018 Margate with Satoru Tsuchiya Seminar

16-18Feb2018 Antwerp, BELGIUM with Eddy Wolput

16-18Mar2018 Antwerp, BELGIUM with Eddy Wolput

23-25Mar2018 Aikido Training Camp Blankenburg with Eddy Wolput

13-15Apr2018 Antwerp, BELGIUM with Eddy Wolput

24Apr-01May2018 Sofia, Bulgaria with Eddy Wolput

09-14May2018 Brussels with Akira Hino Seminar

18-20May2018 (IMM2018 Portugal)

25-27May2018 Antwerp, BELGIUM with Eddy Wolput

09-11June2018 Antwerp, BELGIUM with Eddy Wolput

Jul-Aug2018 Summer Holiday Break

01-02Sep2018 Holland ETAN Championship

21-23Sep2018 Antwerp, BELGIUM with Eddy Wolput

12-14Oct2018 Antwerp, BELGIUM with Eddy Wolput

16-18Nov2018 Almussafes Spain with Eddy Wolput & Yoshiomi Inoue

07-09Dec2018 Antwerp, BELGIUM with Eddy Wolput

STUDY GROUP TOMIKI AIKIDO - Tradition and Knowledge

Chief Instructors/Examiners Study Group Tomiki Aikido

Eddy Wolput 7th Dan (JAA) - JAA-Shihan

Frits van Gulick 7th Dan (JAA) - JAA-Shihan

Yoshiomi Inoue 7th 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

For archived Study Group Tomiki Aikido reports please see:

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