

STUDY GROUP – “MARGATE CHRISTMAS SPECIAL” - Thursday 28th December 2018



The day started with Terry Nolan taking the group through Judo Groundwork.

Harvey Goodman followed by Richard Todd continued the session with their ideas on Tomiki Aikido.



In the afternoon Eddy Wolput focussed on Bodywork Skills and its relationship to techniques in Aikido and Judo for that matter. He referred to the ideas studied by Professor Tomiki; this was documented and published in the early 1950's.

The session began with pair-work in the form of Shotei Awaze. The students were introduced to the idea of “Putting-On-The-Weight”. An alternative way of explaining this might be to put your weight into the body of your opponent. Not pushing, not leaning or

bracing and with no intentional power. To achieve this using the spine correctly is paramount. This enables the freedom to move the feet without the self-blocking which occurs if the action is attempted incorrectly. The ability to move a blocked or pinned leg by first relaxing it was studied and then practised. The concept of trying to pin an opponent on their little toe or the side of the foot was examined. The idea is good as a starting point for students but fails as the student's understanding of how to relax the pinned leg improves.

Using the first movement of Sotai Dosa (Outside turn), we studied how to use the elbow correctly and how this relates to the movement of the Kyokotsu and the central alignment of the Torso. The movement of the spine is around the centre, the spine is not the centre.

The practise then moved from Tori being wrist grasped to Tori gripping the wrist of Uke and performing Oshitaoshi. This study showed that the relationship of the movement is the same whether being gripped or by gripping. We looked at the timing point of where Ude Gaeshi begins when Oshitaoshi is not possible.

We studied the use of diagonal stretching from hip to the far side of the armpit and how the implementation of this improves the performance of Ude Gaeshi.

Some important points are:

- * Keep the hips fixed
- * Do not collapse the leading knee.
- * Stretch from the hip to behind the opposite armpit
- * Do not raise the shoulders, raise the Kyokotsu.
- * Maintain the central axis from the centre of the head to the perineum.
- * Use ankle rotation to reinforce the movement (not by leaning).

GRAVITY EFFECT

When you rotate both ankles forwards or backwards in a linear fashion we can feel the effect of gravity; it is aiding the movement without using muscle power. This is potential energy due to gravity. When the point is reached that Shizentai cannot be maintained then Tsugi Ashi is applied thus converting this Potential Energy into Kinetic Energy. Power for nothing!

We studied upper body rotation and how that could be used to improve the application of Gyakugamae Ate.

We looked at a further application of diagonal stretching when applied to Sumiotoshi.

To close we relaxed by using a spinal wave exercise once again featuring the linear movement of the Kyokotsu.

Finally we express our thanks to everyone for supporting this Christmas Special and to all the instructors for their valued input to a very successful day.

We wish "A Happy New Year" to everyone. :-)

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	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

For archived Study Group Tomiki Aikido reports please see:

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