

STUDY GROUP TOMIKI AIKIDO - Thursday 15th February, 2018



Twisting the body creates pressure towards the centre.

By untwisting this potential energy it can be used in any desired direction

This evening there were six of us in attendance in this mixed ability, gender and age-range session. In our usual way we started with some functional warming up exercises for Budo, health and general wellbeing. This evening we looked at a new exercise for the spine.

Begin from a seated position and first draw in the legs, bringing the feet as close as possible to the hips. Pull back the sternum so that the spine becomes banana shaped. Maintain this spinal shape whilst lying back as each vertebra touches and leaves the mat all the way along the spine to the neck. As the Thoracic (middle section) part of spine makes contact with the mat the sacrum (the extreme lower end of the spine) raises by rotating the lumbar region - always keeping the banana shape. To close the exercise, roll forwards and move the feet forwards without fully straightening the legs.

LINKING THE UPPER BODY WITH THE LOWER BODY - (YÖBU WALKING)

Start by taking a diagonal step with the left foot. Imagine that the foot is round as the foot is placed on the mat from heel to toes. Body shift from the right leg to the left leg so that the weight shifts to the left leg. Keeping the hips fixed, create a stretch by rotating the torso from shoulders to lower abdomen. As this stretch is released bring the back (right) leg next to the front (left) leg. Now repeat the entire sequence starting with the right foot.

PRESSURE

Consider the terms tension, stretching and pressure and their relationship to each other. When we turn and twist the torso, without moving the hips we feel tension in the torso as the muscles are stretched. At our core we will build up pressure. This is

a form of stored or potential energy. If we let this go, release the tension and stretch, we convert this stored energy into kinetic energy. In this natural release the energy just trickles away. The skill is to dissipate this energy into a specific direction. This becomes power for nothing. To develop this idea, this evening we studied the concept of moving three central regions of the Torso independently. The Japanese refer to these areas as the Tanden, the Koshi and the Yōbu; in total the Hara.

For the main part of the session we used Inside Sweep action to illustrate and explore how to move three regions of the torso independently. We divided the torso, upper, middle and lower.

As Tori's wrist is gripped by Uke, regular posture, body shift in the direction of Uke's weak line and form a "connection" with the elbows.

Rotate only the shoulders on the central axis, no muscular tension or pulling with the arm. Now diagonally stretch the torso from hip to inner shoulder without raising the shoulder. Lastly rotate the lower abdomen without moving the hips.

Release this "stretch" as step is made to the diagonal rear corner maintaining the elbow to elbow link.

SUMMARY

- Upper - Turn the shoulders as one unit
- Diagonal - Stretch from the hip to the inner shoulder.
- Lower - Rotate the lower abdomen without moving the hips.
- Release - Allow the muscles to unwind naturally.

To close the session we used Basic Kata - Kote Gaeshi to practise our study. At this stage trying to keep each element separated. We found that attempting to link each element into one smooth move proved too difficult. This is a step which will come later and after the body has had sufficient time to absorb the new detail.

The emphasis was to turn the "neck" of the wrist and not to inflict local pain into the joint.

STUDY GROUP TOMIKI AIKIDO - Friday 16th February, 2018



Release the power in the correct direction.

The action is tangential - forearm to forearm

This evening there were just four of us training. We started the session with our usual functional warming up exercises which worked very effectively on this cold evening.

Still trying to keep our bodies moving and warm we performed, repetitively forwards and backwards, Unsoku first with the left foot leading then with the right.

As a form of linking the lower body with the upper body we practised what is termed Yōbu Walking.

Next we practised the hand movements, Tegatana Dosa, as a solo exercise then parts one and two in pairs.

For the main part of the session we studied in detail parts 1 & 2 of Sotai Dosa followed by applications using Oshitaoshi, Hikitaoshi and Kote mawashi.

This session developed into a stimulating and mentally draining one.

NOTES

Sotai Dosa - Outside Turn

- As the wrist is grasped, body shift, move the elbow from the sternum, small Tsugi Ashi to the side, continue moving the elbow inwards and up, rotate the ankles to assist this, turn from the torso not the hips whilst putting your weight into your partner (Taijū no Dendō), a small Tsugi Ashi to reinforce the direction (Taijū no Idō) by transferring the weight. Throughout the sequence there is no intentional muscular power by using the biceps to pull for example.

Sotai Dosa - Inside Turn

- As the wrist is grasped body shift and "connect" the elbows, the action is tangential - forearm to forearm, using the sternum move the elbow forwards and curved towards your partner, focus on the little finger - not the thumb, use the torso not the hips to turn your partner,

STUDY GROUP TOMIKI AIKIDO - Saturday 17th February, 2018



MORNING SESSION

Today we ran two Study Group sessions, one in the morning and after the Junior Class and the second after lunch.

For the morning session there were six of us. After the functional warming up, foot work and hand movements we studied Basic Kata 1-17 using Taijū no Dendō, Taijū no Idō and Tenshikei

AFTERNOON SESSION

In the afternoon there were seven of us in attendance.

After a brief warming up we continued with our studies of Tenshikei and Taijū. Separating the movements in the three regions of the central body (Torso) proved to be difficult. Knowing when and how to apply this was equally difficult. During this learning process we are attempting to be fully conscious of each element of the process where in fact the process must happen in a sub-conscious way. This takes time for the body to accept the new



information and movements and this process cannot be shortcut. We develop exercises and drills both in a solo format and in pairs to assist this process. With consistent and conscientious study we achieve a sub-conscious ability which can be used practically and creatively.

We practised some pair exercises, to begin face your partner and join hands in regular posture. The first partner extends their arm from the elbow, forwards. The other partner has a reciprocal action as they wind their central body and not their hips. Next they release the wind, directing the movement towards their partner and so on. Each partner experiences a wind and then a release and then a stretch. The release is not a pull.

A second pair exercise is begun by first placing a Jo, each end at the sternum of each partner. One partner uses gravity effect to move the other as they Tsugi Ashi forwards and then backwards. The Jo must always remain in place. The chest must not concave or convex, this is cheating!



The third pair exercise studied today involved the action of Tegatana Dosa. Partner one raises their arm which is driven from the Kyokotsu. Using gravity effect with the body whilst using Tsugi Ashi towards your partner, the arm is lowered. At the same time the recipient partner uses gravity effect backwards with their body as they raise their arm from the Kyokotsu. The process now continues in the format of Tegatana Dosa part one. Each partner responds to the movement of the other yet they are not mirroring the movement.

We continued the session with elements from Sotai Dosa, Outside Turn and Inside Turn incorporating the studies of Tenshikei and Taijū. This was an extremely difficult and mentally tiring session for all, so an evening visit to one of our favourite restaurants, Den Tir was most welcomed. 😊

- TAIJŪ no DENDŌ
 - To put your weight into your partner.
- TAIJŪ no IDŌ
 - To transfer your weight.
- TENSHIKEI
 - In simple terms Tenshikei is winding and unwinding or twisting and untwisting.

STUDY GROUP TOMIKI AIKIDO - Sunday 18th February, 2018



Eight happy students managed to surface the cold for this morning's session. We began in our usual way with a brief functional warming up sequence. This was followed by further practise of Yōbu walking.

We performed Unsoku in pairs using a Jo to maintain the distance, then Off-set Togatana Dosa, first and second parts in pairs.

The theme today was how to deal with attacks but still keeping with the basic hand blade elements studied in Sotai Dosa and Tandoku Undo or Togatana Dosa.

As a start and an interesting way to promote this movement we practised in pairs the Inside and Outside Sweep part of Tandoku Undo. Begin by facing your partner in right posture. Partner one begins by raising their right arm to perform Inside Sweep the action is directed towards partner two as a strike to the head. Partner two responds by retreating using Tsugi Ashi and raising their right arm also to start Inside Sweep. Partner one responds to the "threat" by retreating using Tsugi Ashi preparing themselves for Outside Sweep on so on. The well recognised and practised sequence is now being performed as a pair exercise but is off-set by a step and not being mirrored!

We now looked at being attacked by using an Inside Sweep action. The response by Tori is a combination of Inside Turn into Inside Sweep. The effect of this is one of "blending".

- GYAKUGAMAE ATE

To illustrate the Outside Turn / Inside Sweep body action we used the Tenshikei principle to wind the Torso then release and catch Uke's arm at the wrist, Tori using their right arm. Continue by using the left arm, Outside Turn / Inside Sweep action to strike Uke. We are Using Tenshikei by making a shoulder turn to create a Torso twist which is released to deliver the strike. Taijū no Idō may also be applied if needed.

We then practised a sequence of techniques involving wrist and elbow, triggered by Shomen attacks.

- Oshitaoshi
- Hikiotoshi
- Kote Mawashi
- Ude Gaeshi
- Ude Garamae
- Waki Gatame
- Kote Hineri
- Tenkai Kote Hineri
- Kote Gaeshi

To close the session, free play in the form of Renraku Waza.

In the evening we all met for a fabulous meal courtesy of Ria Buyck at "Ter Rivierenhof" a local Belgium Restaurant. Thank you Ria for a lovely time.



Finally, thank you Eddy and Gina for your hospitality and continued inspiration.

STUDY GROUP TOMIKI AIKIDO SESSIONS FOR 2018 . . .

16-18Mar2018 Antwerp, BELGIUM with Eddy Wolput
23-25Mar2018 Aikido Training Camp Blankenburg, BELGIUM with Eddy Wolput
13-15Apr2018 Antwerp, BELGIUM with Eddy Wolput
24Apr-01May2018 Sofia, BULGARIA with Eddy Wolput
09-14May2018 Brussels, BELGIUM with Akira Hino Seminar
18-20May2018 (IMM2018 Portugal)
25-27May2018 Antwerp, BELGIUM with Eddy Wolput
09-11June2018 Almussafes SPAIN with Yoshiomi Inoue
15-17June2018 Antwerp, BELGIUM with Eddy Wolput
Jul-Aug2018 Summer Holiday Break
01-02Sep2018 ETAN Championship HOLLAND with Frits van Gulick
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

Study Group Tomiki Aikido - Technical Website:

<https://studygrouptomikiaikido.wordpress.com>

Study Group Tomiki Aikido - Archived Reports:

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

Study Group Tomiki Aikido Dojos:

<https://studygrouptomikiaikido.blog/content/>