



For this evening's session there were four of us in attendance; a small group due to the Easter break. We began with our functional warming up or exercise for health and wellbeing. Most of the exercises are centred on waking up the upper centre (Kyokotsu) and the lower centre (Koshi/Tanden/Yōbu). So today we focussed on the Kyokotsu region using Tenshikei movement. Predominantly the Kyokotsu is moving forwards and backwards and without rounding the shoulders.

Using the paired and offset Togatana Dosa exercise we looked at how important it is to use the Kyokotsu when switching Posture or Kamae from one side to the other. There must be no opening for your partner to invade your space. Utilising Tenshikei, this figure-of-eight spiralling and diagonal action of the Kyokotsu is important.

STABILIZING THE HIPS

By sitting or kneeling it is not possible to move the hips. So it becomes easier to isolate the muscles of the lower abdomen, central torso and shoulder line without "twitching" the hips. When making this type of action with the hips, power transference to the upper body is not possible. In a twitching action, one hip rotates forward whilst the other rotates backwards. The resultant power in the movement is zero. So what is transferred to the torso is also zero. The hips must remain fixed as the Torso is rotated. However, when standing and making a torso rotation, the

tendency is to buckle at the knees and "twitch" the hips. We looked at a method which semi-locks the legs in order to stop the hips from "twitching". By slightly rotating each leg inwards so that the toes point inwards then each leg will tend to be fixed which will stabilise the hips too. By adding a slight sitting or squatting action this further reinforces the effect. The mind must still focus on only moving the muscles above the hips.

We studied this in neutral, left then right postures by circling the arms whilst rotating the Torso one way then the other way. This is a complex action which is initially practised consciously, later it is performed freely and without thinking.

To move the Torso from the Kyokotsu we can imagine that there is a fluid-filled ball in that region which we are going to distort in various directions whereby it is no longer round. This distortion must occur without raising or rounding the shoulders or "twitching" the hips. The overall movement also becomes "fluid".

GMP - Guide, Movement and Power

This is a concept to improve the efficiency of our movements and to deal with the natural reactive or instinctive response to being grasped. It is very difficult not to react impulsively from your wrist being grasped, for example. Your mind immediately focuses on the point of contact and your body tries to instinctively deal with this by generating an equal and opposite reaction. It is a natural law of motion. Usually the applied force from Uke comes through the shoulder and down to the hand. Tori must never the push back to the shoulder of Uke but go around it. Easier said than done! The concept of GMP offers a formal and sequential method of controlling the instinctive reaction.



- Guide

This is the proposed rotational direction of movement which is dictated by the little finger or thumb; dependant on the specific application. For linear movements the middle finger becomes the guide.

- Movement

This is the direction in which to move the elbow as dictated by the hand (little finger or thumb). The action of the elbow is like spiralling around Uke's arm.

- Power

This is the application of power from the Torso. This is more complex and is determined by Uke's method of grasping Tori. It is the distortion of the imaginary fluid-filled ball which provides the power.

Next we looked at Outside Turn and Inside Turn; Movements 1 & 2 of Sotai Dosa from a perspective of using the concept of GMP. To close the session we applied GMP to Koryu Dai San - Standing Section (Tachi Waza) techniques 1, 2 & 3.

STUDY GROUP TOMIKI AIKIDO - Saturday 14th April, 2018



This afternoon there were just the two of us training; very reminiscent of the Study Group beginnings, some ten years ago now! :-)

After some warming up we continued to look at the Koryu Dai San - Standing Section. The study for each technique was focussed around the concept of GMP.

NOTES - Koryu Dai San - Tachi Waza

- Technique 1
 - Rotate the Torso and apply Atemi to the chin.
 - Tsugi Ashi to the side whilst sliding the Atemi hand along Uke's arm to their hand.
 - Continue by gripping Uke's wrist from below.
 - Using Outside Sweep action, spiral around the arm whilst rotating the Torso.
 - The little finger is the guide.
 - Change posture whilst applying a downward and forwards pressure to the locked arm using both hands and the torso.
 - To finish, Atemi to the head.

- Technique 2
 - As the wrist is grasped, body rotate and Atemi to the chin.
 - Don't stop.
 - Tsugi Ashi to the side.
 - As the arm rises, keep the connection, body turn.
 - Drop the arm with a curved step back.
 - The little finger is the guide.
 - Grip Uke's wrist and push towards the head and not the shoulder to throw.
 - Inside Turn action.
 - The thumb is the guide.

- Technique 3
 - As Tori's sleeve is gripped at the bicep, body turn and Atemi to the chin.
 - Tsugi Ashi to the side and use Inside Turn action to spiral around Uke's trapped arm.
 - The thumb is the guide.
 - Apply Outside Turn action buckling Uke's arm at the elbow.
 - The little finger is the guide.
 - Body turn bringing Uke to Tori.
 - Use Inside Sweep action as Gyakugamae Ate is applied.
 - The thumb is the guide.

- Technique 4
 - As Tori's wrist is gripped.
 - The guide is the little finger.
 - Perform Outside Sweep.
 - On the other hand the guide is the thumb.
 - Perform Inside Turn and throw

- Technique 5
 - Uke attempt to choke Tori from the front.
 - Thumb in, fingers in.
 - Tori body turn and strike and push Uke's chin whilst trapping Uke's hand.
 - Tori Tsugi Ashi sideways and body turn, but not too much.
 - The guide is the little finger.
 - Throw Uke forwards with their locked arm.
 - The guide is the thumb.

- Technique 6
 - Uke attempts to choke Tori from behind.
 - Tori body turn.
 - The thumb is the guide.
 - Use Maeotoshi to complete the throw.

- Technique 7
 - Uke grips Tori around the elbows and from behind.
 - Tori raises the elbows as the Torso is rotated and driven back.
 - The middle finger is the guide.
 - Grip Uke's wrist.
 - The thumb is the guide.
 - Body turn and apply Tenkai Kote Hineri.

- Technique 8
 - As Uke pulls the Gi lapels body turn around their forward leg and drop down vertically beside it.
 - Keep the posture vertical.
 - Attack the knee from the inside.
 - The thumb is the guide.
 - To stop Uke stepping away, Tori sweep the foot, at the floor, with their free hand.
 - The little finger guides the action.
 - Use gravity effect.
 - As Uke falls backwards catch the heel of their foot.
 - Tori lower the posture and Atemi to Uke's face from their left.
 - As Uke uses their left hand to defend their face apply Kote Hineri to turn them onto their front.
 - Use Tenkai Kote Hineri to control Uke as the knee is placed in the "cross" of the spine.

In the evening we had dinner and drinks at Grand Café "DEN TIR" in Antwerp.

STUDY GROUP TOMIKI AIKIDO - Sunday 15th April, 2018



For this morning's session four of us managed to surface and attend. ☺

With the small numbers it is a reminder of how the Study Group started and its ongoing purpose. The Group provides inspiration and an analytical direction. The student should study these ideas and concepts in their own environment then return to the sessions another time for further correction and direction. The process is continuous and ongoing.

So this morning we continued to apply our GMP studies to Koryu Dai San - Tachi Waza by recapping techniques 1, 2 & 3.

In the afternoon we took time out from Aikido to visit Antwerp's scenic artistic park, Museumcafé MIKA, Middelheimlaan (<http://www.mi-ka.be>). Many of the art pieces displayed featured "out-of-the-box" thinking, a familiar concept with the Study Group.

It was a nice break from our session and an interesting afternoon and a moment to enjoy the spring time and rare sunny climate with friends. In the evening we met for a meal at one of our favourite local Belgium brewery – brasserie; 'T Pakhuis.

Once again, thank you Eddy and Gina for your hospitality over the weekend and for your continued inspiration and direction Eddy. See you for the next session in Bulgaria.

STUDY GROUP TOMIKI AIKIDO SESSIONS FOR 2018 . . .

24Apr-01May2018 Sofia, BULGARIA with Eddy Wolput
09-11May2018 Brussels, BELGIUM with Akira Hino Seminar
18-20May2018 (IMM2018 Portugal)
25-27May2018 Antwerp, BELGIUM with Eddy Wolput
08-10June2018 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
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/>