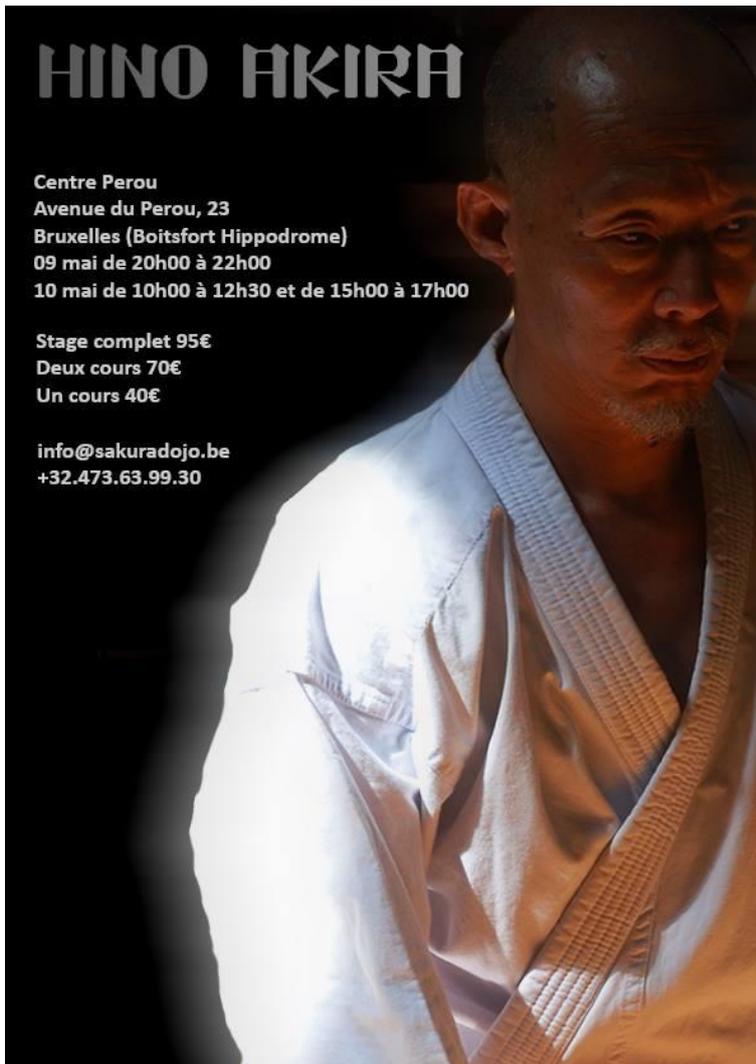


HINO AKIRA

Centre Perou
Avenue du Perou, 23
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09 mai de 20h00 à 22h00
10 mai de 10h00 à 12h30 et de 15h00 à 17h00

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AKIRA HINO SEMINAR 2018

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STUDY GROUP TOMIKI AIKIDO - Wednesday 9th May, 2018



This evening Eddy, Ria, Ronny and Adrian battled with the traffic and travelled to the south of Belgium's capital city, Brussels in order to participate in day one of a seminar organised by Akira Hino Sensei.

It was an excellent, clean and sombre venue, in an exquisite part of town.

Hino Sensei conducted the entire seminar in Japanese and with his main student translating into French.

First he started with a brief explanation about the Kyokotsu then we worked in pairs one partner monitoring the other by placing their hands either side of the Torso. One hand on the Kyokotsu the other mid-spine while the other partner moved the Kyokotsu forwards/up and backwards an image is almost like a bell swinging.

Hino Sensei explained how the movement of the Kyokotsu directly links to a point on the elbow.

We practised Hineri and Gaeshi movements and again in pairs.

More study ensued around the correct use of the elbow, first with the elbow up, then in groups of three, one either side, in order to pin each arm. The study focussed around the principle of moving a point on the elbow downwards even though the forearm is being firmly grasped.

The closing study, again working in pairs, was about moving the elbow downwards when the hand is hooked around the neck. It is not about pulling the neck down but more to do with bringing the elbow down.

This evening was a stimulating and tiring practice.

After the closing bow Hino sensei likes to demonstrate and encourage the students to use the Kyokotsu to stand from kneeling, but in one “snap” action. This is a very difficult and complex movement which requires many hours of practice.

STUDY GROUP TOMIKI AIKIDO - Thursday 10th May, 2018



Today there were two sessions, one in the morning and the second in the afternoon.

For the morning session we recapped the pair exercise practised yesterday. Maybe the performance today was a little better? The concept of moving a point on the elbow downwards without fighting or bracing takes some time to absorb.

We practised in pairs and with one partner using Togatana the other receiving the cut with crossed arms. The study starts with the Kyokotsu moving the elbow downwards. Then the Kyokotsu links with the forearm and finally it links with the wrist as the partner is buckled to the floor.

Having used the Kyokotsu via the hand and elbow etc. it was now time for some much closer work. In pairs we gripped our partner from behind by linking around the arms. The exercise was to use the Kyokotsu to push back the mid-spine in order to release Uke's grip and control.

Now, from a Sumo style stance, Tori grabbed Uke from the front and around the Torso. Using the Kyokotsu movement in direct contact proved to be challenging.

A COMMENT FROM EDDY WOLPUT



Three important elements in the training:

1. Kyokotsu control (Kyokotsu is a point on the sternum, about 2 cm above the solar plexus):

Kyokotsu is at the core of whole-body movement. It initiates the stretch of inner core muscles. You can connect limbs such as arms and legs by Kyokotsu manoeuvring.

2. Rendo (connected movement, interlinking)

Rendo is needed to control movement, from dynamic one to delicate one.

3. To feel the body Taikan

To feel is to use sensation. By doing a simple movement, you catch stimuli happening in your body and tracing the sensation of the stimuli. This process is very important to liberate the body from preconceptions and conscious thoughts.

Thank you Hino Sensei for a stimulating seminar and our appreciation extends to the seminar organisers.

STUDY GROUP TOMIKI AIKIDO SESSIONS FOR 2018 . . .

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:

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