

## STUDY GROUP TOMIKI AIKIDO - Thursday 20th September, 2018



This evening Eddy and Adrian were joined by Tom for the training session. For this stint Tom would be predominately taking the role of Uke, so first some warming up and ukemi practise.

We started with Yōbu (Waist) exercises to reinforce detail in that region of the torso. In order to move the waist and transport the power properly first you have to relax the pelvis. The picture indicates the pelvic rotation.

The waist is where the movement begins when the leg is moved.

The twisting then releasing the waist enables the back leg to be "sucked" forward so that the back knee is drawn towards the front and fixed knee.

Rotation is always from the central axis.

The front foot is used as if it is rounded; heel to toes, and not in a flat footed action.

Elements of this solo exercise were then "transported" into the first seven techniques of Basic Kata. The sensation received by Uke is that the power cannot be identified directly but the effect of the power is unquestionably there!

Some time was spent practising gripping by starting with the middle finger together with the thumb, then reinforcing the grip by moving along the fingers to the little finger ending with the index finger. Gripping the sword is the same and in Judo, gripping the Gi is similarly the same. When the wrist is grasped, the connection is made via the skin and not the bone. Transferring the power through and progressively around the skin is more effective.

## STUDY GROUP TOMIKI AIKIDO - Friday 21st September, 2018 (Morning Session)

This morning we had a short session with Gitte. We worked in pairs on grips from Outside and Inside Turn.

Some notes on the session include:

The grip is created from the movement. Grip the skin and not the bone. Raise the elbow vertically and spiral the body. Move and don't block or brace. Keep the relationship close and positive. Avoid opening the distance by moving away from your partner; this is negative.

An energetic early session! :-)

## STUDY GROUP TOMIKI AIKIDO - Friday 21st September, 2018 (Afternoon Session)



This afternoon Michael Thraves brought with him some sunny weather from Spain. After some exercise of the Kyokotsu, we looked at the etiquette for weapons and applied this to Koryu Dai San Sword and Jo sections. The picture shows Ai-Uchi-Men where the swords pause after the cut in the first technique of Koryu Dai San – Sword to Sword section. Shidachi is led by Uchidachi who provides a true attack; this allows Shidachi to learn the correct body movement.



After the cut Uchidachi moves the sword to the shoulder height of Shidachi.

This led onto Basic Kata etiquette and some of the important points with this.

We studied some of the finer details of Oshitaoshi, Ude gaeshi and Waki Gatame. There was emphasis on using the skin to transmit power from Tori to Uke and how to implement this effectively.

## STUDY GROUP TOMIKI AIKIDO - Friday 21st September, 2018 (Evening Session)



There were eleven of us in total attending this evening's session. First we ran through a brief functional exercise routine to warm up. To continue we practised foot movements as repetitive Tsugi Ashi, first solo then in pairs. After Tegatana Dosa and Shotei we practised Tandoku Undo part 1 in pairs and with an offset attack.

This led conveniently into a practice with flags. Player one attacks Player two with Shomen Uchi. Player two holds a flag and decides whether or not the strike was effective and raises the flag accordingly. Player one can then attack with Shomen Ate and so on. This study was very interesting as Player two can sometimes be tricked into raising the flag when in fact the strike is off-target. Eddy proposed that we continue to introduce elements of competition management in future sessions in order to improve the awareness and skills in this area. This would also include familiarity and the use of the electronic Score-Board. We extended the practice working in a group of three, two players performing attack avoidance whilst the third player acted as a Referee in order to decide on the quality of the attack and likewise the effectiveness of the avoidance. The Referee then raised flags, held one in each hand, to give an appropriate score. This proved to be a very effective method of training for awareness and the "snap" decision process.

The practice moved on to the etiquette and display of Kata. We used the Atemi section of Basic Kata to illustrate this.

It is important for the pair to maintain a "connection", move together like the curtains in a theatre as they close and open. The role of Uke must be consistent in both their attack and ukemi. Tori must show good control of Uke throughout and starting and ending in Zanshin. Meet in Tegatana, rolling from fingers to the heel of the hand. The body weight should be

central and slightly forward. Each technique will have its own individuality and should show avoidance, balance breaking and control. These all come under the heading Tsukuri, the preparation. This sub-divides into the preparation of Tori and Tori preparing Uke. Then there is Kake, the final technique, which ends with Tori being in good posture and balance.

A study of Oshitaoshi followed this with detail on the gripping of the wrist and how it changes from one side of Ukes wrist to the other during the application.

To close in an energetic way we practiced interchanging Oshitaoshi from one partner to the other. Starting with a regular posture gripped wrist, partner one performs Oshitaoshi. Before completion, partner two steps around partner one which starts to neutralise the effectiveness of the applied initial technique. Partner two must spiral their body around partner one, vertically raising the arm from the elbow then they perform Oshitaoshi on so on. The movement of the arm must initiate from the Torso (whole body movement) and neither partner should block the process.

STUDY GROUP TOMIKI AIKIDO - Saturday 22<sup>nd</sup> September, 2018 (Morning Session)



This morning Eddy and I were joined by Dana and Poco. After a brief and necessary stretch and functional warming up we ran through Tandoku Undo with detailed commentary and small sub-routines to establish and reinforce the study. In view of the predicted number of sessions planned for this weekend, Eddy highlighted that we should not extend our stretching movements to the maximum possible. Always leave or keep some movement in-hand to act as a buffer.

**BUFFER**

*Lessen or moderate the impact of (something).*

*Synonyms: cushion, absorb, soften, lessen, diminish, moderate, mitigate, allay, deaden, muffle, stifle, shield.*

*"The massage helped to buffer the strain"*

To continue we studied the first four techniques of Koryu Dai San - Suwari Waza section. Again we received detailed commentary on various important elements.

To highlight some of the points addressed. The intention of Uke's attacks is to cut through and not stop short. This is particularly seen in technique 3 where the intention is to punch up into the heart and under the rib cage (Solar Plexus), if the punch stops short then the threat to Tori stops too. The picture shows the approximate position of the heart behind the rib-cage. With technique 4, even though they don't achieve this, Uke's intention is to seize and control Tori's wrists whilst they stand up in order to deliver a central kick.

STUDY GROUP TOMIKI AIKIDO - Saturday 22<sup>nd</sup> September, 2018 (Afternoon Session)



This afternoon's session included a visit from Mauro. We continued our studies with Yōbu and Tsugi Ashi and the importance of the image of a rounded foot and the twisting and releasing of the waist in order to move the rear leg. We should adhere to the principle of keeping independent the upper and lower body.

With the solo exercise, Tandoku Undo, we reinforced the occurrence of this in Inside Sweep and Outside Sweep Turn and then on to Arm Hip Turn and O mawashi (Big Circle).

In pairs we studied the seven Shichi no Hon with emphasis on improving the gripping of the wrist via the skin. This focusses on rotating the skin at the start using the centre finger and thumb then progressively adding the ring finger, little finger and finally the index finger to make one firm grip. There was some comment on maintaining the "interface" not allowing the upper body shape to collapse.

To study Tori's kneeling application of Aiki Age when performed in Koryu Dai San Suwari Waza 4, we first practiced this standing in order to highlight some of the points.

When the wrists are grasped, establish Togatana by rotating the wrists which then aligns Tori's fingers with Uke's forearms. Don't be tempted to drop or lower the elbows and keep the shoulders flexible. Tori bring their weight forwards by using the rounded foot principle, and then move the elbows diagonally up (forwards).

Similarly, when in Seiza, the entire lower leg equates to the foot when standing. So although difficult in a practical way, the idea of rolling along the shin to the knee is still there; rather than just raising the hips vertically, which can have the effect of Tori being tipped backwards.

In the evening after the session we had an enjoyable dinner at "Bistro 'T Nief Zuid", which is the facelifted and under new management "Den Tir".

## STUDY GROUP TOMIKI AIKIDO - Sunday 23<sup>rd</sup> September, 2018 (Morning Session)



Today we ran two sessions one in the morning and a second in the afternoon.

The morning session was well attended with nine students participating. It began with our traditional functional warming up. Unsoku was then practised in the form of repetitive Tsugi Ashi. The effect of gravity starts the movement as the body is tilted. This forward motion can be measured at the Breast-Bone, which never stops or pauses. To achieve this don't buckle at the hip but relax the leading knee by using the rounded-foot principle. It is not about the speed of the action but the continuous movement where the focus should be.

A lot of this morning's session was about recapping the previous sessions with a different mix of students. The class group picture shows the students practising IK-KAJO the first principle.

STUDY GROUP TOMIKI AIKIDO - Sunday 23<sup>rd</sup> September, 2018 (Afternoon Session)



In the afternoon Eddy and Michael continued with the study of IK-KAJO the first principle.

In the Aikikai system Ikkyo is known as the first technique. In the Tomiki system in Basic Kata we start with Shomen Ate and not Oshitaoshi. This

is also reflected in our Sword work. We start with Ai-Uchi-Men.

There are some who would suggest that starting with Shomen Ate or any of the Atemi Waza, is likely to put off students in continuing with Aikido due to a fear of falling backwards. In the beginning the elbow techniques, where Uke is taken down forwards and on to their front might be more generally acceptable.



For our evening meal we went to our favourite restaurant, "T Pakhuis" for a wind-down after what turned out to be a bumper weekend of Aikido; it amounted to a record sixteen hours of practice.

Thank you Eddy and Gina for your hospitality and continued enthusiasm, a most enjoyable weekend.

## STUDY GROUP TOMIKI AIKIDO SESSIONS FOR 2018 . . .

28Sep2018 Margate, KENT UK with Adrian Tyndale  
05-07Oct2018 Antwerp, BELGIUM with Eddy Wolput & guests from Bulgaria  
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 7<sup>th</sup> Dan (JAA) - JAA-Shihan  
Frits van Gulick 7<sup>th</sup> Dan (JAA) - JAA-Shihan  
Yoshiomi Inoue 7<sup>th</sup> 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/>