

STUDY GROUP TOMIKI AIKIDO - Thursday 3rd to Sunday 6th October, 2019

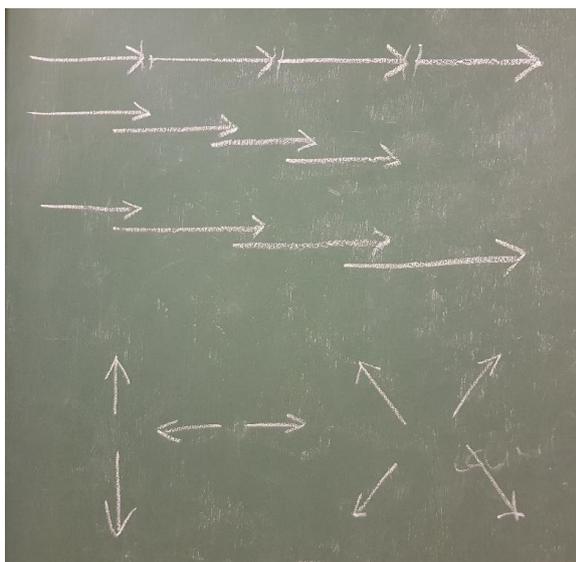


THURSDAY

This evening there were four of us in attendance, Eddy, Adrian, Ria and Poco. We began the session with Kyokotsu awakening exercises and solo exercise basics for Tomiki Aikido.

We introduced the idea of switch to "flip" from one state to another. In fact it is an expansion of a turn, like turning a page in a book.

For example moving from inside sweep to outside sweep, the elbow switches from one position to an entirely opposite position in a turning type action.



We looked at small details in the solo and combination exercise inside sweep into outside sweep. By dividing each element into parts; first with pauses then overlapping the elements without pausing, then extending each element we form a complete and continuous action. The diagram attempts to highlight this process, showing that later the elements overlap and extend in magnitude.

We examined the placement of the forward foot. Imagine that there are marbles or ball bearings under the foot. For small distances the foot is predominantly flat, but for greater distances the action is heel toe with a rounded foot action.

In pairs we studied the idea of connecting a large imaginary ring in between the arms of the two partners. Both holding this ring and keeping it expanded. Contact is made via the upper arm and elbow.

Movement is induced by centralized rotation not pulling or pushing. First the initiator must move the knees not the upper body and a gravity effect is thus harnessed.

Because this ring exists the distance between the two players is maintained. This is essentially a Judo distance and ideally too close for purist Aikido but in the context of Randori the distance tends to get closer for the purpose of effectiveness.

Movement can be forwards, backwards, side-to-side and into the corners; mimicking Unsoku. For the rear corners the foot is "drilled" therefore the leg must first be relaxed then leading with the heel turned outwards. This will preserve undue torsion on the knee and ankle joints which can be destructive to the joints in the long term.

We practised outside turn into inside sweep pair exercises.

The method is to maintain a continuous movement. Uke's balance is taken by being tipped forward into Hineri. At the change from outside turn to inside sweep Uke experiences the effect of Gaeshi then back into Hineri.

To end the session we practiced freely. The starting point was the "ring" then moving around and creating or looking for the opportunity to execute a technique from Koryu no Kata.

FRIDAY

Ronnie and Sebastian joined the session this evening. After some preliminary functional warming up exercises and basic movements for Aikido we continued with our studies on developing ideas on how to maintain better distance in Randori practice.

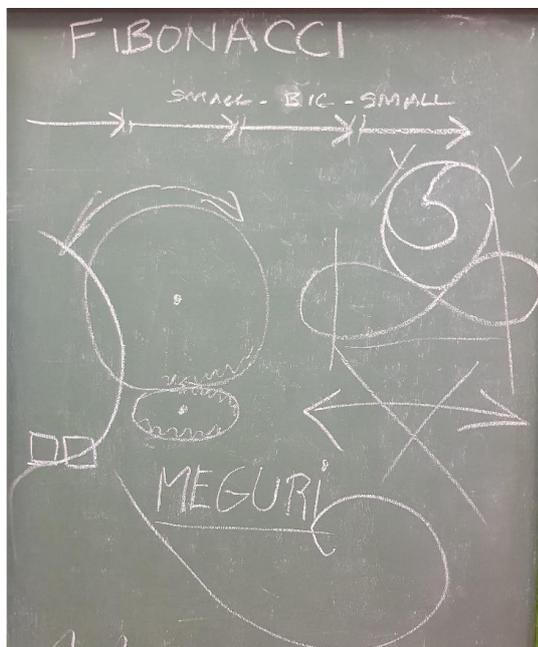
We used a selection of techniques from Koryu Dai San in a free way in an attempt to close the gap between Kata and Randori.

The starting point is always with the "Ring" in mind. Initially the distance is slightly close; as contact is made hand to elbow. Once the practice improved we increased the distance so that there was no physical contact. The "Ring" is stretched slightly but it still exists.

When a technique is attempted and the distance closed, the recipient must try to maintain the "Ring" and not use local muscular power to block the technique. A counter option may be created due to the weakened original technique.

Some interesting points evolved during the practice. Failure mainly followed a loss in maintaining the "Ring".

SATURDAY



This morning Tom and Flor attended the class. After warming up we looked at how the golden ratio, spirals and self-similar curves, might improve our Aikido movement.

These concepts are all ideas attributed to the research work of Leonardo Pisano Bigollo. Leonardo, who has since come to be known as Fibonacci, became the most celebrated mathematician of the Middle Ages. His numeral sequence,

1,1,2,3,5,8,13,21,... and the recursive way of constructing it ad infinitum, is the solution to the Fibonacci puzzle.

For our Aikido studies we can state that our movement is not in straight lines but always in curves we show that if we start a movement in a small precise way, then expand this it become more efficient (SMALL-BIG-SMALL). The picture shows this as a spiral.

So if we look at examples in Koryu Dai Yon and Koryu Dai San we can show this small precise start to the movement which escalates to large movement, ending from the perspective of Tori in a small finale.

We ended the session with outside turn into inside sweep combinations when applied freely.

In the evening we enjoyed a meal and drinks at Antwerp's Stadsbrouwerij - Brasserie 't Pakhuis.



SUNDAY

This morning there were 15 of us training and participating from Japan were Toshiya Komatsu and Yuma Aoki, although Yuma san actually works and lives in Belgium.

Our usual warming up started the session. This continued with basic exercises for Tomiki Aikido.

The main part of the session carried on with this weekend's theme on ideas for Toshu Randori training. The mixed ability, gender and age range made it an interesting Study Group session.

For lunch we entertained our guests with a visit to Murni Wilrijk restaurant which is located in Antwerp's lovely Nachtegalenpark.



This ended a most enjoyable weekend break. Lastly our thanks extend to Eddy for his continued inspiration and Gina for her hospitality.

STUDY GROUP TOMIKI AIKIDO SESSIONS FOR 2019 . . .

CELEBRATING 60 YEARS OF TOMIKI AIKIDO IN THE UK

13-14Apr2019 Rising Dawn Seminar, Dublin, IRELAND

with Bob Jones, Paul Bonett and Adrian Tyndale

15May2019 60th year of Tomiki Aikido "Reunion Seminar"

with Adrian Tyndale & Adie Walters

25-26May2019 BAA Spring School West, Winchester, SO23 7DZ, UK

**with Lesley Hepden, Bob Jones, Mark Aldridge, Lindsay Comens,
Paul Holding and Adrian Tyndale**

14-16Jun2019 Margate, UK with Eddy Wolput

21-23Jun2019 Antwerp, BELGIUM with Eddy Wolput

13-15Sep2019 Antwerp, BELGIUM with Eddy Wolput

30Apr-01May2019 SAKURA Dojo, Brussels, BELGIUM with Akira Hino

04-05May2019 Sofia, BULGARIA with Eddy Wolput

24-26May2019 Antwerp, BELGIUM with Eddy Wolput & Michael Thraves

07-09Jun2019 Antwerp, BELGIUM with Eddy Wolput

25-28July2019 WSAF World Aikido Championship, San Diego, USA

SUMMER BREAK

04-06Oct2019 Antwerp, BELGIUM with Eddy Wolput

08-13Oct2019 13th International Aikido Tournament, Malaga, SPAIN

Provisional Oct/Nov2019 Shōdōkan Wales, Monmouth, with Bob Forrest-Webb

09-10Nov2019 BAA Autumn School Herne Bay,

with Bob Jones, Paul Wildish, Adrian Tyndale & Mark Aldridge

16-17Nov2019 Almussafes, SPAIN with Eddy Wolput

Provisional 07-08Dec2019 Margate, UK with Eddy Wolput

14-15Dec2019 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

Valentin Miloslov 4th Dan (JAA)

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/>

60 YEARS OF TOMIKI AIKIDO IN THE UK CELEBRATIONS:

<http://www.aikido-aid.com/60th-year-celebrations.htm>