

YOSHIOMI INOUE SEMINAR IN MARGATE - Monday afternoon session 19th March, 2018



The seminar took place at Thanet Martial Arts Centre, "Dojo By The Sea", and was hosted by Richard Todd. There were other sessions at the weekend and on Monday. This report is about the Monday afternoon session only.

The session began with a brief warm-up which progressed into Unsoku and Togatana Dosa. Next Inoue Sensei requested that we practise Togatana Awase and Shotei. This led nicely into his particular style of combined Togatana and Shotei action. Using Inoue Sensei's "soft-touch" approach to Aikido as the hand blades meet then push forwards from the hips. The back leg plays an important part in this exercise in the implementation of Tsugi Ashi. It is soft at the knee and inclined forwards. There is no bracing action which would cause the Torso to lean forwards turning the movement into a forced push; a very subtle exercise. An interesting aspect to this movement is that he starts his footwork with a small Tsugi Ashi then immediately changes to Ayumi Ashi as he extends the movement to maintain control of Uke's balance. It is a very effective way of maintaining the Kuzushi.

This developed into what Inoue Sensei termed a "cut and pick" action. Again with this movement there is no pulling; just the weight of a "heavy" arm. An aspect to this movement is the correct use of the wrist; it is rotated downwards and in sympathy with the falling arm. We practised an application of this by starting with a Shomen Ate attack to the chin of Uke which fails due to Uke's bracing action. Tori immediately switches direction as they cut down on Uke's exposed and vulnerable inner elbow. Tori keeps moving backwards and around which in turn rotates Uke's arm further giving Tori even greater control of the elbow joint then the shoulder, side, hip, knee and ankle. Uke's balance is irreversibly taken.

Examples of Kote Gaeshi and Sumiotoshi were practiced from a grasped wrist. Inoue Sensei referred this as "Cut" and "Pick" and "Bind".

Inoue Sensei then recapped some of the previous session's practise with Jodan, Chudan and Gedan balance breaking from wrist grasps in both regular and reverse posture.

To close the session we practised these movements in a free way which was very reminiscent of what we did with Yamada Sensei in his day. Starting with Jodan Kuzushi, Outside Sweep, moving to Gedan Kuzushi Outside Sweep. Then Chudan Kuzushi Inside Turn converting to a small Inside Sweep then Inside Turn again to throw. We also practised this in regular posture starting with Jodan Kuzushi Inside Sweep and so on.

This was a very stimulating and energetic afternoon session which was enjoyed by all of us. Thank you Yoshiomi Inoue Sensei.

STUDY GROUP TOMIKI AIKIDO SESSIONS FOR 2018 . . .



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 (Proposed)

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

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Eddy Wolput 7th Dan (JAA) - JAA-Shihan

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Yoshiomi Inoue 7th Dan (JAA) - JAA Senior Instructor

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Adrian Tyndale 6th Dan (JAA/BAA) - JAA-Shihan Dai - International Silver Medallist

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