

INNER AIKIDO BASIC PRINCIPLES

USE OF WEAPONS

Why ☉ Weapon use is at the foundation of all Aikido techniques

To learn direction distance and timing

The movement are the same than with hand techniques

What for ☉ Opportunity to study

Train aikido principles without physical connection

Train with special roles : ushiete and manabite

Benefits ☉ Increase your concentration

Increase your precision

Feel the "danger"

Take correct position Kamai

Better understanding of Aikido techniques

Weapon is a fixed form so it creates a clarity in the "movement"

Opportunity to follow the master

Increase your presence, your awareness

Empty your preconceived ideas to learn and accept new things

In the beginning of Aikido you are standing in the middle of the floating bridge between Heaven and Earth

Continuous study and understand what and why you are doing thing

Fellowship ☉ Cultivate human qualities ☉

Compassion

Gentleness

Tolerance

Integrity

Training Aikido is intuitive not intellectual

Nothing is fixed - it continuously evolved

Aikido should be studied as a system

There two parts of the study ☉

What you can see

What you cannot see ☉

Observation of yourself and the other

Focus on something specific - Intention ☉

A body part

To present moment

connection your partner

3 different levels ☉

Ge ☉ Body

Chu ☉ Heart

Jo ☉ Mind

Flowing of energy ☉ Sankaku Chikaku Ryoku

Musubi ☉ Blend together

Two becomes one

Rythm and Timing ☉

Distance ☉ Breaking of ma ai

Direction ☉ Messen and Kensen

control and alter rythm

3 timings ☉

static

moment of contact

move before Initiate

In Ryoku ☉ Vacuum aspiration

The importance of transmission

BASIC PRINCIPLES