

TEACHING GUIDE FOR THE GO NO KEN SYSTEM

WHY ? WHAT FOR ?

- Guide to study beyond the form
- Structure the study of weapons use
- Create a method of learning
 - Aspects that cannot be studied only with hand techniques
 - Levels and breadth
- Increase focus in weapon training
 - Study the bokken as a weapon and how to use it properly
- Structure the relationship between oshiete and manabite

- Improve the hand techniques practice and Aikido practice in general
 - precision
 - Distance
 - Timing
 - study the present moment
 - Direction
 - Your posture
 - Feeling pressure and danger
 - Work with different rhythms
 - Control the environment and the space
 - Extend your energy

- Create a transition between basic movements and more advanced free figures
- Study strategy of using weapon
- Help to create collective study and collaboration between seniors and juniors
- Pass on Sugano Sensei's lifetime study work
- The system is a way for the student to study
- The system is also a way for the teacher to study

HOW TO USE THE GO NO KEN SYSTEM TO TEACH

- Energy, Direction and distance generate the timing
- Teach as a complete system
- First teach the basic pattern
- Pay attention to proper interaction between oshiete and manabite
 - no automatic response
 - adapt your speed and rhythm to each other
 - Check distance and direction
 - oshiete impose the distance
- Focus on intensity, energy and focus in the practice
- Work on the flow of energy
 - Keep relax
- Make sure that the two roles are understood
 - oshiete is giving the opportunity to manabite
 - manabite has to be in connection to respond as quick as possible
 - manabite takes the flow over
- Watch for the understanding of ken sen
- Understanding omote and ura
- The system is no kata form
- It is not an attack defense or combat system
- Two strategy of combat
 - Break ma ai
 - Invite and counter attack
- understanding that the system is not a closed and fixed format