



Introduction

General Information and Concepts

The Preparation Cycle is the first complete step towards the Aikido practice offered by Suomin Aikido Academy. This foundational chapter considers the technical basics, which is about the preparation of the physical body and mindset. Besides the technical aspects, the lessons of the chapter include discussions of the internal search which must be addressed within the practice to reveal the highest value of Aikido.

Aikido Perception

Aikido is the universal instrument for internal transformations of a human being, which goes beyond cultures, nations and other physical characteristics. Aikido can be also called a methodology of self-development originated in Japan. The level, where the true Aikido works, goes above any physical features. True Aikido is for those people capable or willing to perceive things beyond their physical appearance. Only such attitude will allow to grasp the true value of Aikido hidden behind perceivable matter and actions.

The Aikido practitioner may come to spiritual practice with Aikido when realize that Aikido demands certain pattern of perception which the practitioner does not possess. Aikido practice then can become the vehicle to ask for the missing pattern of human perception.

Features of Aikido Practice and the Preparation Cycle

A distinctive feature of Aikido is that it leads the person from external (technical) to internal (attitude, perception). Therefore, it is vital how to approach technical aspects of Aikido practice from the very beginning to maintain the focus to the internal while progressing in the physical shell (matter and actions).

The Preparation Cycle consists of two sequential parts which are (1) "Basic Positions and Movements" and (2) "Basic Techniques". The Preparation Cycle will serve as a platform for the following "First Progress Cycle" as well as for entire future Aikido Practice. No matter how far you go, in Aikido practice you will need to refer to the basics in order to make your studies profound and, basically, make progress possible.

At Home Practice

Although you need certain conditions for Aikido practice, like special floor cover, the offered lessons are designed to allow anyone to start practicing Aikido even at home. With Suomin Aikido Academy guidelines you will also be able to organize and develop your own group of like-minded people to practice Aikido together.

Safety

For efficient start, do not hurry and pay attention to the details of the instructions to progress safely in your body building process. Be aware and avoid undesirable injuries. Always warm up before practice. Consult your doctor before starting Aikido practice, if you have any restrictions as to performing physical exercises.

Instructor

After 12 years of teaching Aikido, Edward Suomin has systemized his knowledge and research experience to share the comprehensive set of instructional materials about Aikido suitable for any person regardless of any physical or spiritual practice experiences. Edward Suomin presents Aikido as spiritual practice available for all people beyond nations, traditions, place, age and other constraints of our physical world. Edward Suomin insists that Aikido has to be applied as the tool to expand perception of the reality by reaching the dimension of intentions with the help of special actions (Aikido techniques) and the focused environment (AikiLab).