



### Overview

#### General Concepts and Guidelines

The aim of the “Basic Positions and Movements” section is to introduce students to the main concepts of Aikido practice to such an extent that it is digestible enough with the first portion of learning to start further consideration of the Aikido basic techniques.

The “Basic Positions and Movements” section emphasizes the importance of two fundamental technical principles of Aikido practice: (1) Core Basics and (2) Movement Awareness. These principles will serve to combine all parts of the body in proper structure for holistic movements to enable the practitioner technically accomplish Aikido goals of conflict neutralization.

1. The Core Basics include **Stance Structure** and **Arms Form** concepts which are aimed to create technical conditions for the reaction in the form of the Aikido technique.
2. Movement Awareness refers to the Action Level of Aikido practice. The Movement Awareness includes the concepts of Positioning, Readiness and Safety.
  - **Positioning** reveals the value of accuracy of your placement and movement regarding the attacker
  - **Readiness** concept considers the idea of Positioning and Awareness in general
  - **Safety** is about health security in the Aikido practice, which must be considered in all actions

### Recommendations

- It is desirable that the students understand earlier that any movement in Aikido is the movement of the whole body so that even when you consider a particular limb movement, you keep in mind that most probably such movement involves the movement of the whole body.
- Do not expect results. Seek impressions and enjoy experience and findings, which lead to progress. It takes years to tune everything up. It is possible only with your patience and efforts, constantly motivated by your desire for internal transformations with Aikido practice.
- Do not seek fun in your body establishment process. Rather gain more experience to feel the taste of Aikido and enjoy the practice in the future.
- Systematic approach is the must. The system of “5 times each side” rule is appropriate for each exercise of the section. You need at least 3 lessons to obtain basic skills with each exercise to proceed to the basic techniques.
- Be patient, find supportive company and go!

### 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).