



Overview

Approach to Basic Techniques

Make sure you are well prepared before learning Basic Techniques. Address to the BPM Section to obtain awareness and control over your body movements and body structuring abilities. Be also ready to perform utterly new movements so that lack of understanding does not confuse you. This is your first internal effort in Aikido practice until you feel value in the offered movements and change your preferences.

Consider the structure of the lessons. Every part of the lesson represents a particular angle of consideration of a certain technique for you to obtain the complete picture of this technique and progress in your Aikido practice.

1. Technique Outlook

This part contains a brief description of a technique, which may also include: anatomic insights, special safety recommendations, peculiarities and other.

2. Sequence of Movements

In this part you are offered to (1) identify the patterns of an Aikido technique and memorize them in the exact order and (2) reproduce the memorized sequence of movements while practicing with your training partner.

3. Mechanics of the Influence

This part suggests to develop your technical sensitivity to a particular technique. Perform focused exercises to (1) increase your movement awareness, (2) develop your body memory for the technique and (3) increase perception of the interaction with Uke (with the help of an Aikido technique).

4. Integrality of Control

This part is teaching you to pay your attention to the control of the whole body of Uke while performing an Aikido technique. Consider details which will help you establish sensor and control over the whole body of Uke through the points of connection with Uke in a particular technique.

5. Intended Completion

This part teaches you how to “close the deal” by maximizing your chances to neutralize the conflict. You learn to go through the closing procedure of a technique complying with all control requirements. You focus on how to complete a technique (1) accurately and (2) safely for both of you, Uke and Nage.

6. Avoided Intentions

In this part you learn to monitor your natural intentions to influence Uke. You learn to understand that your goal is to substitute the actions resulting from your natural intentions with the Aiki actions, which do not cause struggle but solve the issue by merging with Uke and neutralizing conflict. Measure your progress of self control.

7. Counter Actions

This part helps you reveal the efficiency of the offered Aikido techniques. Address to the root of the mistakes (which are wrong intentions) to reach purity of your technical performance. Consider opportunities for counter actions in the techniques you perform to help your partner reveal mistakes and perfect their technical skills.

8. Mastery Drills

Perfect a subject technique by combining it with other Aikido movements and techniques you already know.

9. Self-Defense Perspective

With this part clarify how proper attitude and understanding of human nature can answer your possible concern of self-defense with the help of Aikido techniques. This part is aimed to reveal how (1) practice of self-cultivation with Aikido, (2) together with refined technique skills can make your Aikido applicable in case of real danger.