



Overview

Terminology

Core Basics. The perceived requirements to the material level for the implementation of the Aikido goals to neutralize aggression. The principle, which describes the body structure and includes (1) Stance Structure and (2) Arms Form.

Stance Structure. Positioning and interconnectedness of legs, pelvis and spine, which create proper structure for integral movements to realize the Aikido goals of conflict neutralization.

Arms Form. Formation of the arms and their positioning regarding the body, which enables center work and leverage application in the Aikido techniques.