



### Introduction

### Terminology

**Edward Suomin.** SAA Instructor. The SAA School Founder. 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).

**Aikido.** Methodology of self-development originated in Japan. Aikido was created by Morihey Ueshiba. Integral development of body and spirit, where the development and examination of your natural sensation is used for internal transformations or expansion of your perception of the reality. The process of internal transformation with Aikido practice consists of sequential stages. It is possible to explain the mechanics of the following stage, but an attempt to describe the next after the following stage turns into a diluted philosophy mainly due to unprepared perception of a listener. Therefore, in many cases people perceive Aikido only as a traditional Japanese martial art serving the purposes of self-defense. Suomin Aikido Academy offers to consider Aikido practice far beyond the shell of physical actions. Nevertheless, technical preparation, according to the SAA approach, possesses utmost importance as the foundation of the practice and has to be carefully considered by the students from the very beginning.

**Practice.** Referred to the Aikido practice. Focused interaction of body, actions and intensions aimed to expand human perception of the reality.

**Technical Basics.** Preparation in material (body structure) and action levels, which is preliminary and integral part of Aikido practice.

**Dojo.** Referred to the physical place for Aikido practice. Literally translated as the “place of the way”.

**Aikido Technique.** The form of reaction to external influence which includes the pattern of the true reality perception.

**First Progress Cycle.** The first set of techniques aimed to connect actions of practitioners in a certain way, when one of them imitates the attacker and the other imitates the reaction in the form of Aikido technique. First Progress Cycle follows after the Preparation Cycle.