



## Lesson 1. Kamae | Stance Structure

### Mobile Stance Structure and Positioning

Suomin Aikido Academy basic kamae concept or the “Stance Structure” describes the requirements for the appropriate body formation to achieve Aikido technique goals. The stance structure is designed to allow you (1) utilize power coming from center (pelvis area) and (2) avoid struggle in your actions.

### Stance Structure

The stance structure concept includes verification of the following elements:

- **Feet Allocation** | *position your feet like on a rope keeping balance, feet closer to each other to stay mobile*
- **Big Belly** | *turn your pelvis forward like carrying great weight on your belt*
- **Bent Legs** | *slightly bend your legs to adjust to the imaginary weight on your belt*
- **Pillar Spine** | *always keep your spine vertical*
- **Relaxed Shoulders** | *do not initiate your arms yet*

### Uke and Nage Positioning

The perception of the line between uke and nage carries the values of (1) accuracy of actions/maneuvers and (2) the instrument of orientation within practice. The attack line is the line which connects centers of uke and nage. You can always find the reflection of the line on the floor or adjust your positioning according to a line on the floor for training goals. You can always define the attack line.

Marubashi principle can be attributed to the attack line concept. Marubashi is the principle of inevitability. Although you must avoid conflict at all costs, Marubashi says that there is a situation when you will have to experience attack. Marubashi describes circumstances and your need for readiness rather than technical condition where you stand on a single log bridge and cannot step aside.

### Exercise 1 | Gedan

The “Gedan” exercise will give you an idea of weight transition and how it is technically performed. Appropriate weight transition skill is the fundamental element for practicing Aikido techniques.

**Performance Guidelines** | *feet on the width of the shoulders, rotation pelvis movement, maximum weight transfer, move hips deeply to the sides, do not increase leg bendiness, vertical spine travelling with pelvis*

### Exercise 2 | Heavy Weight Transition

With the “Heavy Weight Transition” exercise you will start to realize the concept of “mobile stance structure”. You will examine which elements of the stance structure remain constant and which alter within movement.

**Performance Guidelines** | *align your front foot with the attack line, lead your hips deeply to the side while moving along the attack line, maximize weight transition, more weight on the pad of the foot, do not increase bendiness on your legs, keep your pelvis perpendicular to the attack line*

### Exercise 3 | Funekogi Undo

This exercise is the summary of the lesson. It includes the “Stance Structure”, “Uke and Nage Positioning” and “Heavy Weight Transition” concepts. Remember, you power the movements. Your center goes first. Perform the exercise in two variations when (1) you pull your arms down or (2) the arms stay parallel to the floor.

**Performance Guidelines** | *uke grabs your arms in the wrist area, arms parallel to the floor, use arm structure in connection/interaction with uke, do not use your arm muscles to influence uke directly*

**Lesson Insight** | *Patience and attention to details now – fewer mistakes to correct in the future.*