



## Lesson 10. Irimi | The Entrance

Unification Conditioning for the Entrance of Aikido

### Complete Outline

#### 1. Initiative in Aikido

Irimi Concept

#### 2. Conditioning for Entrance

Core of Irimi

Attack Line Escape

Strategic Positioning

#### 3. Entrance Performance

Angle of Entrance

Entrance with Reversed Togatana

Turn and Weight Transfer

#### 4. Sokumen Irimi

Head Contact

Sokumen Turn

Sokumen Entrance

#### 5. Exercise 1 | Inside Turn for Entrance

#### 6. Exercise 2 | Standing Up for Irimi

#### 7. Exercise 3 | Irimi Conditioning and Parallel Arm Entry

#### 8. Lesson Insight