



## Lesson 4. Aikiken | Sword of Aikido

Core Basics Development with the Aikiken

### Complete Outline

#### 1. Aikiken

- Aikiken Concept
- Approaching Aikiken

#### 2. Seigan Position

- Holding Aikiken
- Pulling Out the Sword

#### 3. Level Transitions

- Standing Up
- Sitting Down
- Changing Seiza

#### 4. Structure Development

- Top Position
- Core of Suburi
- Back Hand Work
- Aikiken Tip

#### 5. Basic Suburi

- Shomen Uchi
- Yokomen Uchi
- Shielding Move

#### 6. Exercise 1 | Shield and Strike

- Escape to the Left
- Escape to the Right
- Move in Triangle

#### 7. Exercise 2 | Four Directions

- Body Turn
- Shomen Strike

#### 8. Exercise 3 | Shikko Suburi

- Step and Strike
- Shield and Strike

#### 9. Lesson Insight