



Lesson 5. Aikijo | Staff of Aikido

Core Basics Development with the Aikijo

Complete Outline

1. Aikijo

- Aikijo Concept
- Approaching Aikijo

2. Standing with Aikijo

- Holding Aikijo
- Guardian Position
- Seigan Positions

3. Level Transitions

- Standing up
- Sitting Down
- Changing Seiza

4. Structure Development

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

5. Tsuki Uchi

- Mune Tsuki
- Ushiro Tsuki
- Tsuki Transitions

6. Shielding Move

- Protection Position
- Pulling Back to Shield
- Stepping for Yokomen Uchi

7. Exercise 1 | Tsuki and Shomen

8. Exercise 2 | Tsuki and Shielding for Yokomen Uchi

9. Lesson Insight