



## Lesson 1. Nikkyo

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### I. Technique Outlook

Learning Nikkyo is a process of training when you examine the angle and position you obtain to influence the wrist joint for the control of the whole body of Uke. Watch for your intensions when leaning the technique: Nikkyo is not a method of hurting or punishing Uke!

### II. Sequence of Movements

1. **Wrist Turn and Position Take** | *Simultaneously (1) turn the wrist of Uke and (2) take the position for execution.*
2. **Mutual Backward Step** | *Simultaneously (1) increase pressure on the wrist and (2) step back with no body turn.*
3. **Grip Change and System Rotation** | *Sequentially (1) change the control grips and (2) rotate to lead Uke down.*
4. **Leading for Control** | *Lead Uke from Half-Standing to position on the ground with your arm structures.*

### III. Mechanics of the Influence

1. **Body Structure Application** | Explore how body structure application and correct positioning create the required effect on the wrist joint. Circle Uke's hand to the Top Position and apply the pressure.
2. **Snake Wrapping** | Screw along Uke's forearm with your hand to create the required influence.
3. **Hand Blade Effect** | Make the blade of your hand rigid enough for proper application.
4. **Backward Step** | Explore how you are blading the wrist with the Snake Wrapping together with the step back.

**IV. Integrality of Control.** Address the whole body of Uke with the Nikkyo control. Consider the following concepts to reach greater body sensorship and control: (1) Uke's exposed **Bent Arm**, (2) your **Directing Finger** adding accuracy to your wrist movement and (3) your **Correct Positioning** in relation to Uke in the Half-Standing control position.

**V. Intended Completion.** When you have led Uke to the Half-Standing after Nikkyo control execution, consider Intended Completion to maximize chances for Uke to change their intentions. (1) **Start** by circling for **Unbalance** Uke and **Rotate** to lead Uke to the (2) **Half-Standing Control** Position. Then step down and proceed to the (3) **Seiza Control Position**. Be brief and persuasive with your further (4) **Joint Influence** to deliver the "message of change" to Uke. Perform (5) **Safe Release** with proper stand up procedure, keeping the right distance.

### VI. Avoided Intensions.

Consider how Aiki actions can be a better solution instead of natural intentions to defeat or punish Uke.

1. **Hasty Squeeze** | Do not hurry to squeeze on the wrist joint from your current position.
2. **Elbow Initiative** | Do not raise your elbow or shoulder to press down on the wrist joint. Do not press down!
3. **Body Rotation** | Do not rotate your body to increase the pressure on Uke's wrist joint.
4. **Push to Lead Down** | Do not push Uke's elbow directly for unbalance to avoid resistance from the posted leg.

**VII. Counter Actions.** Counter your partner's actions to check the legitimacy of their Nikkyo technique.

1. **Raise to Stop** | When performing Nikkyo without reallocation, raise your arm structure to the top position.
2. **Step Behind for Takedown** | When pressing down on your wrist joint, move behind to perform a takedown.
3. **Escape from Control Pressure** | When pressing with the muscles in Seiza control, (1) roll or (2) climb over.

### VIII. Mastery Drills

1. **Inside Turn for Nikkyo** | Combine Inside Turn movement with Nikkyo.
2. **Nikkyo Release for Tenkan** | Release the elbow in Half-Standing to merge with Tenkan when Uke stands up.

**IX. Self-Defense Perspective.** As an attack, forearm grip can be only the means to accomplish other goals. Act immediately, but do not miss any link of Nikkyo chain and monitor your intensions for self control. Be aware of danger perception addressing to your natural reflexes, which jeopardize your new behavioral patterns. With the patience of practice, make the Aikido technique your preferable reaction in case of real danger.