



Suomin Aikido Academy[®]

AIKIDO RENAISSANCE SCHOOL

Preparation Cycle

Comprehensive System of
Aikido Learning for Beginners

20 Complete Lessons
by Edward Suomin



SAA Affiliate Member
Qualification Program

www.SuominAikidoAcademy.com



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DISCLAIMER

Be informed that the publisher and the author of this handbook are not responsible for any injuries or any harm that may result from practicing the exercises and techniques described in this publication. Before engaging, consult your doctor as to any restrictions that may be connected with the offered physical practice.



Preface

Welcome to Suomin Aikido Academy (SAA)!

You are about to become a part of our Aikido community, the practitioners who are striving to discover the harmony of the reality. Participation in the SAA Preparation Cycle (PC) Program is the first step in the fascinating journey of the internal discoveries with Aikido practice. Seeming to be shadowy at first, you can experience how Aikido is there to lead you to clarity, revealing you the real state of things about yourself and the surrounding world.

The PC Program consists of 20 complete lessons. The Preparation Cycle was designed by Edward Suomin, the Head of the SAA | Aikido Renaissance School, who has systematized his 12 year research of Aikido phenomenon and teaching experience into a comprehensive set of Aikido educational materials, which now stands as the foundation of the SAA methodology. This program allows beginners to prepare for safe Aikido practice and build a solid foundation for the future consistent progress. The SAA PC Program of Aikido studies is suitable for any beginner with or without related experience.

By mastering all the movements and techniques of the SAA Preparation Cycle Program you will have a choice to become an official member of Suomin Aikido Academy. The SAA Affiliate Member Examination is now available as a video test at our website for any interested person worldwide. We do not mind if you are already a member of another organization. If you share our values and goals, you can become a part of our Aikido community.

In order to complete the SAA PC Program you need to be attentive to the details of the lesson instructions and organize your regular practice according to the recommendations. When you take your time and commit yourself to the practice, you will become well prepared for the Affiliate Member Examination and comply with the standards of Suomin Aikido Academy.

This handbook can be used to increase your awareness about Suomin Aikido Academy and Aikido practice in general. This handbook can also serve as a progress tracking tool in your PC Program. Be also informed that you can track your progress, take notes and ask questions online from your SAA website account at www.suominaikidoacademy.com



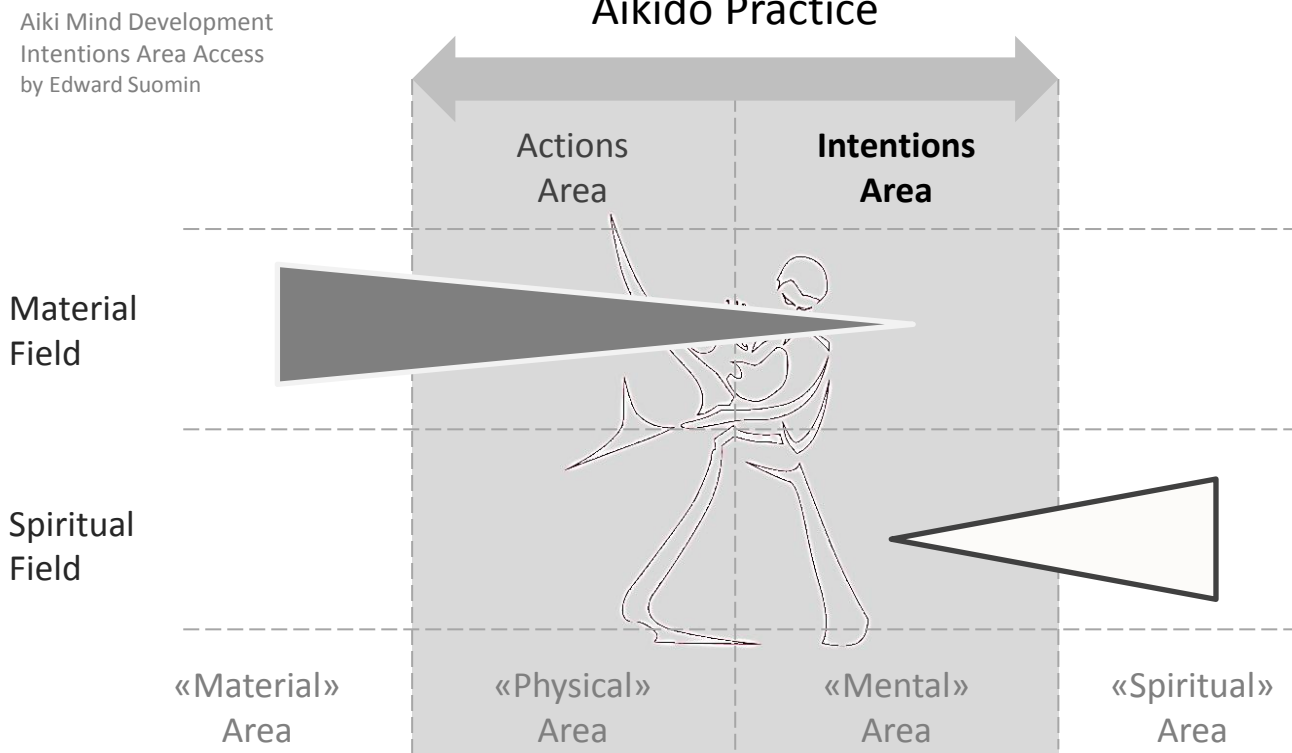
Foreword

Ultimate Values of Aikido Practice

Aikido was created to provide the practitioner with the true knowledge about oneself. Being in the process of the instrumental self-analysis, the practitioner can find oneself on the path of revelation, where reality is being rediscovered and self identity is being found. The True Aikido practice offers the process of internal transformations, when the Aikido practitioner is developing Human (Divine) qualities.

The development of the Human qualities is surely accompanied with the development of Aiki Mind, which allows you to perceive the reality in a different way. The Aiki Mind does not serve “you”, “ID”, “ego”, etc., but it serves the systems or alliances. It is the Mind of grouping. Such Mind is developed with the Aiki actions you perform in Aikido practice where you learn to merge with your training partner and lead the created system. Both, merging and leadership processes require the Aiki Mind, or nothing will work out, as your ego will dominate and cause inefficacies and, eventually, lead to destruction (fight and struggle). Aikido teaches to be in a creative process.

Aikido Practice





Foreword

With the SAA methodology you can develop the Aiki Mind which would open the cause-and-effect essence of connections for you. You do not have an access to the causation of things with your natural mind. With the True Aikido, you practice the behavioral patterns that would eventually empower you to perform the Aiki actions, where you merge with your training partner, where you create a system, a new entity. And you KNOW what makes it a new entity.

With Aikido you learn to perform a creative action. You may not know what that is, unless you start the True Aikido practice, where you do not oppose or intend to dominate. You develop a different mindset, the Aiki Mind, a different intention and also attitude, where there is no you and them anymore. In your Aiki perception there is no opponent. Instead, there is always a potential for the connection you are willing to realize. Being realized, the connection forms a new entity which consists of former you and them. And now you are one, the new entity.

Every Aikido technique is the result of your intention for the unification. “Instead of domination, you desire to merge and create a system,” – in Aikido practice, each technique you perform is the realization of your willingness for such perception. Each Aiki action is a process of nurturing Human (Divine) essence inside you.

I wish you to succeed on the Path of self discovery with Aikido practice.

Sincerely yours,
Edward Suomin

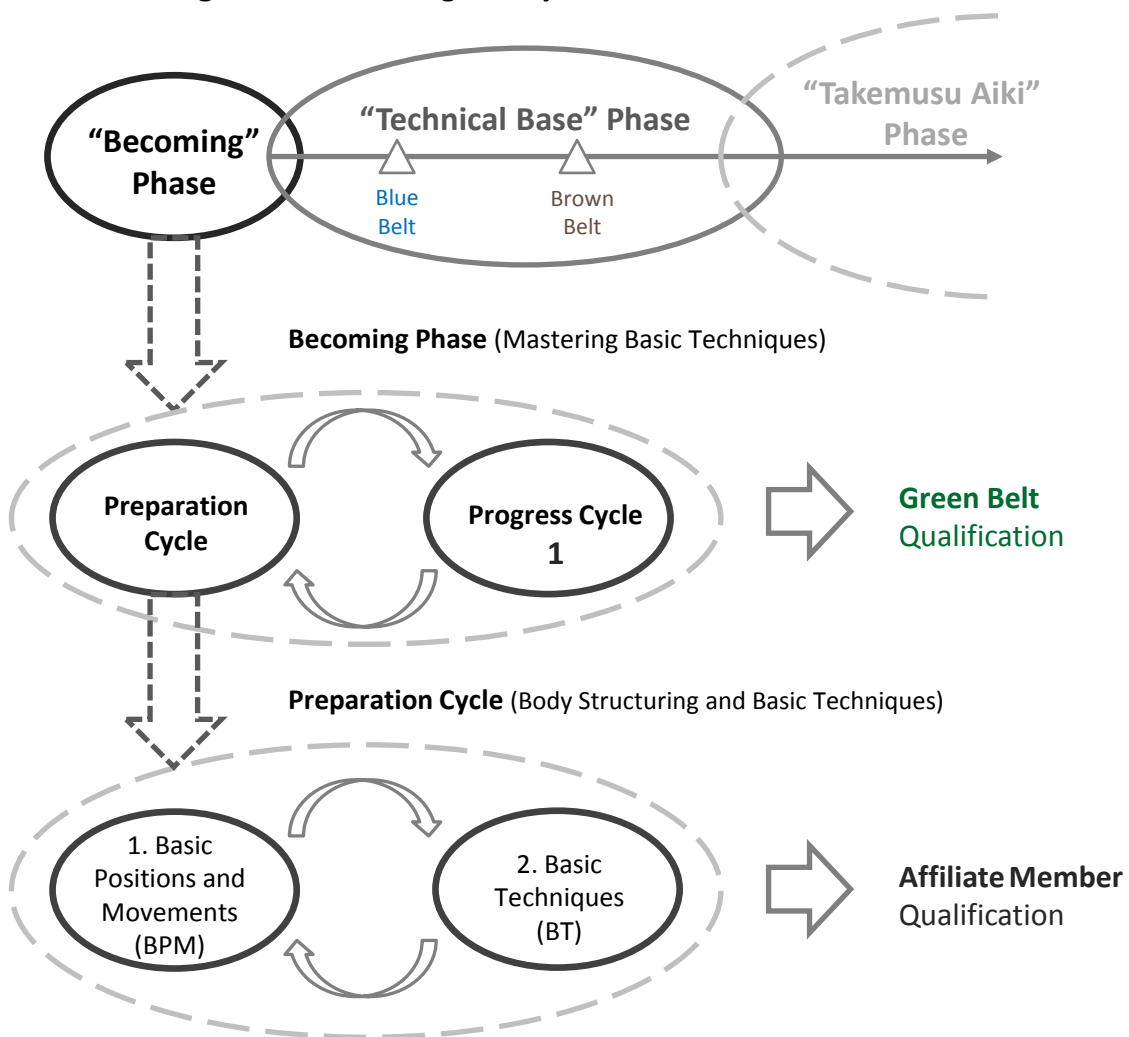


Methodology and Curriculum

SAA Phases of Learning

The described “Learning Phases” are not a part of the SAA curriculum or learning program requirements. Such concept has appeared due to the observations of the progress, – the “quality leaps” practitioners experience within their Aikido practice. The quality leaps are the result of the internal transformations, the sensitivity development. Now, we address to the Phases of Learning to describe the process of perception change, which is the real internal progress.

SAA Learning Phases and Progress Cycles





Methodology and Curriculum

Stepping to the next Phase of Learning means Aikido practice has become something else for you, then it had initially appeared in your perception. You started only due to the received impressions, something external in Aikido had impressed you – now, you see the real value. New reason for practice, new value of practice – those are indications of a quality leap and also the sensitivity development.

The internal progress depends mostly on the efforts produced on the way of self-development. It is individual when such a quality leap happens. With appropriate Aikido practice organization, the next layer of values are certainly opened with obtaining the first portion of knowledge and solid Aikido basics. This is when the so called “Becoming” phase ends, and Aikido actions become a vehicle of communication and the means to create the connections. You start to understand and enjoy the creative process where you create and lead the system in your Aiki actions. Your efforts have produced your new perception. Your Becoming phase has reached the fulfillment – basically, you start enjoying the process. Your hard work has produced the results, and now you appreciate the past phase, which now appears to you as a preparation phase. You open the gates to the new level of accuracy and efficiency.

SAA Progress Cycles

Progress Cycles describe the SAA curriculum and stand as the program requirements for the students. In the presented scheme, you can see how the curriculum overlaps the phases of learning. There is no exact correspondence between the two progress tracking concepts. Such overlap scheme was created to give students an idea about progress in their Aikido practice.

What is clear is that it is essential to complete the (1) Preparation Cycle and (2) Progress Cycle 1 as the Becoming Phase of your Aikido learning, which also means solid technical basics. The Becoming phase of Learning is accomplishable for anybody. Regardless the fact that it is only the platform for the further search, most students consider such program sufficient and do not see value in practicing what they “already know” as a continuous self-development practice.

Very few practitioners overcome the qualitative barrier. Most people are satisfied with what is reasonable for them. In such a case Aikido practice produces a set of self-defense techniques, which are satisfactory as an educational course. In reality, there is no reason to address Aikido only from self-defense perspective. Probably, there are martial arts more appropriate for such goals. No one needs (or can understand) such complicated art, when they chase only self-defense goals. Nevertheless, the SAA Green Belt qualification program is sufficient to develop solid Aikido basics and self-defense skills with Aikido techniques.

* you can find more details about the SAA Progress Cycles and Curriculum at our web site



Preparation Cycle

Basic Positions and Movements (BPM) Section

The aim of the “Basic Positions and Movements” section is to introduce students to the main concepts of Aikido practice to such an extent that it is digestible enough with the first portion of learning to start further consideration of the Aikido basic techniques.

The Basic Positions and Movements section emphasizes the importance of two fundamental technical principles of Aikido practice: (1) Core Basics and (2) Movement Awareness. These principles will serve to combine all parts of the body in proper structure for holistic movements to enable the practitioner technically accomplish Aikido goals of conflict neutralization.

1. The Core Basics include (1) **Stance Structure** and (2) **Arms Form** concepts, which are aimed to create technical conditions for the reaction in the form of the Aikido technique.

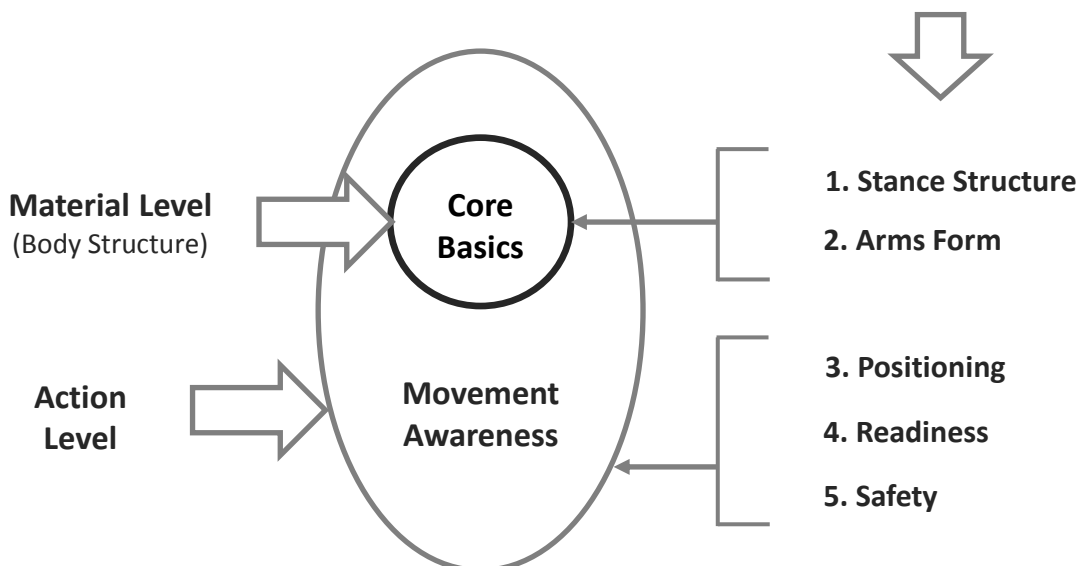
2. Movement Awareness refers to the Action Level of Aikido practice. The Movement Awareness includes the concepts of Positioning, Readiness and Safety.

- **Positioning** reveals the value of accuracy of your placement and movement regarding the attacker
- **Readiness** concept considers the idea of Positioning and Awareness in general
- **Safety** is about health security in the Aikido practice, which must be considered in all actions

SAA Approach to Preparation for Aikido Practice

Basic Positions and Movements (BPM Section) | 10 Lessons

Development





Preparation Cycle

Recommendations

- It is desirable that the students understand as early as possible that any movement in Aikido is the movement of the whole body so that even when you consider a particular limb movement, you keep in mind that such movement involves the movement of the whole body.
- Do not expect results. Seek impressions and enjoy experience and findings, which lead to progress. It takes years to tune everything up. It is possible only with your patience and efforts, constantly motivated by your desire for internal transformations with Aikido practice.
- Do not seek fun in your body establishment process. Rather gain more experience to feel the taste of Aikido and enjoy the practice in the future.
- Systematic approach is the must. The system of “5 times each side” rule is appropriate for each exercise of the section. You need at least 3 lessons to obtain basic skills with each exercise to proceed to the basic techniques. Track your progress.
- Be patient, find supportive company and go!

Safety

For efficient start, do not hurry and pay attention to the details of the instructions to progress safely in your body building process. Be aware and avoid undesirable injuries. Always warm up before practice. Consult your doctor before starting Aikido practice, if you have any restrictions as to performing physical exercises.



BPM Section. Lesson 1. Kamae | Stance Structure

Mobile Stance Structure and Positioning



Consider the fundamental technical concept – the “Stance Structure”. Develop the formation of your physical body instrumental for the Aikido practice.

Video Instructions

Time Length: 51 minutes

Lesson Outline

1. Stance Structure
2. Uke and Nage Positioning

learn the concepts and
consider the details of lesson instructions

3. **Exercise 1 | Gedan**
Weight Transition Idea
4. **Exercise 2 | Heavy Weight Transition**
Melt Down Variation
Body Push Variation
5. **Exercise 3 | Funekogi Undo**
Variation 1
Variation 2

organize performance!
at least 3 training sessions
are recommended

6. Lesson Insight

track your progress ☐ 1st time date ☐ 2nd time date ☐ 3rd time date

take notes

* you can track your progress, take notes and ask questions online from your SAA website account



BPM Section. Lesson 2. Seiza | Sitting Position

Sitting Position in Dojo and Transitional Movements



Consider the concept of sitting in Dojo as a position of awareness and focus. Develop your level transition skills from sitting to standing and vice versa. Increase your awareness in the level transition movements to reach efficiency in your positioning and safety of practice.

Video Instructions

Time Length: 64 minutes

Lesson Outline

1. Sitting Position
2. Standing Up to Kamae
3. Sitting Down to Seiza
4. Uke and Nage Positioning

learn the concepts and consider the details of lesson instructions

5. Exercise 1
Lazy Get-Up
6. Exercise 2
Foot Substitute

organize performance!
at least 3 training sessions are recommended

7. Lesson Insight

track your progress ☐ 1st time date ☐ 2nd time date ☐ 3rd time date

take notes

* you can track your progress, take notes and ask questions online from your SAA website account



BPM Section. Lesson 3. Shikko | Knee Walk

Movements in the Sitting Level and Transitions to Standing



Consider the mobility concept in the sitting level. With Shikko skills, find comfort (ability to follow the zanshin principle) in any moment, even if you are in sitting position. Develop your Gedan (the lower part of the body), center and balance with the knee walk exercises.

Video Instructions

Time Length: 46 minutes

Lesson Outline

1. Mae Shikko
2. Ushiro Shikko

learn the concepts and
consider the details of lesson instructions

3. Exercise 1 | Carrying Bowl of Water

Smoothing Shikko

organize performance!

4. Exercise 2 | Level Transitions

Stand Up to Tachi Waza, Step Forward to Shikko
Turn Around to Shikko, Ushiro Shikko Transitions

at least 3 training sessions
are recommended

5. Exercise 3 | Step Ups

Forward Steps in Half-Standing
Backward Steps in Diagonal

6. Exercise 4 | Shikko Tenkan

Turning in Seiza, Tenkan Walk, Stand Up from Shikko Tenkan

7. Lesson Insight

track your progress ☐ 1st time date ☐ 2nd time date ☐ 3rd time date

take notes

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BPM Section. Lesson 4. Aikiken | Sword of Aikido

Core Basics Development with the Aikiken



Consider the concept of body structuring with the Aikiken. Unite all the parts of your body together in the holistic movements.

Explore strategic positioning and develop your posture and arms form with the suburi movements.

Video Instructions

Time Length: 96 minutes

Lesson Outline

1. Aikiken
2. Seigan Position
3. Level Transitions
4. Structure Development
5. Basic Suburi

learn the concepts and consider the details of lesson instructions

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

organize performance!

at least 3 training sessions are recommended

9. Lesson Insight

track your progress ☐ 1st time date ☐ 2nd time date ☐ 3rd time date

take notes

* you can track your progress, take notes and ask questions online from your SAA website account



BPM Section. Lesson 5. Aikijo | Staff of Aikido

Core Basics Development with the Aikijo



Consider the concept of body structuring with the Aikijo. Unite all the parts of your body together in the holistic movements.

Explore strategic positioning and develop your posture and arms form with the jo movements.

Video Instructions

Time Length: 68 minutes

Lesson Outline

1. Aikijo
2. Standing with Aikijo
3. Level Transitions
4. Structure Development
5. Tsuki Uchi
6. Shielding Move

learn the concepts and consider the details of lesson instructions

7. Exercise 1

Tsuki and Shomen

organize performance!

8. Exercise 2

Tsuki and Shielding for Yokomen Uchi

at least 3 training sessions are recommended

9. Lesson Insight

track your progress ☐ 1st time date ☐ 2nd time date ☐ 3rd time date

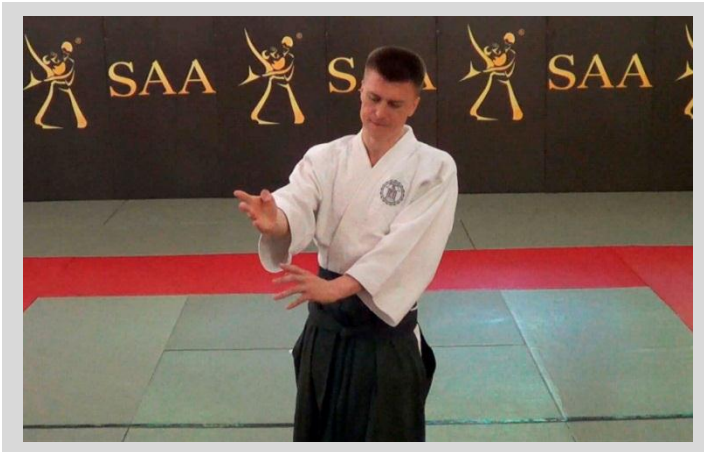
take notes

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BPM Section. Lesson 6. Tegatana | Arms Form

Arm Structuring for Merging and Leading



Consider the concept of arms structure application in Aikido performance .
Learn basic offensive actions in Aikido for the practice organization.
Develop your technical abilities to merge and lead with the help of the appropriate formation of your arms.

Video Instructions

Time Length: 51 minutes

Lesson Outline

1. Sword Heritage
2. Basic Attacks
3. Empty Arm
4. Tegatana Seigan

learn the concepts and
consider the details of lesson instructions

5. Exercise 1 | Grip Cutting
6. Exercise 2 | Parallel Arm Entry
Turn to Tegatana Seigan
Enter with the Arm Form
7. Exercise 3 | Wrestling Hook
Variation 1
Variation 2

organize performance!
at least 3 training sessions
are recommended

8. Lesson Insight

track your progress ☐ 1st time date ☐ 2nd time date ☐ 3rd time date

take notes

* you can track your progress, take notes and ask questions online from your SAA website account



BPM Section. Lesson 7. Mae Ukemi | Forward Roll

Rolling for Safety and Improvement of Body Structuring Skills



Consider the concept of positioning and structuring your body for the forward roll of Aikido. Examine how the art of falling is there to make your Aikido practice safe. Develop the setting-up movements and body structuring skills to provide performance efficiency in your Mae Ukemi practice.

Video Instructions

Time Length: 68 minutes

Lesson Outline

1. Art of Rolling
2. Rolling from Half-Standing
3. Rolling from Standing
4. Tobi Ukemi

learn the concepts and
consider the details of lesson instructions

5. **Exercise 1**
Roll Accompany
6. **Exercise 2**
Spring Roll
7. **Exercise 3**
Koshi Fall
8. **Exercise 4**
Jump Roll

organize performance!
at least 3 training sessions
are recommended

9. Lesson Insight

track your progress ☐ 1st time date ☐ 2nd time date ☐ 3rd time date

take notes

* you can track your progress, take notes and ask questions online from your SAA website account



BPM Section. Lesson 8. Ushiro Ukemi | Backward Roll

Rolling for Safety and Improvement of Body Structuring Skills



Consider the concept of positioning and structuring your body for the backward roll of Aikido. Examine how the art of falling is there to make your Aikido practice safe. Develop the setting-up movements and body structuring skills to provide performance efficiency in your Ushiro Ukemi practice.

Video Instructions

Time Length: 71 minutes

Lesson Outline

1. Backward Rolling
2. Backward Rolling from Half-Standing
3. Backward Rolling from Standing
4. Ushiro Tobi Ukemi

learn the concepts and
consider the details of lesson instructions

5. **Exercise 1**
Turn to Opposite Roll
6. **Exercise 2**
Double Side Roll
7. **Exercise 3**
Side Step and Rotation
8. **Exercise 4**
Wrestling Hook Drop Down

organize performance!

at least 3 training sessions
are recommended

9. Lesson Insight

track your progress ☐ 1st time date ☐ 2nd time date ☐ 3rd time date

take notes

* you can track your progress, take notes and ask questions online from your SAA website account



BPM Section. Lesson 9. Tenkan | The Body Turn

Merging and Leading with the Body Rotation



Consider the mechanics of Tenkan rotation which is designed to merge and maintain control in the leadership process. Develop your strategic positioning and system leadership skills with the Tenkan performance.

Video Instructions

Time Length: 72 minutes

Lesson Outline

1. Engine of Techniques
2. Tenkai
3. Rotation with Tenkan

learn the concepts and
consider the details of lesson instructions

4. **Exercise 1**
Koshi Hold
5. **Exercise 2**
Standing Up for Tenkan
6. **Exercise 3**
Grip Cutting and Tenkan

organize performance!

at least 3 training sessions
are recommended

7. Lesson Insight

track your progress ☐ 1st time date ☐ 2nd time date ☐ 3rd time date

take notes

* you can track your progress, take notes and ask questions online from your SAA website account



BPM Section. Lesson 10. Irimi | The Entrance

Unification Conditioning for the Entrance of Aikido



Consider the mechanics of conditioning for the Entrance approach in Aikido. Examine how the Irimi mechanics can help you escape an attack and take the strategic position for the Entrance.

Video Instructions

Time Length: 62 minutes

Lesson Outline

1. Initiative in Aikido
2. Conditioning for Entrance
3. Entrance Performance
4. Sokumen Irimi

learn the concepts and consider the details of lesson instructions

5. **Exercise 1**
Inside Turn for Entrance
6. **Exercise 2**
Standing Up for Irimi
7. **Exercise 3**
Irimi Conditioning and Parallel Arm Entry

organize performance!

at least 3 training sessions are recommended

8. Lesson Insight

track your progress ☐ 1st time date ☐ 2nd time date ☐ 3rd time date

take notes

* you can track your progress, take notes and ask questions online from your SAA website account



BPM Progress Tracking Ledger | 10 Lessons



Lesson	exercises	page	start date	progress			side notes
				1st	2nd	3rd	
L1. Kamae	Gedan Weight Transition Idea Heavy Weight Transition Melt Down Heavy Weight Transition Body Push Funekogi Undo Variation 1 Funekogi Undo Variation 2	8		*	*	*	
L2. Seiza	Lazy Get-Up Foot Substitute	9		*	*	*	
L3. Shikko	Carrying Bowl of Water Level Transitions Going Up and Down Step Ups Forward Steps in Half-Standing Step Ups Backward Steps in Diagonal Shikko Tenkan Movements	10		*	*	*	
L4. Aikiken	Shield and Strike 3 Movements Four Directions Body Turn Four Directions Shomen Strike Shikko Suburi Step and Strike Shikko Suburi Shield and Strike	11		*	*	*	
L5. Aikijo	Tsuki and Shomen Tsuki and Shielding for Yokomen Uchi	12		*	*	*	
L6. Tegatana	Grip Cutting PA Entry Turn to Tegatana Seigan PA Entry Enter with the Arm Form Wrestling Hook Variation 1 Wrestling Hook Variation 2	13		*	*	*	
L7. Mae Ukemi	Roll Accompany Spring Roll Koshi Fall Jump Roll	14		*	*	*	
L8. Ushiro Ukemi	Turn to Opposite Roll Double Side Roll Side Step and Rotation Wrestling Hook Drop Down	15		*	*	*	
L9. Tenkan	Koshi Hold Standing Up for Tenkan Grip Cutting and Tenkan	16		*	*	*	
L10. Irimi	Inside Turn for Entrance Standing Up for Irimi Irimi Conditioning and Parallel Arm Entry	17		*	*	*	



Preparation Cycle

Basic Techniques (BT) Section

Make sure you are well prepared before learning Basic Techniques. Address to the BPM Section to obtain awareness and control over your body movements and body structuring abilities. Be also ready to perform utterly new movements so that lack of understanding does not confuse you. This is your first internal effort in Aikido practice until you feel value in the offered movements and change your preferences.

Consider the structure of the lessons. Every part of the lesson represents a particular angle of consideration of a certain technique for you to obtain the complete picture of this technique and progress in your Aikido practice.

1. Technique Outlook

This part contains a brief description of a technique, which may also include: anatomic insights, special safety recommendations, peculiarities and other.

2. Sequence of Movements

In this part you are offered to (1) identify the patterns of an Aikido technique and memorize them in the exact order and (2) reproduce the memorized sequence of movements while practicing with your training partner.

3. Mechanics of the Influence

This part suggests to develop your technical sensitivity to a particular technique. Perform focused exercises to (1) increase your movement awareness, (2) develop your body memory for the technique and (3) increase perception of the interaction with Uke (with the help of an Aikido technique).

4. Integrality of Control

This part is teaching you to pay your attention to the control of the whole body of Uke while performing an Aikido technique. Consider details which will help you establish sensor and control over the whole body of Uke through the points of connection with Uke in a particular technique.

5. Intended Completion

This part teaches you how to “close the deal” by maximizing your chances to neutralize the conflict. You learn to go through the closing procedure of a technique complying with all control requirements. You focus on how to complete a technique (1) accurately and (2) safely for both of you, Uke and Nage.



Preparation Cycle

6. Avoided Intentions

In this part you learn to monitor your natural intentions to influence Uke. You learn to understand that your goal is to substitute the actions resulting from your natural intentions with the Aiki actions, which do not cause struggle but solve the issue by merging with Uke and neutralizing conflict. Measure your progress of self control.

7. Counter Actions

This part helps you reveal the efficiency of the offered Aikido techniques. Address to the root of the mistakes (which are wrong intentions) to reach purity of your technical performance. Consider opportunities for counter actions in the techniques you perform to help your partner reveal mistakes and perfect their technical skills.

8. Mastery Drills

Perfect a subject technique by combining it with other Aikido movements and techniques you already know.

9. Self-Defense Perspective

With this part clarify how proper attitude and understanding of human nature can answer your possible concern of self-defense with the help of Aikido techniques. This part is aimed to reveal how (1) practice of self-cultivation with Aikido, (2) together with refined technique skills can make your Aikido applicable in case of real danger.



BT Section. Lesson 1. Nikkyo

Ai Hanmi Katate Tori Nikkyo, Ura



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.

Video Instructions

Time Length: 104 minutes

Lesson Outline

1. Technique Outlook
2. Sequence of Movements
3. Mechanics of the Influence
4. Integrality of Control
5. Intended Completion
6. Avoided Intentions
7. Counter Actions

learn the concepts and consider the details of lesson instructions

perform recommended exercises including the Counter Actions!

8. Mastery Drills

- Drill 1: Inside Turn for Nikkyo
- Drill 2: Nikkyo Release for Tenkan

organize performance on a regular basis!

9. Self-Defense Perspective

perform as a self-defense technique

track your progress ☐ better ☐ date ☐ good ☐ date ☐ confident ☐ date

take notes

* you can track your progress, take notes and ask questions online from your SAA website account



BT Section. Lesson 2. Ikkyo

Ai Hanmi Katate Tori (Shomen Uchi) Ikkyo, Ura and Omote



Learning Ikkyo is a process of training when you examine the angle and position you obtain to influence and control the body of Uke through their arm structure (elbow).

Video Instructions

Time Length: 81 minutes

Lesson Outline

1. Technique Outlook
2. Sequence of Movements
3. Mechanics of the Influence
4. Integrality of Control
5. Intended Completion
6. Avoided Intentions
7. Counter Actions

learn the concepts and consider the details of lesson instructions

perform recommended exercises including the Counter Actions!

8. Mastery Drills

- Drill 1: Ping Pong Turns
- Drill 2: Suwari Waza Ikkyo
- Drill 3: Switch to Nikkyo

organize performance on a regular basis!

9. Self-Defense Perspective

perform as a self-defense technique

track your progress ☐ better ☐ date ☐ good ☐ date ☐ confident ☐ date

take notes

* you can track your progress, take notes and ask questions online from your SAA website account



BT Section. Lesson 3. Sankyo

Ai Hanmi Katate Tori Sankyo



Learning Sankyo is a process of training when you examine how you influence Uke's body through the twisting control of their arm structure.

Video Instructions

Time Length: 64 minutes

Lesson Outline

1. Technique Outlook
2. Sequence of Movements
3. Mechanics of the Influence
4. Integrality of Control
5. Intended Completion
6. Avoided Intentions
7. Counter Actions

learn the concepts and consider the details of lesson instructions

perform recommended exercises including the Counter Actions!

8. Mastery Drills

- Drill 1: Nikkyo Failure
- Drill 2: Alternative Twisting Control
- Drill 3: Suwari Waza Sankyo

organize performance on a regular basis!

9. Self-Defense Perspective

perform as a self-defense technique

track your progress ☐ better date ☐ good date ☐ confident date

take notes

* you can track your progress, take notes and ask questions online from your SAA website account



BT Section. Lesson 4. Kote Gaeshi

Ai Hanmi Katate Tori (Shomen Uchi) Kote Gaeshi, Ura and Omote



Learning Kote Gaeshi is a process of training when you examine your actions to obtain certain position in relation to Uke, which allows you to throw Uke down with the help of forearm lead, reinforced with the wrist turn.

Video Instructions

Time Length: 76 minutes

Lesson Outline

1. Technique Outlook
2. Sequence of Movements
3. Mechanics of the Influence
4. Integrality of Control
5. Intended Completion
6. Avoided Intentions
7. Counter Actions

learn the concepts and consider the details of lesson instructions

perform recommended exercises including the Counter Actions!

8. Mastery Drills

- Drill 1: Standing Up for Kote Gaeshi
- Drill 2: Sumi Otoshi Forearm Pull
- Drill 3: Nikkyo Switch to Kote Gaeshi
- Drill 4: Suwari Waza Kote Gaeshi

organize performance on a regular basis!

9. Self-Defense Perspective

perform as a self-defense technique

track your progress ☐ better ☐ date ☐ good ☐ date ☐ confident ☐ date

take notes

* you can track your progress, take notes and ask questions online from your SAA website account



BT Section. Lesson 5. Irimi Nage

Ai Hanmi Katate Tori (Shomen Uchi, Jodan Tski) Irimi Nage, Ura and Omote



Learning Irimi Nage is about conditioning for merging and taking the strategic position to chop Uke down with Irimi Entrance.

Video Instructions

Time Length: 61 minutes

Lesson Outline

1. Technique Outlook
2. Sequence of Movements
3. Mechanics of the Influence
4. Integrality of Control
5. Intended Completion
6. Avoided Intentions
7. Counter Actions

learn the concepts and consider the details of lesson instructions

perform recommended exercises including the Counter Actions!

8. Mastery Drills

- Drill 1: Shomen Uchi Kiri Otoshi
- Drill 2: Without Leveraging Arm
- Drill 3: Suwari Waza Irimi Nage

organize performance on a regular basis!

9. Self-Defense Perspective

perform as a self-defense technique

track your progress ☐ better ☐ date ☐ good ☐ date ☐ confident ☐ date

take notes

* you can track your progress, take notes and ask questions online from your SAA website account



BT Section. Lesson 6. Shiho Nage

Ai Hanmi Katate Tori (Yokomen Uchi) Shiho Nage, Ura and Omote



Shiho Nage describes how you curve Uke's attacking arm structure behind them to lead them down.

Video Instructions

Time Length: 69 minutes

Lesson Outline

1. Technique Outlook
2. Sequence of Movements
3. Mechanics of the Influence
4. Integrality of Control
5. Intended Completion
6. Avoided Intentions
7. Counter Actions

learn the concepts and consider the details of lesson instructions

perform recommended exercises including the Counter Actions!

8. Mastery Drills

- Drill 1: Hanmi Handachi - Gyaku
- Drill 2: Switch to Sokumen Irimi
- Drill 3: Final Control Reinforcement

organize performance on a regular basis!

9. Self-Defense Perspective

perform as a self-defense technique

track your progress ☐ better ☐ date ☐ good ☐ date ☐ confident ☐ date

take notes

* you can track your progress, take notes and ask questions online from your SAA website account



BT Section. Lesson 7. Ude Garami

Gyaku Hanmi Kata Tori Ude Garami



Ude Garami describes how you control Uke's shoulder through the leveraged elbow influence.

Video Instructions

Time Length: 58 minutes

Lesson Outline

1. Technique Outlook
2. Sequence of Movements
3. Mechanics of the Influence
4. Integrality of Control
5. Intended Completion
6. Avoided Intentions
7. Counter Actions

learn the concepts and consider the details of lesson instructions

perform recommended exercises including the Counter Actions!

8. Mastery Drills

Drill 1: Switch to Nikkyo

Drill 2: Legs Takedown Counters

organize performance on a regular basis!

9. Self-Defense Perspective

perform as a self-defense technique

track your progress ☐ better date ☐ good date ☐ confident date

take notes

* you can track your progress, take notes and ask questions online from your SAA website account



BT Section. Lesson 8. Kaiten Nage

Gyaku Hanmi Katate Tori Uchi Kaiten Nage



Kaiten Nage describes how you unbalance Uke with Uchi Step after Tenkan and perform a throw type of leadership based on the rotary method.

Video Instructions

Time Length: 71 minutes

Lesson Outline

1. Technique Outlook
2. Sequence of Movements
3. Mechanics of the Influence
4. Integrality of Control
5. Intended Completion
6. Avoided Intentions
7. Counter Actions

learn the concepts and consider the details of lesson instructions

perform recommended exercises including the Counter Actions!

8. Mastery Drills

- Drill 1: Rotation and Irimi Entrance
- Drill 2: Switch to Koshi
- Drill 3: Switch to Ude Garami

organize performance on a regular basis!

9. Self-Defense Perspective

perform as a self-defense technique

track your progress ☐ better date ☐ good date ☐ confident date

take notes

* you can track your progress, take notes and ask questions online from your SAA website account



BT Section. Lesson 9. Ude Kime Nage

Ai Hanmi Katate Tori (Yokomen Uchi) Ude Kime Nage, Ura and Omote



Ude Kime Nage describes how you merge (with attack) and set-up for a throw influencing Uke's extended arm.

Video Instructions

Time Length: 66 minutes

Lesson Outline

1. Technique Outlook
2. Sequence of Movements
3. Mechanics of the Influence
4. Integrality of Control
5. Intended Completion
6. Avoided Intentions
7. Counter Actions

learn the concepts and consider the details of lesson instructions

perform recommended exercises including the Counter Actions!

8. Mastery Drills

- Drill 1: Switch to Irimi Nage
- Drill 2: Switch to Nikkyo
- Drill 3: Switch to Kaiten Nage

organize performance on a regular basis!

9. Self-Defense Perspective

perform as a self-defense technique

track your progress ☐ better ☐ date ☐ good ☐ date ☐ confident ☐ date

take notes

* you can track your progress, take notes and ask questions online from your SAA website account



BT Section. Lesson 10. Kokyu Ho

Ryo Katate Tori Kokyu Ho



Kokyu Ho practice is about the co-ordination of the body structure application movements with your own breathing. Kokyu Ho stands as an idea of internal unification and contains the model of Aikido techniques, merging and leadership.

Video Instructions

Time Length: 58 minutes

Lesson Outline

1. Technique Outlook
2. Sequence of Movements
3. Mechanics of the Influence
4. Integrality of Control
5. Intended Completion
6. Avoided Intentions
7. Counter Actions

learn the concepts and consider the details of lesson instructions

perform recommended exercises including the Counter Actions!

8. Mastery Drills

- Drill 1: Seiza Suburi
- Drill 2: Switch to Side Entry
- Drill 3: Switch to Kokyu Nage

organize performance on a regular basis!

9. Self-Defense Perspective

perform as a self-defense technique

track your progress ☐ better ☐ date ☐ good ☐ date ☐ confident ☐ date

take notes

* you can track your progress, take notes and ask questions online from your SAA website account



BT Progress Tracking Ledger | 10 Lessons



Lesson	techniques and drills	page	start date	progress			side notes
				better	good	conf.	
L1. Nikkyo	Basic Variation 3 Counter Actions D1: Inside Turn for Nikkyo D2: Nikkyo Release for Tenkan Self-Defense Case	21		*	*	*	
L2. Ikkyo	Basic Variation, Ura and Omote 4 Counter Actions D1: Ping Pong Turns D2: Suwari Waza Ikkyo D3: Switch to Nikkyo Self-Defense Case	22		*	*	*	
L3. Sankyo	Basic Variation, Ura and Omote 3 Counter Actions D1: Nikkyo Failure D2: Alternative Twisting Control D3: Suwari Waza Sankyo Self-Defense Case	23		*	*	*	
L4. Kote Gaeshi	Basic Variation, Ura and Omote 2 Counter Actions D1: Standing Up for Kote Gaeshi D2: Sumi Otoshi Forearm Pull D3: Nikkyo Switch to Kote Gaeshi D4: Suwari Waza Kote Gaeshi Self-Defense Case	24		*	*	*	
L5. Irimi Nage	Basic Variation, Ura and Omote 2 Counter Actions D1: Shomen Uchi Kiri Otoshi D2: Without Leveraging Arm D3: Suwari Waza Irimi Nage Self-Defense Case	25		*	*	*	
L6. Shiho Nage	Basic Variation, Ura and Omote 3 Counter Actions D1: Hanmi Handachi – Gyaku D2: Switch to Sokumen Irimi D3: Final Control Reinforcement Self-Defense Case	26		*	*	*	
L7. Ude Garami	Basic Variation 3 Counter Actions D1: Switch to Nikkyo D2: Legs Takedown Counters Self-Defense Case	27		*	*	*	
L8. Kaiten Nage	Basic Variation, Ura and Omote 3 Counter Actions D1: Rotation and Irimi Entrance D2: Switch to Koshi D3: Switch to Ude Garami Self-Defense Case	28		*	*	*	
L9. Ude Kime Nage	Basic Variation, Ura and Omote 3 Counter Actions D1: Switch to Irimi Nage D2: Switch to Nikkyo D3: Switch to Kaiten Nage Self-Defense Case	29		*	*	*	
L10. Kokyu Ho	Basic Variation 3 Counter Actions D1: Seiza Suburi D2: Switch to Side Entry D3: Switch to Kokyu Nage	30		*	*	*	



Preparation Cycle

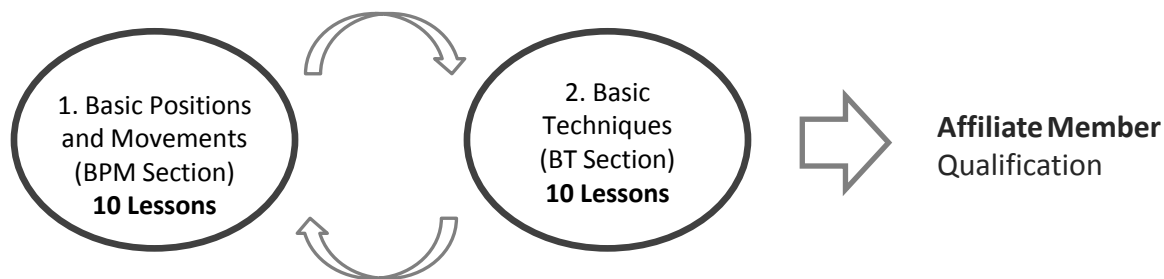
Affiliate Member Qualification Exam

The Affiliate Member Qualification Exam is based on the 20 lessons of the Suomin Aikido Academy (SAA) Preparation Cycle (PC) Program and includes 150 distinctive actions you will need to demonstrate in order to prove your compliance with the SAA Affiliate Membership standards.

When taking the exam, you will demonstrate the 150 distinctive movements and techniques in the required sequence on both left and right sides within limited time frames. Successful completion of the PC Program and passing the Affiliate Membership Exam will stand as the (1) indication and also (2) recognition of the first progress in Aikido with the SAA. Participation in the PC Program provides with an opportunity to gain the new skills of Aikido and appreciate the offered system of (distance) Aikido learning. Those SAA students who pass the exam can associate their basic skills of Aikido with the SAA by wearing the signs of the school and referencing “SAA” at their personal profiles. The SAA Affiliate Members also have access to the further educational programs and other related SAA tutorials.

The Affiliate Member Qualification (PC) Program is available online for any interested person at www.suominaikidoacademy.com

SAA Preparation Cycle Program



Part 1. Movements

1.1. Solo Movements
29 types of movements

1.2. Pair Movements
27 types of movements

Part 2. Techniques

2.1. Tachi Waza (Standing) | 35 techniques
2.2. Suwari Waza (Sitting) | 10 techniques

Part 3. Kumite

3.1. Counter Actions | 29 counter actions

Part 4. Self-Defense

4.1. Techniques | 20 techniques