

AIKI TAISO

the building blocks of Aikido

- wrist stretches
 - ikkajo (ikkyo) press back of hand, fold arm
 - kotegaeshi wrist twist
 - sankyo twist palm out and up
 - nikkyo pinky up, thumb on palm, fold arm
- (peel the banana – stretch forearm after wrist stretches)
- tekubi shindo wrist shaking
- koho tento rolling exercise:
 - sitting
 - up to knee
 - up to standing
- fune kogi undo boat rowing exercise
- shomenuchi undo extend to front exercise
- zengo undo shomenuchi front/behind
 - pivot in place
 - sliding turn
- happo undo eight-direction exercise
 - hidari left
 - migi right
- tekubi kosa wrist crossing (low)
- tekubi joho kosa wrist crossing (high)
- sayu undo move arms/shift weight right & left
- sayu choyaku sayu undo with cross step to side
- sayu tenkan sayu undo with tenkan turn
- ude furi swing arms, keep body still
- ude furi choyaku ude furi with two-step turn
- ushiro tori open arms, step forward (break rear grab)
 - variation put on coat, open arms, step (bear hug attack)

- ushiro tekubi tori zenshin undo behind wrists grab stepping-to-the-front
- " " kotai " stepping-to-the-rear
- kokyu ho two-step turning (hold the Emperor's clothes)
- tsuki tenkan quick turn to parry punch
- shiko dachi wide stance, drop hips, swing arms in circles
- kata dori keep the fly from landing on your nose
- ukemi receiving technique, rolling
 - mai frontward
 - ushiro backward
- shikko knee walking

Aiki Taiso are "building blocks" or "puzzle pieces" for putting together Aikido techniques. If your Aiki Taiso are accurate and strong, your techniques will be accurate and strong, too.

Aiki Taiso help you explore the Four Principles of Aikido:

1. **Keep one point** (stay in your Center)
2. **Relax completely** (align yourself in agreement with gravity)
3. **Keep weight underside** (move in agreement with gravity)
4. **Extend ki** (if you are relaxed, you can move your energy through your partner or bounce your partner's energy back into them)

You can use Aiki Taiso to learn how to move well without pressure from an attacker. When you are attacked, you will move strongly without stopping and thinking about it.