

Aiki Taiso Variations

Basic exercise set: students in lines, facing front, instructor leading and counting forms.

Simple variations on basic set:

- Everyone counts out loud together.
- Set performed in complete silence (excellent focusing tool).
- Students are called up to lead a few exercises each, beginning with most junior and ending with most senior. Allows practice bowing each other in.
- Practice with eyes closed.

"Pass the Aiki Taiso"

- Form a circle.
- Instructor or one of the students names the first exercise and the student to their left or right leads it;
- Student who led the exercise names the next one, and the student next to them leads it.
- Continue around the circle until the set is complete or all students have participated.

Moving Aiki Taiso

- Students line up along one edge of the mat.
- Beginning with funekogi undo, exercises through zengo undo (pivoting) are performed walking – take a step with each repetition;
- Instructor counts, or students take turns counting;
- Count continues until all students have crossed the mat;
- Students who reach the edge of the mat continue movement in place.
- Can be adapted to other exercises.

Paired Exercises

Funekogi Undo

- Partners in gyaku hanmi;
- One partner holds the other's wrists, pushing and pulling to create resistance to the rowing movement;
- Emphasize keeping upright posture (to avoid banging heads);
- Resistance begins lightly, then increases.

Shomenuchi Undo

- One partner strikes shomenuchi, stepping or sliding forward;
 - Other performs shomenuchi undo, moving to an appropriate angle to begin a technique.
- or
- As person's arms cut down to shomenuchi finishing position,
 - Partner reaches palm up to stop the downward cut.
 - Goal is to cut through the resistance and complete the movement.

Tekubi Kosa & Tekubi Joho Kosa

- Person performs movement, stopping with hands crossed low or high;
- Partner pushes up (tekubi kosa) or in (joho kosa) to test grounding.

Ude Furi Choyaku

- Partners face each other in ai hanmi
- and perform two-step turning movement past each other.
- Goal is to pass as closely as possible without impact (uniforms might brush together).

Koho Tendo

- Can be done seated, kneeling or standing;
- Partner kneels or stands at angle slightly to the side of the person performing exercise,
- and uses palm of hand on shoulder to create resistance when person starts up from the floor – forward or backward.
- Goal is to complete movement smoothly despite pressure.
- This can also be done with forward or backward rolls; partner must walk to follow person rolling, then apply forward or backward pressure as they rise.

or

- Partners face each other;
- one presses the other's shoulder, adding energy to the roll back;
- person rolls up, presses partner's shoulder, continuing to alternate;
- can be done sitting, kneeling, standing.

Multiple Person Exercises

Tekubi Kosa/Tekubi Joho Kosa

- Groups of three
- Two people stand to the sides of the third and hold their wrists
- Person in middle performs exercises against resistance.

Ude Furi Choyaku

- Once pairs of students can perform this fairly smoothly,
- put them in squares of four;
- Pairs alternate spinning past each other across the square
- Build up to larger groups.

KokyuhoTenkan

- Groups of 4 or 5.
- One person is in middle, surrounded by others;
- Person in middle counts 1-2-3;
- On 3, opponents strike shomenuchi; person in middle tenkans out of circle.

Shiko Dachi (from Mark Uttech Sensei)

- Groups of 3
- Center person takes a wide stance, others each grab a wrist
- Drop hips, keep center, swing arms in a circle down, up, around
- At bottom of circle, drop hips, extend through wrists and throw both partners