

AIKIDO



SPIRAL
THROUGH
LIFE

SHODAN
PROGRAM & ESSAY

TEKIO SEISHIN KAI DOJO

3 SHAPES AIKIDO

ALEJANDRO ANASTASIO, DOJO-CHO

Tai No Henko & A Bit 'O' Ukemi

The Five Ken Kamae

7 Ken Suburi

20 Jo Suburi

Kumi Jo #1

Tachi Waza

Kata Dori Ikkyo Through Yonkyo, Omote & Ura Waza

Yokomen Uchi Sonkyo, Omote & Ura Waza

Yokomen Uchi Shihonage

Shomen Uchi Kaitenage

Tsuki Kotegaeshi

Morote Dori Kokyuhō

Suware Waza

Shomen Uchi Ikkyo Through Yonkyo, Omote & Ura Waza

Yokomen Uchi Sonkyo Omote Waza

Katate Dori Nikkyo Ura Waza

Hanmi Handachi

Katate Dori Shihonage

Ryote Dori Shihonage

Shomen Uchi

Kaitenage, Kotegaeshi, Iriminage

Tsuki

Kaitenage, Kotegaeshi, Iriminage

Ushirowaza

Kokyuhō, Kokyunage, Shihonage, Sonkyu, Kotegaeshi

Kumi Tachi #1, 2, & 3

Tachi Dori

Jo Dori

Jo Nage

Free Choice

Jiyu Jo Waza----- Non-Two Handed Flavor

13 Jo Kata

31 Jo Kata

Randori

Begin With Two Holding Arms Then Add A Third

Kokyudoza

Living Both Sides Of The Aiki-Coin.

The Mindstream That Is Aiki. Living Both Side of the Aiki-Coin.

Part 1: Be A Good Uke In Life.

On a number of levels, the martial art of Aikido can be understood as a template for life. Eventually, the harmony (Ai of Aikido means harmony) of the martial movements may move into the mind and into how one thinks. Students of Aikido may begin to start thinking and acting in a more harmonious manner. "The mind follows the body, the body follows the mind" is a common statement of Aikidoka---a student of Aikido.

In Aikido "nage" is the person who is attacked and redirects incoming intention/momentum/energy. "Uke" is the "attacker" and is the one who offers the intention/momentum/energy. Here is an example of how the physical movements of Aikido template to thought and into the physical movements through life.

To "be a good uke" on the mat in Aikido it is important to attack with love, integrity and resolution. Additionally important is to stay grounded and keep your connection to nage. I tell my students to "attack" life, life goals and dreams the exact same way they would "attack" nage on the mat. If there is something, anything you want to obtain or attain in life then you have to "attack" that goal or dream. When chasing a goal or dream in life it makes sense to "attack" with love, integrity and resolution. It also helps to stay grounded and always keep your connection to the goal or dream (or naga for that matter).

The better students understand how to "attack" in Aikido the better they can start to "attack" life. Over time, as the "attacker" in Aikido learns to "attack" with love, integrity and resolution, stay grounded, and keep their connection, the easier it becomes to template that concept from the mat of Aikido to the Dojo of life. Any Aikido technique can template this concept.

When an Aikido students make this conceptual jump, they can start to "be a good uke in life."

Part 2: Life Is The Eternal Uke.

In Aikido there is a relationship between uke--- the attacker, and Nage--- the one who redirects attacking energy. Most of the time spent on the mat is either in the role of uke or that of nage. A student is either attacking or is being attacked.

I just explained how to "be a good uke in life." This refers to how we as humans "attack" life, life dreams, and life goals. The hope is that the better a student of Aikido learns to be a good attacker (uke) on the mat, the better that student becomes at attacking life and dreams as a whole. But about the other side of the Aiki-coin? What about "life is the eternal uke?"

We practice being both uke and nage in the dojo. Sometimes it is important to attack. While at other times it is important to relax during an attack, allow it to happen, then redirect that attacking intention in another (more harmonious) direction.

We can be in either the role of the attacker/uke, or the one being attacked/nage, on the dojo mat. We as human beings can play both parts in the Dojo of Life. Sometimes we are just straight up attacking life and doing it well. We are setting goals and then attaining or obtaining them with love, integrity, and resolution. We are staying grounded and are connected to those dreams. This is what it is to be "be a good uke in life," and what is means to "attack" life.

I now want to discuss what it means to be on the other side of this uke/nage relationship we have with life. So if we are not attacking life, life is attacking us. This happens because "life is the eternal Uke." This means that life is always attacking us. And we all know what this means. Life is constantly throwing things at us, hitting us, and trying to push us off balance and take us off our center.

On the Aikido mat I tell my students this when they are being attacked by uke, whether it is another person or whether it is life attacking. When in good flow or when nage least expects it, uke is always attacking. Life is the same way. Life is the eternal attacker.

On the mat the person uke attacks is called "nage." I tell my students that when uke attacks the first thing we as nage do is breathe deeply and relax into the attack to allow it to happen. The next thing to do is stand strong in our own presence. This means to have faith in ourselves, to believe that the decisions and commitments we choose are decisive and have resolution. And lastly, I tell students to "extend right through Life" (or on most cases, uke). Move through life relaxed and centered as it attacks. Do the same to uke on the mat. When uke on the mat attacks and nage stops at any point during the technique, things break down.

Life can be the same way.

Life is the eternal uke. When life attacks, a good thing to do is breath and relax. It is healthy to believe in who we are and to stand strong in our own presence. And lastly, it is important to extent right through life--- meaning one must keep moving forward in life.

Aikido is a template for Life. Life is a template for Aikido. Life and Aikido are different sides of the same coin. To practice one is to practice the other. To live one is to live the other. Keep practicing with vigor and joy.

AIKIDO.

Attack With Love,
Integrity And Resolution.
Stay Grounded,
And Keep Your Connection.

BE A GOOD UKE IN LIFE.

LIFE IS THE ETERNAL UKE.

Breathe Deeply, Stand Strong
In Your Own Presence,
And Extend Right Through Life.

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