

4TH KYU



Ukemi: Responsiveness

Soft grab is powerful.

Joints should feel like springs.

Aliveness keeps you safe better than any locking down or intense muscle power.

Nikkyo

wrist compression

Cross-hand grab.

Hold your partner's fingers down onto you.

Turn your hips to raise your hand.

Cut down your and your partner's center.

Ground.

Jiyuwaza

freeform technique

Technique without plan.

Form without plan.

The natural arising of movement.

Drawing the forms of Aikido out of the current moment, daring to make stuff up as you go along.

Ken: Shihonage

sword: 4-way cut

Sword in 1-hand on your center line.

Step right, sword to heart.

Feet together, raise sword.

Step fwd, cut to aite's right shoulder.

Step right, cut to aite's left neck.

Step around back, sword to aite's waist.

HARMONY

Ai (harmony) was so important to the founder of our martial art, he incorporated it into the name.

Ai also can mean 'love'.

What does harmony mean when you hear it in music? What does that mean between people?

Does it always mean agreement?

In Harmony, there is *allowing* as opposed to controlling. There is *opening* then *changing*.

Jazz may be one of the most powerful analogies to the harmony of Aikido.

Hours of Training

45 HRS

Theme

**ZANSHIN
JIYUWAZA**

Present at Promotions

AIKIDO TALK

This round focuses on the quality of HARMONY: the embracing and allowing of what is happening and the best thing to happen next.