KNOWING THE BASICS OF AIKIDO J RENKINS

Jan 19, 2021

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Level: Basic. In Basic Aikido we explore the basics of Aikido in a slower pace than the general class. In the basic class we often look at foundational movements and techniques in a more static way. The word for basics in Japanese is Kihon which literally translates to mean – to become solid in Ki.

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BJJ and Judo - AikiWeb Aikido Forums

Aikido is more philosophy and meditation than a technique or a series of purely physical maneuvers. Leonard shares the secrets of this remarkable Eastern philosophy, which is the basis for the most radical and demanding of all martial arts. Through mind-body exercises inspired by aikido yet designed for non-practitioners, he demonstrates the fundamental understanding behind aikido and shows ...

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All the basic moves of aikido. At my dojo Enighet in Malmö, we have made a listing of basic aikido techniques and on what attacks they are reasonably possible to do. The list is long, of course. We have also formulated some basic principles on what to be considered by tori (defender), uke (attacker) or both. In case this is of any use to you, here it all is. There may be additions in the ...

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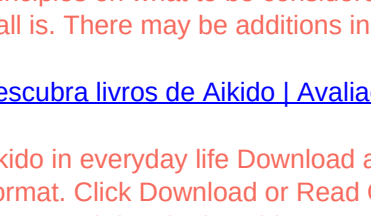
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