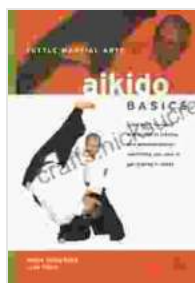


Everything You Need to Know to Get Started in Aikido: From Basic Footwork to Throws

Aikido is a Japanese martial art that focuses on self-defense through non-violent techniques. It uses the opponent's energy against them, rather than relying on strength or force. This makes it an ideal martial art for people of all ages and sizes. Aikido can be used for self-defense, as well as for personal development and physical fitness.

Basic Footwork

The first step in learning Aikido is to master the basic footwork. This includes learning how to move forward, backward, and sideways in a smooth and controlled manner. You will also learn how to turn and pivot quickly and efficiently.



Aikido Basics: Everything you need to get started in Aikido - from basic footwork and throws to training (Tuttle Martial Arts Basics) by Phong Thong Dang

★★★★☆ 4.5 out of 5

Language : English
File size : 3782 KB
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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 194 pages

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Figure 13-14: Ikkyo, second part

Let go and move away to the appropriate distance, just out of striking distance. Keep the self-focus, maintaining a lingering focus or concentration between yourself and your training partner after the completion of all techniques. Maintain an awareness of your environment, as if sensing and being ready for the next attack. Bue to shoyu respect.

Arm-Lock Variations (Henka-waza Ikkyo)

Arm Lock Applied to the Front against a Same-Hand Grab (Ai-hanmi Ikkyo Omote)

As your training partner comes forward, use your hand blade to the wrist as soon as he grabs your wrist. Swing your arm up in a circular spiral motion. Maintaining control of his arm with your hand blade, break his balance. Step forward and pin him face down, with his right arm extended, keeping your hand blade on his elbow.

Arm Lock Applied to the Rear against a Same-Hand Grab (Ai-hanmi Ikkyo Ura)

As the training partner comes forward, slide your left foot forward toward your training partner's right side. Pivot and take control of his right arm until he is on the ground. Keep your hand on his elbow.

Arm Lock Applied to the Front against an Overhead Strike (Shomen-uchi Ikkyo Omote)

When your training partner attempts to strike at your face, step with both hand blades. Step forward and through, holding the wrist and elbow. Pin him from the kneeling (seiza) position.

There are many different footwork patterns in Aikido, but the most basic is the "tai sabaki" step. This step involves taking a step forward with your left foot, followed by a step backward with your right foot. This step is repeated in a continuous pattern, and it helps you to maintain your balance and keep your opponent off balance.

Basic Throws

Once you have mastered the basic footwork, you can begin to learn some of the basic throws. These throws are designed to take your opponent down to the ground, where you can control them and apply a finishing technique.



There are many different throws in Aikido, but some of the most common include the shoulder throw, the hip throw, and the wrist throw. These throws can be used to take down opponents of all sizes and strengths.

Self-Defense Applications

Aikido is a very effective self-defense martial art. The techniques are designed to neutralize an attacker's aggression and to take them down to

the ground, where they can be controlled. Aikido can be used to defend against a variety of attacks, including punches, kicks, and grabs.

Toshitsugu and J. J. Pfeiffer, Judo and Aikido, p. 117



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Arm Lock Applied to the Front against an Overhead Strike (Shomen-uchi Ikiyo Omote)
When your training partner attempts to strike at your face, stop with both hand blades. Step forward and through, holding the wrist and elbow. Pin him from the kneeling (seiza) position.

In addition to its physical benefits, Aikido can also be used for personal development and self-improvement. The practice of Aikido can help you to develop your confidence, your sense of balance, and your ability to stay calm under pressure.

Getting Started

If you are interested in learning Aikido, the best way to get started is to find a local dojo, or training hall. Most dojos offer beginner classes, and they will provide you with the necessary equipment and instruction.

When you are first starting out, it is important to be patient and to practice regularly. Aikido is a complex martial art, and it takes time to master the techniques. However, with dedication and practice, you can achieve great things in Aikido.

Aikido is a rewarding and challenging martial art that can benefit people of all ages and sizes. If you are looking for a way to improve your self-defense skills, get in shape, and develop your personal character, Aikido is a great option.

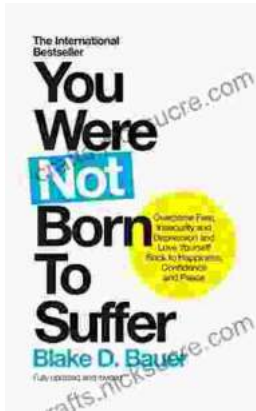


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