

Good day!

My name is Andrey Samotokhin.

I am Shidojin of the AIKIDO Club "MICHI Dojo", the city of Kiev, Ukraine. Our club has been a member of Shimbokukai Aikido since 2016.

I am grateful to Lisa Tomoleoni Sensei for giving me the opportunity to get to know you and to share with you our ideas on the methodology of studying and teaching KIKHON WAZA in Aikido briefly.

We can use these forms and principles in training programs (in KIHON KEIKO), so that it is easier for them to understand and learn the main points that arise when partners interact.

These principles and forms are not something new, and many teachers use them one way or another in the learning process. But I believe that the **emphasis on these principles and forms during training is very important for understanding movements in Aikido, especially **in the early stages of training**.**

There are no major or minor among them. They are all important and necessary for study and application. So, what principles and forms of interaction of partners will be discussed?

These are 7 relative principles:

- **THE SPHERE**
- **THE EDGE OF THE SPHERE (EXTENSION / COMPRESSION)**
- **DEVELOPING of ARC MOVEMENT(ARCING)**
- **LEAVING THE ATTACK LINE (displace)**
- **DIRECTION TO (THROUGH)THE PARTNER`S CENTER**
- **ADVANCING (CHANGING THE SCENARIO OF THE ATTACK)**
- **THE SEA (THE SECTOR OF EFFECTIVE ACTIONS)**

- **THE SPHERE.**

Almost perfect, from the point of view of martial arts, a **form of protection**. Especially if the sphere spins.

Any impact (impact) directed to the center of the sphere will be retracted tangentially to the side and will not reach the goal. More or less this principle (of a spinning sphere) is presented in all Aikido movements, for example, in the technique: **chudan tsuki tenchin or tenkan**

The spinning of the sphere is free and occurs in any necessary direction.

Aikidoist imagines that he (or she) is *inside the center* of a spinning sphere, and his arms-legs-body movements are in interaction with the spinning of the sphere.

For example:

- **jodan tsuki ikkyo omote**
- **gyaku hanmi katate dori uki otoshi**

- **THE EDGE OF THE SPHERE (ma-ai).**

Harmonious distance, the distance of the first touch of the partner, the distance of the meeting and engagement with the partner. It's like the border of your sphere.

The hands in front of you are located at a distance at which you would hold a sword (katana) in your hands. The center of the sphere is in your *tanden*.

Most of the time (especially at the beginning and at the end of the technique, while carrying out the retention and control), we must work at this distance (the edge of the sphere).

The farther from the edge of the sphere to the outside (farther from our body) we are, the faster we lose balance.

The farther from the edge of the sphere inward (closer to our body) we are, the more difficult it is for us to work effectively and the less time we have for an adequate reaction during an attack.

At the edge of the sphere, we start and finish working with a partner, if possible, not letting him get closer and not letting him go further than the boundary of the sphere.

For example, a **hula-hup** demonstration: **ai hanmi katate dori ikkyu ura**

By the way, control (osae) is also most often performed at the edge of a sphere.

EXTENSION / COMPRESSION of the sphere.

In order to develop the flow of ki energy and related force in the next stages of training, it is necessary to develop a sense of extension and compression of one's sphere in motion.

The sphere is pulsing.

When the sphere is compressed, we accumulate energy, when it expands we release it (we perform a throw (nage)). For example: **kate ryote dori kokyu nage**

- **MOVEMENT DEVELOPMENT (along the arc).**

Partner`s movement energy can and should be used.

It makes no sense to spend your own energy on blocking the movement of the partner, and then again use it on **kudzushi** and partner control. It is more correct and more economical (more expedient) to use the partner's attack power and energy to develop the movement, to use their own power to redirect the partner's attack and control it.

In addition, by stopping the movement of the partner, we give him a **fulcrum** and, as a result, the restoration of his balance.

The partner's movement (attack) **must be proceeded** in order to unbalance him. It is preferable to develop movement **along the arc** (a segment of a spinning sphere), since in this case, it's harder for the partner to find a stable point and restore balance.

For example: **shomen uchi irimi nage omote**

- **DIRECTION TO (THROUGH) THE CENTER (tanden) of the partner**

While working with a partner, all your actions should be connected to the **center** of your partner (go through it).

The farther the point of impact on the partner is from its center, the greater the likelihood and possibility of the partner to leave your influence through rotation.

For example: **aikhanmi katate dori ikkyo omote.**

- **LEAVING THE ATTACK LINE (Displacement) (tai-sabaki).**

In order to effectively repel a partner's attack and be able to control it, you need to learn to leave the line of attack yourself, or to take this line aside.

For example:

- **tenkai / tenkan**

or

MARUBASHI

- shoumen uchi suri age
- kata dori (irimi) kokyu nage
- **ADVANCING (formation of an enemy attack).**

It is about changing the partner attack scenario.

According to the scenario of the enemy, he is a hunter, and you are a victim. He attacks, and you either do not defend yourself at all, or you do it sluggishly, without presenting a threat to him.

But you are not a victim!

It is important and necessary to change this scenario unfavorable for you and to do what the enemy does not expect from you. Something that can force him to weaken the attack or change attack for defense. The most effective way to do this is to act ahead of the enemy attack. For example, performing a sharp movement towards the enemy. Your actions in advance not only “break” the initial scenario of your opponent, but also create a new contact scenario, which you can already control.

A TEMI is often used for this!

For example:

- *irimi-atemi*
- *kata dori man uchi - irimi-atemi*

- **SEA (Sector of Effective Actions)**

For convenience of explanation and understanding of the effectiveness of interaction with a partner (using the concepts of equilibrium, pivot points, sphere boundaries, development of movement and withdrawal from the attack line), we introduced the term the SEA (the Sector of Effective Actions) in our club.

This is a symbol of the sector of your sphere in which interaction with a partner is the most effective. This is a sector formed by your hands in front of you at an angle of 90 ° and outlined by the border of your sphere.

There is a **central axis** in the middle of your sector. The central axis is always **perpendicular** to your body.

In this sector, your position is the most stable and your actions are the most effective. When you exit the boundaries of the sector or shift from the central axis, you lose your balance and control of the partner (and, therefore, work efficiency).

The partner has exactly the same sector. And your task when working with a partner is to keep him as long as possible in your sector and avoid getting into the partner`s sector. If

your partner leaves your sector while you are performing certain movements or techniques during the development of movement (for example, **tenkan, **shiho nage**) (or you deliberately take him out because of technique), it is important in the final stage of the technique to return him to your sector as soon as possible, while avoiding getting into his sector. In other words, the development of the partner`s movement initiated by you should return him to your sector.**

For example: **yokomen uchi kote gaeshi omote
ura mawashi shiho nage omote**

The Sector of Effective Actions is a kind of indicator of the correct position of your body in relation to your partner and the effectiveness of your actions.

So, to summarize.

1. While practicing, we imagine ourselves in the center of a **sphere** that spins.
2. This area has a clear **border**, on which we are in contact with a partner.
The sphere may be pulsing.
3. The partner's movement needs to be developed and **developed along the arc** so as not to give him a fulcrum.
4. Your response should be directed from your center **to (through) the partner's center**.
5. When a partner attacks you, you need to either **leave the attack line** yourself or displace the partner from it.
6. **Form** a partner's attack.
7. Use the **Sector of Effective Actions**.

Each of the given principles and forms deserves a thorough study. Today we only talked briefly about them.

Learn Aikido!

It's worth it!

**Congratulations to Aikido Shimbokukai and all its members on the 15th anniversary!
Success and prosperity to all of us!**

**Respectfully,
Andrey Samotokhin**

**Aikido Club MICHI Dojo
Kiev, Ukraine
July 05, 2020**

