

# Rules of Aikido

## By David Brown Sensei

*Every technique must work and it must work in this sense.*

*It must obey universal principal of O-sensei.*

### **This means**

- Every technique must be able to capture the opponent
- Every technique must be able to finish an opponent at the first movement of contact
- Every technique must enable you to escape being captured or hit by multiple attackers
- Every technique must enable you to escape once you are captured, without you being hit if the opponent releases you and re attacks
- Every technique must work against a weapon
- You must be able to use a weapon within any technique
- Every technique must be able to be altered to become any other technique
- Every technique must have within its structure the basic shape of every other technique
- Every technique must enable you to move to either side of the opponent's attack and be safe as you enter
- When an opponent attacks and you take your first half step forward, there should be no opening for your opponent to launch another attack
- You should be able to turn your back on the opponent without being captured or hit
- There are no throws in Aikido - the centre of the opponent is lead or made unstable so they fall without being pushed or pulled
- There are no hits or punches in Aikido in sense that you deliberately try to attack. This can be picked up by an opponent and avoided. Instead the opponent runs into something cannot see or feel. The effect is devastating as opponent does not know it is going to happen
- Within the basic of Aikido
  - Tai no henko-
  - Morote dori Kokyu-ho-
  - Suwari waza Kokyu-ho-
  - Ryote dori Shiho-girimust be all other techniques
- There must be anomalies because within the beginning techniques are a wealth of ideas enabling arm shape and body shape to change
- Once the principle of Aikido is understood it will look differently in every person – a wrong way of moving is still a wrong way of moving
- Aikido is Aikido – there is no distinction between different schools

## **Some Extras**

Put strength into the lower body only, shoulders and arms must be completely relaxed.

You must sink your body, keep your back straight, and be able to raise your arms freely.

The technique should require no more strength than just resting your arms on your partner.

Don't attempt to hold your partner.

The strike, throw, or pin is just the result, the technique is the process.

Good posture is central to every technique and reflects your spirit.