



PRELIMINARY AIKIDO EXERCISES

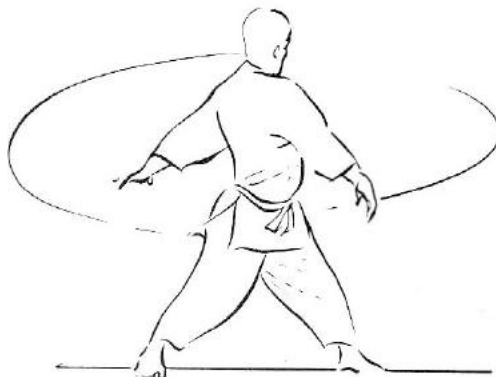
These preliminary Aikido exercises shall be performed at the beginning of each class with the purpose of loosening up your body, stretching and relaxing your muscles, and also preparing your mind for the *waza*.

1. **Tekubi Furi Undo (Hand Shake)**

Let your arms hang naturally at your sides, no tension in your shoulders. Shake your wrists rapidly and limberly, as if you were trying to get rid of bubblegum from your fingers. This exercise should result in a pleasant tingling sensation in your fingers.

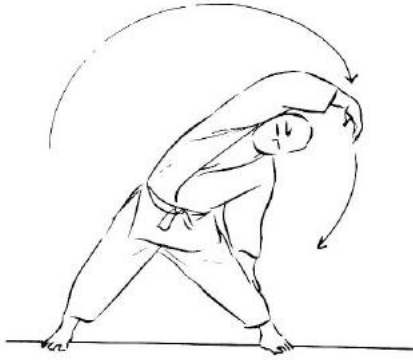
2. **Sayu Udefuri Undo (Body Twist)**

Standing with your feet apart, you will swing both arms to the left and right, turning your body (leading with the hips) – including your head – without moving your feet.



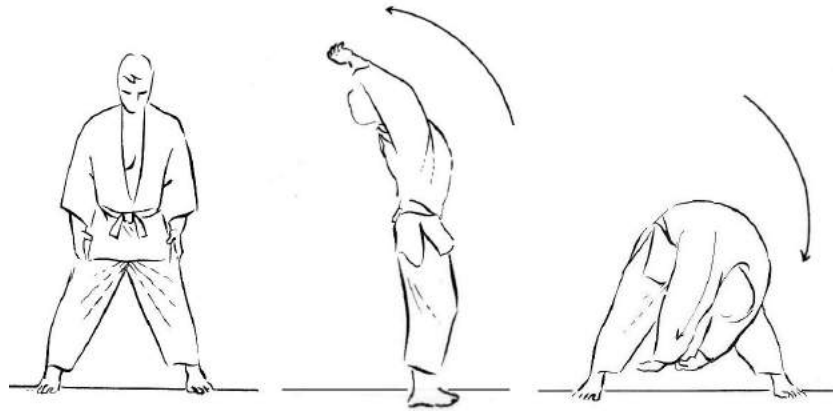
3. **Sayu Jotai Shincho Undo (Side Stretch)**

Standing with feet apart but on the same line, swing your left arm up and over, bending your body sideways. Then, *hantai*.



4. Zengo Jotai Shincho Undo (Heaven & Earth)

Standing with feet apart but on the same line, you will swing your arms up and over your head, bending as far back as possible and then as far forward as possible, while bending the knees as if sitting on a chair.



5. Kenkokotsu Shincho Undo (Arm Extension)

Extend your left hand in front of you, with the thumb down and the palm facing out. Use the right hand to lightly clasp the left hand. Clasp in the area across the knuckles. Now twist the left hand upwards, extending your arms in an oval shape, so that the palm rotates outwards and up. You should feel the stretch through out your entire wrist, all the way up to the elbow. Make sure your shoulders stay down and relaxed. Then, *hantai*.

6. Sayu Kubisuji Shincho Undo (Neck Stretch #1)

With hands on hips, turn your head to the left for two movements, then to the right. Make sure you move only your head and neck.

7. Zengo Kubisuji Shincho Undo (Neck Stretch #2)

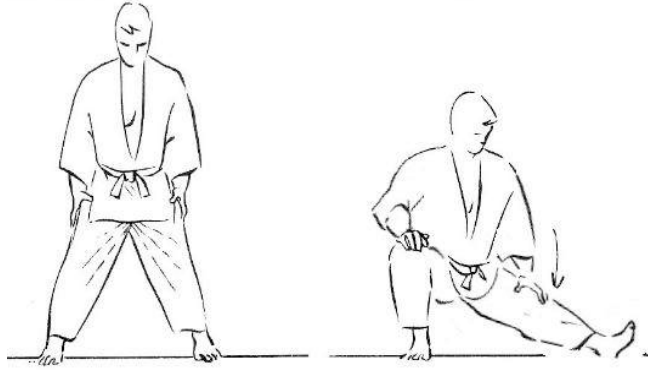
Looking up (stretching in two movements) and then down.

8. Sayu Muki Undo (Neck Stretch #3)

Tilt your head sideways, first to the left for two movements, then to the right.

9. Sayu Kyakubu Shincho Undo (Squat Leg Stretch)

Standing with feet spread apart but on the same line, you will bend your right knee and let your weight settle between the two legs, stretching your left leg out fully; then *hantai*.



10. Kataude Mawashi Undo (One Arm Swing)

Start with right arm in front of your body, hand held over head, above forehead. Drop right hand down the center of the body while swinging your arm out in a complete circle. Count to *shi*. Then do four counts for the left arm.

11. Ryōde Mawashi Undo (Both Arms Swing)

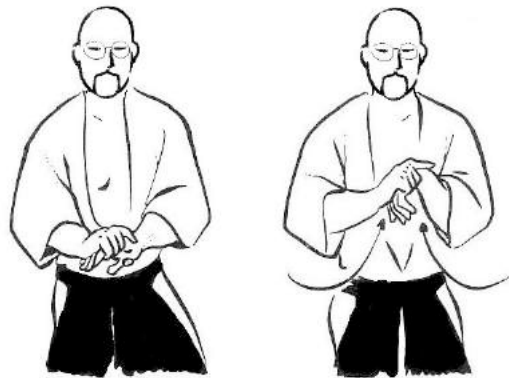
Now bring both arms over head. Drop both arms while letting them complete a circle outwards and returning to overhead. Count to *shi*. Then complete four more circles, this time inwards.

12. Ryōde Mawashi Kusshin Undo (Arm Swing Dropping One Point)

The next sequence is similar to the one above, but this time you must flex your knees each time your circle arms. Also count to *shi*.

13. Nikkyo Undo (Wrist Exercise #1)

Stand in a natural position, keeping One Point. Grasp the back of your left hand with your right hand, your right thumb circling your left thumb. Now draw both hands up close to your upper chest (keeping your elbows down), flexing and stretching your left wrist inward until the fingers of your left hand touch your left forearm, if possible. Then *hantai*.

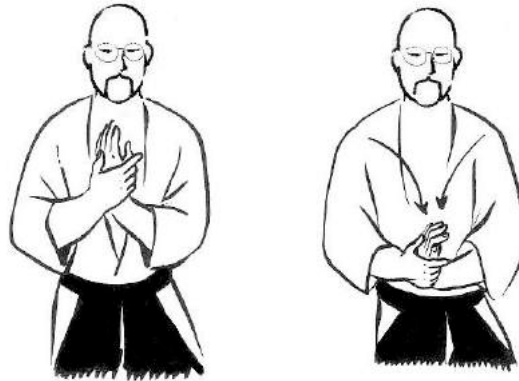


14. Kotegaeshi Undo (Wrist Exercise #2)

Raise your left hand to chest level and rotate it outward at the wrist towards your left with the knife-edge (*tegatana*) toward you, and your palm facing your left side. Place your right hand around your left hand with your right thumb between the ring and little finger knuckles of your left hand. The other four fingers of your right hand should circle your palm around the thumb mount near your wrist.

Now rotate your left hand outward, pressing down and around your fingers with your right thumb and using pressure on your ring and little fingers to increase the rotation. Your left elbow

should be drawn gently in toward your body – your left hand thus bent toward the inside of your left forearm, and turned outward away from your body at the same time. Then *hantai*.



15. Sankyo Undo (Wrist Exercise #3)

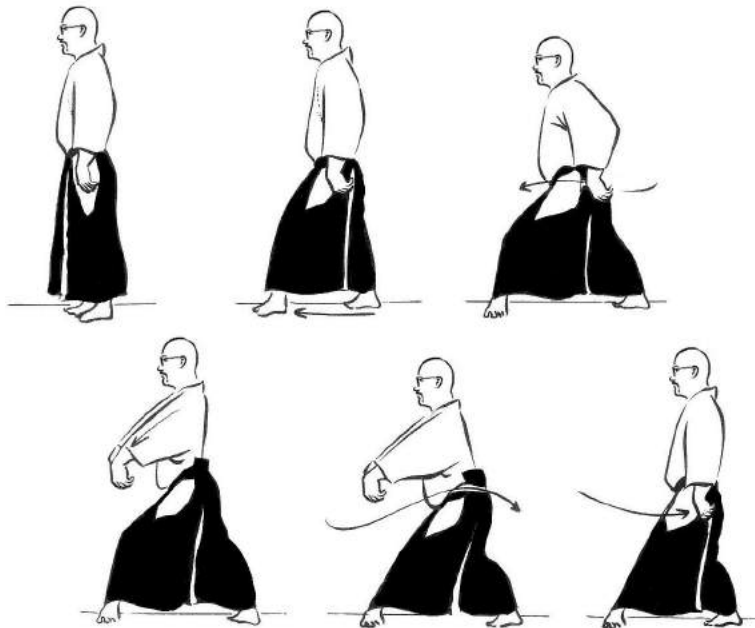
Extend your left hand before you, with the thumb down and the palm facing to the outside. Grasp your left hand with your right, and bring your left wrist to your stomach. As you do so, press your left hand so that the fingers point towards your left elbow, while simultaneously rotating your fingers upwards. Make sure you keep your shoulders down and relaxed. Then *hantai*.

16. Tekubi Furi Undo (Hand Shake)

Let your arms hang naturally at your sides, no tension in your shoulders. Shake your wrists rapidly and limberly, as if you were trying to get rid of bubblegum from your fingers. This exercise should result in a pleasant tingling sensation in your fingers.

17. Funekogi Undo (Rowing Exercise)

Assume a relaxed stance with your left foot forward (second illustration below). Your hands rest at the hips, fingers closing to form a half-fist. At the count of *ichi*, thrust your hips forward, shifting the weight of your body from your right leg onto your left – your right leg behind will straighten and your left leg ahead will bend at the knee.



Your arms will descend in full extension, following the forward motion of your hips. Your upper body must be kept erect (you must not lean forward).

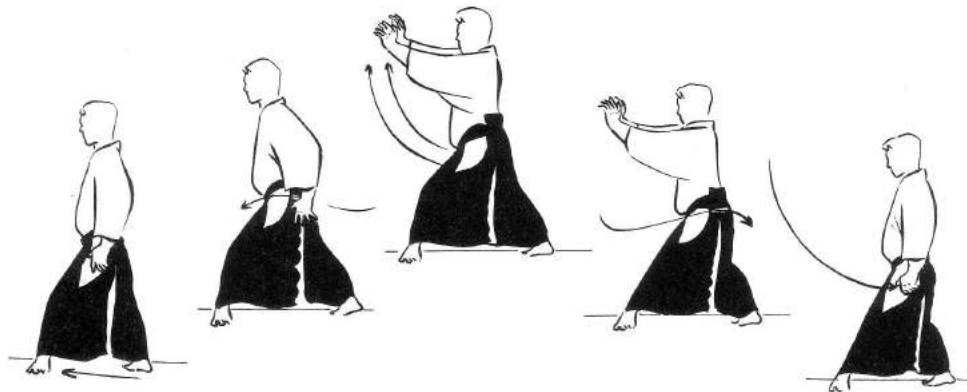
At the count of *ni*, you will draw your hips back, straightening your left leg and bending your right one behind. Your arms will follow once again the motion of your hips, being drawn back easily to the sides of your body. Note: while your body is moving forward and backward, your arms will describe an "8-like" motion.

You will do the exercise four times; then *hantai*.

18. Ikkyo Undo (Arm Lift)

Taking a half-step forward with your left foot, you will let your hips surge forward at the count of *ichi*, bending your left leg and straightening your right leg behind as illustrated, trunk straight and in full balance. You will swing your arms forward and upward, fingers extended and *ki* flowing outward through the fingers of both hands and beyond. Your arms should stop naturally at about eye level.

At the count of *ni*, you will shift your hips back, the weight of your body descending upon your right leg, which will bend, while your left leg will straighten again. Your arms will swing back to your sides, following your hip motion, fingers closing into half-fists.



You will do the exercise above four times.

19. Zengo Undo (Arm Lift & Turn)

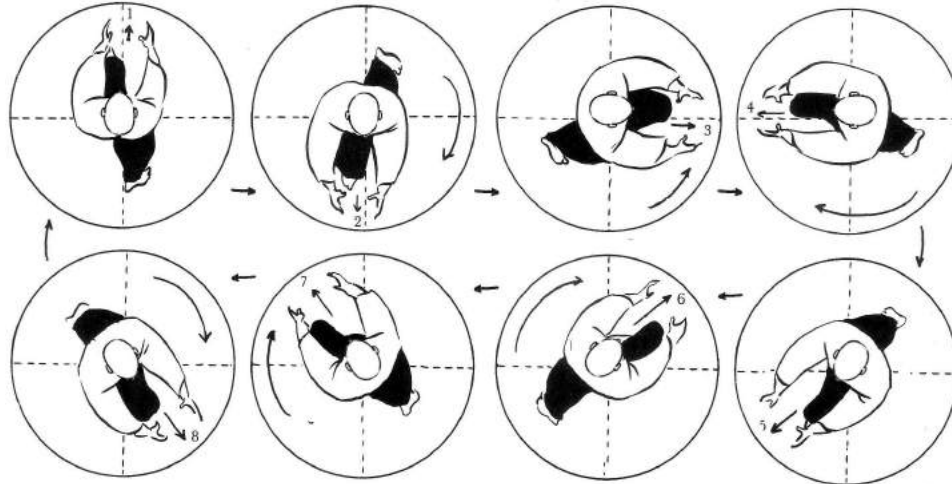
This exercise is an amplification of exercise no. 18 (*Ikkyo Undo*). You will perform phase one and phase two of *Ikkyo Undo*, and then, bringing your hips back and your arms down to your sides – at the count of *ni*, you will turn your hips 180 degrees to your right side (half-circle), pivoting on the balls of both feet but without taking a step. Now your right leg will be extended in front of you. From this position, making a good use of the momentum, you will let your hips surge forward, swinging your arms upward, at the count of *ichi*. At the count of *ni*, you will bring your hips back and your arms down again to your sides; and then you will turn your hips 180 degrees to your left side and perform phase one and phase two of *Ikkyo Undo* again.

You will do this exercise four times.

20. Happo Undo (Eight Ways)

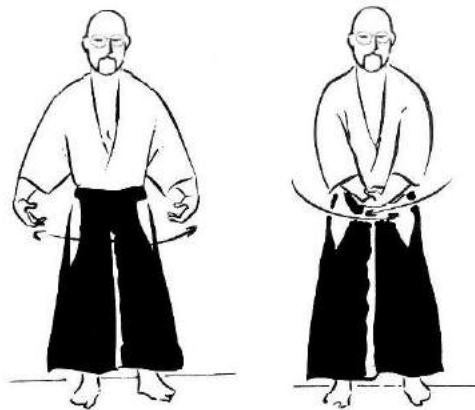
The final amplification of *Ikkyo Undo* is this exercise – called *Happo Undo* (Eight Ways) where straight motion will blend with the circular motion of both the spin and pivot forms.

The directions of your defensive extension will increase here from two to eight, as shown in the illustrations below.



21. Geho Tekubikōsa Undo (Crossing Wrists at One Point)

Stand keeping One Point, feet apart and arms fully relaxed at your sides. At the count of *ichi*, you will swing your arms in front of your body, your hands crossing each other (left palm over back of right hand), four counts. Then *hantai* (right palm over back of left hand).



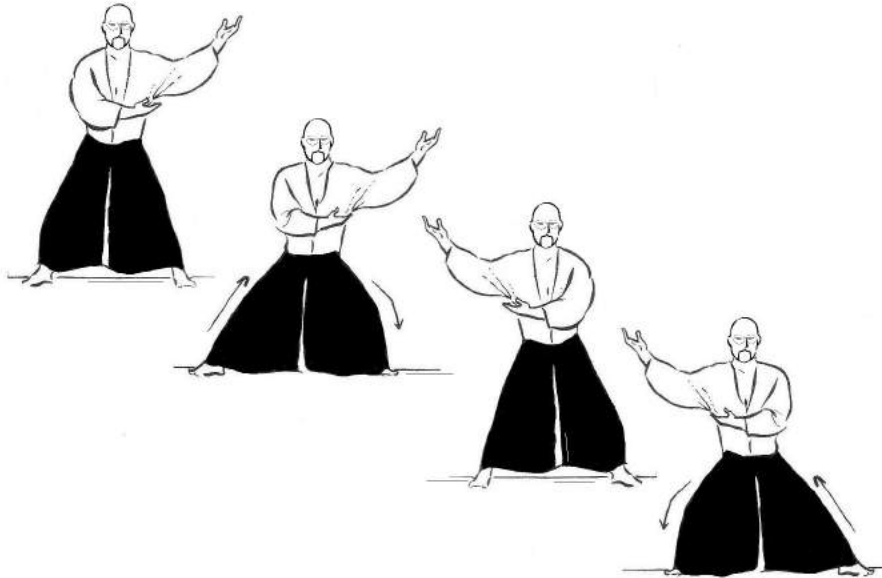
22. Joho Tekubikōsa Undo (Crossing Wrists in Front)

This *undo* is an amplification of exercise 21. You will turn your wrists with your palms up, fingers pointed ahead. Then you will swing your arms to eye level, crossing your hands at that point, one cupping the other (left palm over back of right hand), palms facing you, fingers inclined ever so slightly inward, four counts. Then *hantai*.



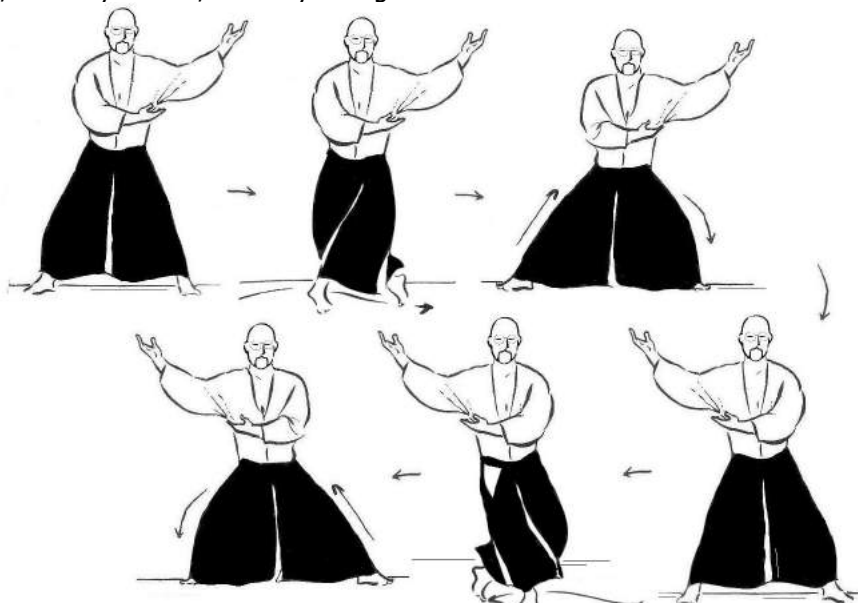
23. Sayu Undo (Arm Swing to Side)

Setting your feet a little wider than shoulder width, relaxing your whole upper body, and keeping One Point. At the count of *ichi*, you will swing your arms to your left side – your left arm projecting out (always unbendable) – your right arm extended across your abdomen, with the weight underside. At the count of *ni*, you will bend your left leg and straighten your right. Your trunk must remain erect and in full balance – you must never lean to one side – and your head should continue facing forward. Now do *ichi* and *ni* to the right side. This exercise must be done four times, two to your left, two to your right.



24. Sayu Choyaku Undo (Arm Swing to Side & Skip)

This exercise is a dynamic variation of *Sayu Undo*. At the count of *ichi*, you will step to your left with your right foot, sliding it behind your left foot. You will let your weight descend and then take an extended step with your left foot sideways, in the same direction, swinging your arms sideways – in a circular motion - as in *Sayu Undo*. At the count of *ni*, you will bend your left leg and straighten your right. Now do *ichi* and *ni* to the right side. This exercise also must be done four times, two to your left, two to your right.



25. Udefuri Undo (Arm Swing Over Ball)

At the count of *ichi*, standing in natural position keeping One Point, you will extend your arms in an ample circle and swing them to your left side, like your arms are sliding over an imaginary ball. At the count of *ni*, you will swing them to your right side, always maintaining your body (your trunk) in the correct vertical posture. You should do this set of left/right swings four times.

At the count of *shi*, as your arms swing back to your right side, you will take a short step with your right foot to your rear and prepare to spin forward.



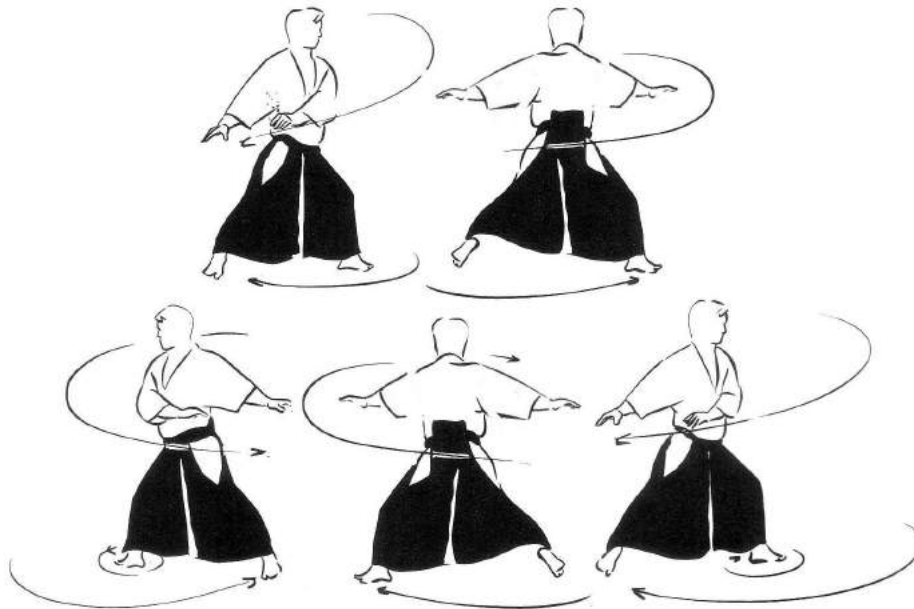
26. Udefuri Choyaku Undo (Arm Swing & Spin)

Then, at the count of *ichi*, you will take a long, sliding step ahead with your right foot, then pivot it to your left, allowing your entire anatomy to spin, both arms whirling in a circular pattern parallel to the mat. Your arms should be completely relaxed. Withdrawing your left foot behind you, you will allow your weight to settle on that leg at the completion of the spin. Your right leg should feel very light, preparing your body for the next step.

You should now be facing the direction from which you began the initial, whirling motion.

At the count of *ni*, you will swing your arms to your right side, then take a long, sliding step with your left foot straight ahead, and pivot, turning your anatomy in a full circle. Your right foot will be withdrawn in a natural motion, your right leg settling down at the completion of the spin to receive the descending weight of your body.

Four sets of *ichi / ni* counts should be performed.

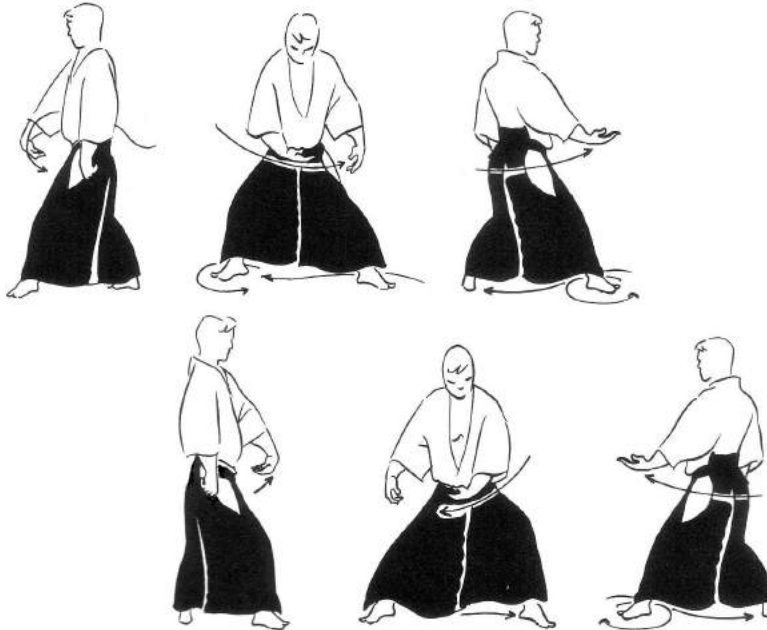


27. Tenkan Undo (Step & Pivot)

Extend your right arm in front of you at the count of *ichi*, wrist bent inward and fingertips pointing toward you. At the count of *ni*, You will slide your right foot a half-step forward, spin on it, and turn your body 180 degrees to your left (half-circle), withdrawing your left leg circularly behind you. Your right hand will remain where it was at the beginning of the extension; you will simply turn it so that your palm faces upward.

Then, at the count on *ichi* again, you will bring your right hand back to your side and extend your left hand forward, wrist bent and fingertips pointing toward you. Taking a step forward with your left foot, you will pivot on that foot and withdraw your right foot circularly behind you. Your left hand will not move – you will simply turn it palm up.

You will repeat the two *tenkan* moves above four times.

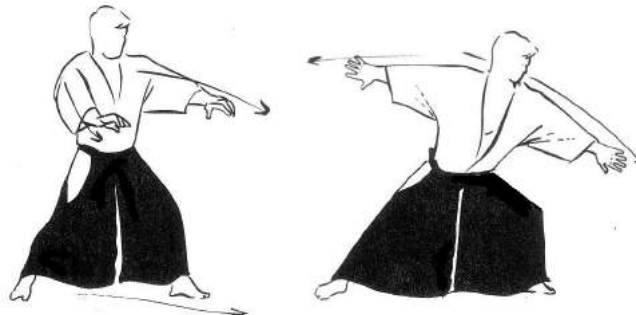


28. Zenshin Koshin Undo (Skipping)

Skipping backward and forward, left, right.

29. Ushirodori Undo (World Exercise)

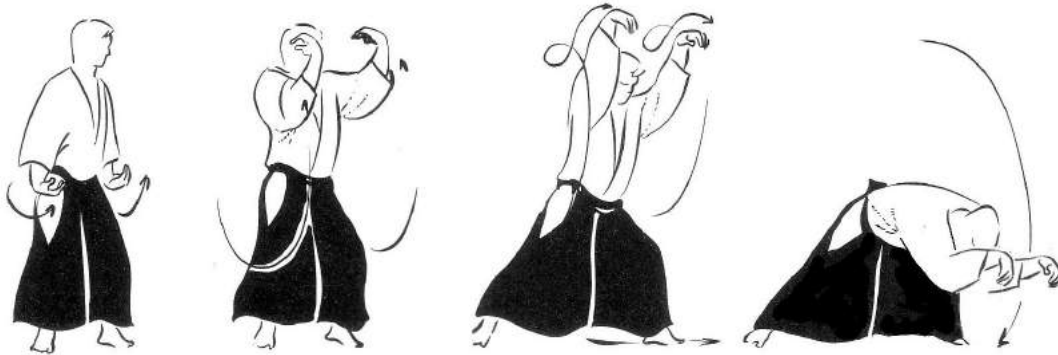
At the count of *ichi*, starting from the natural posture (*shizentai*), you will let your arms surge up on your sides, describing a half-circle. Your arms should remain immovable and unbendable. At the count of *ni*, you will take a step forward with your left foot, bend your left knee, swing your left arm forward and your right arm behind you, using your hips to turn your body upon its own axis and straightening your left leg behind. The inclination of your body over your bent leg should be as straight as possible. Then you will resume your initial position, bringing your left foot back into *shizentai* and swinging your arms back to your sides. Then *hantai*. This should be done four times.



30. Ushiro Tekubidori Zenshin Undo

From the *shizentai* posture, at the count of *ichi*, you will turn your wrists inward so that your fingertips are pointing forward, palms up in a sort of cup. Sweeping your arms up to your forehead you will then reverse your wrist position so that your fingers will be pointing toward the ground, palms down. At the count of *ni*, you will take a step forward with your left foot, and with a single motion will bend your body forward, describing a large circle with your hands as they descend toward the ground over your bent left knee, lowering your One Point.

You will then return to your initial position (*shizentai*) with your arms at your sides. Then *hantai*. This left and right *undo* should be done four times.



31. Ashikube Mawashi (Ankle Rotation)

Sitting position, rotate ankles forward, then reverse, left, right.

32. Aomuke Udenobashi (Full Body Stretch)

Lie on back, arms extended parallel to the floor, hands together, stretch whole body, right hand holds and stretches left wrist. Count to 10; then, *hantai*.

33. Aomuke Kataashi Mage (Knee Press)

Lie on back, left knee to chest, right leg stretched parallel to the floor, count to 10, relax, repeat; then *hantai*.

34. Aomuke Kyakubu Kosa (Knee Cross Over)

Lie on back, raise left knee, move left leg to your right side, left shoulder blade stays on the floor, head faces left, count to 10, relax, repeat.

35. Aomuke Ryoashi Mage (Double Knee Press)

Lie down flat on your back with your legs stretched straight forwards. Bend both your knees and press your folded legs to your abdomen. Use both hands to hold your shins to get maximum pressure. Count to 10, relax, repeat. Now release your knees and use the momentum to go to next position.

36. Yukani Suwari Kyakubu Kōsa (Pretzel Pose)

Right leg bent, parallel to the mat, right knee touching floor, left leg perpendicular to the mat and crossed over right leg, left arm gently locks left leg, turn chest to right side, head looking back, stretching your neck and trunk muscles to maximum, count to 10, relax, repeat.

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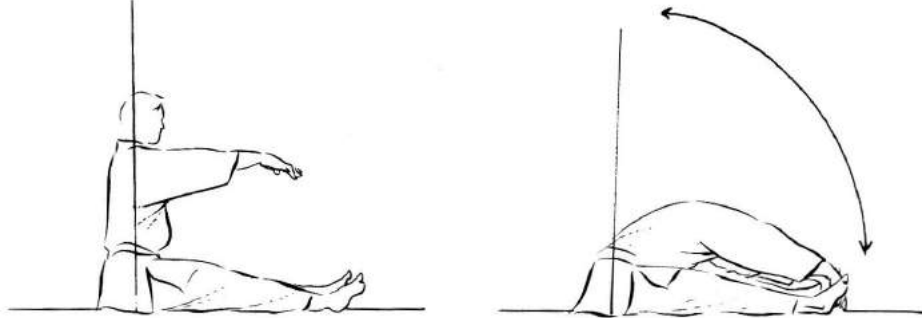
From the same initial position, you will bend your body forward, head almost touching the mat. Count to 10, relax, repeat.

Hantai of two previous exercises.

37. Yukani Suwari Zenkutsu 1 (Hamstring Stretch)

Sit on the mat, legs extended parallel to the floor, feet together, pointing your toes to the ceiling. Reach forward and grasp your feet from above, with your hands above your toes (if you cannot reach your toes, stretch as far as you can, grabbing your ankles or shins). Don't let your legs bend. Make sure you keep your shoulders down and relaxed.

Count to 10, relax, repeat.



38. Yukani Suwari Zenkutsu 2 (Single Leg Stretch)

From the position shown on *undo 37*, bend your right leg parallel to the mat. Your right knee should be as close to the mat as possible. Then reach forward and grasp your left foot.

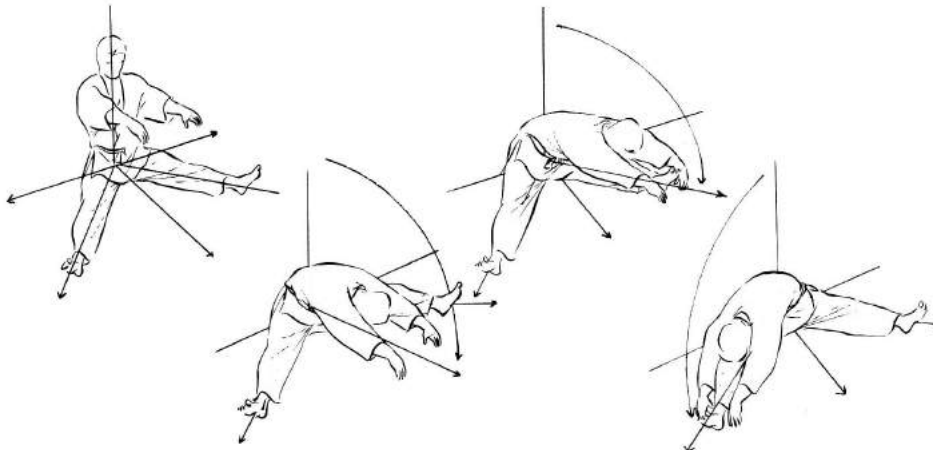
Count to 10, relax, repeat. Then *hantai*.

39. Kokansetu Junan (Butterfly)

Bend your knees and bring your feet together with the soles flat against one another. Cradle your feet in your fingers. Tuck your heels as close to your body as you can, and then "butterfly" your legs up and down, like flapping wings. Then bend forward, trying to bring your forehead as close to the mat as possible.



40. Yukani Suwari Zenkutsu 3 (Floor Splits)



Sit on the mat with your legs as wide apart as possible. Keep your toes pointed to the ceiling. Bend forward, extend your arms and try to bring your forehead as close as possible to the mat. Then, stretch to the left, grasping or just placing your hands next to your left foot. Keep your back straight and try to bring your head as close as possible to your knee. Now stretch to the right. Repeat the set and finish bending forward once more.

41. Sorikaeri Junan (Back Lift)

Lie down, belly touching mat. Position similar to military pushups. Look up using your back muscles to raise your head to maximum. Count each time your head is up, then go back to original position. Repeat 10 times.

42. Sesuji Nobashi 1 (Kowtow Stretch)

From the initial position above, bend your knees without removing your hands from the mat. Legs will be similar to seiza position. Stretch back muscles, count to 10.

43. Sesuji Nobashi 2 (Cat Position)

Then, move forward, supporting body on your knees and hands. Push belly down, look forward. Count to 10.

44. Kata Mawashi (Shoulder Rotation)

Sit seiza. Rotate shoulders forward. Count to 10. Then rotate backwards. Count to 10.

45. Kubino Junan 1 (Neck Exercise #1)

Still in seiza. Move chin inwards. Look up and wiggle your nose. Count 1, then go back to original position and repeat 10 times.

46. Kubino Junan 2 (Neck Exercise #2)

Sit in seiza. Bow your head. Place your fingers on the back of your head, allowing the weight of your arms to further stretch the muscles in the back of your neck. It is not necessary to pull downward. Count to 10.

Then, place your left hand on your head, head moves to your left. Count to 10. Now with your right hand, head moves to your right. Count to 10. Then, both hands again. Count to 10.

47. Kubino Junan 3 (Neck Exercise #3)

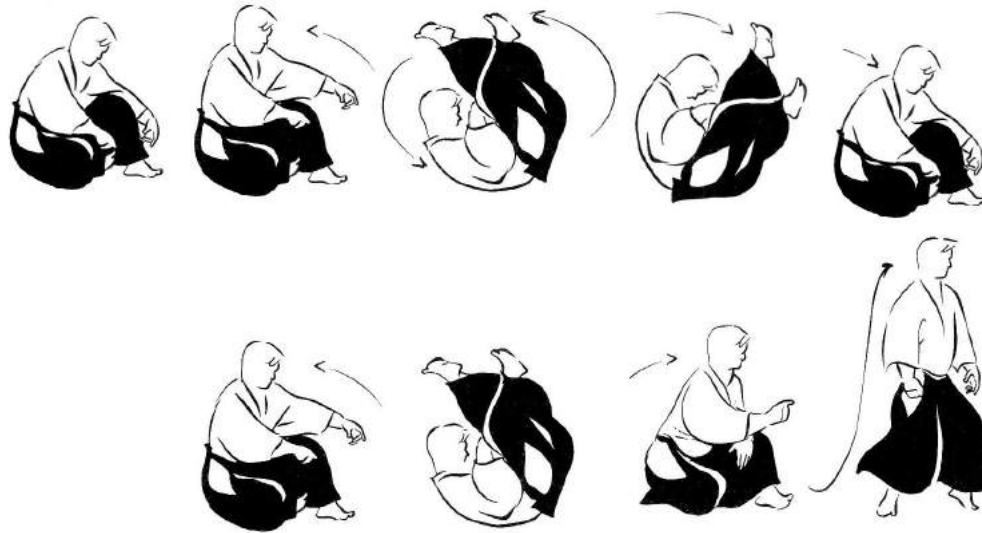
Same sitting position as *undo* 46; move chin inwards. Tilt your head to the left. Place your left hand on your head and allow the weight of your arm to stretch the muscles on the right side of your neck. Count to 10, relax, and repeat. Then *hantai*.

48. Kubino Junan 4 (Neck Exercise #4)

Still in seiza. Turn head to your left. Hold your chin with right hand, your chin applying some pressure against your hand. Count to 10, release. Then *hantai*.

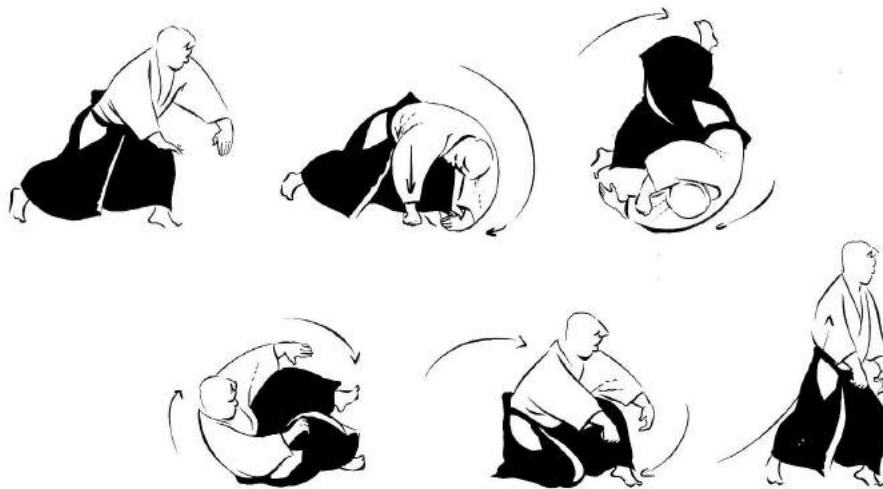
49. Koho Tendo Undo (Half Backward Roll)

You will sit on the mat as illustrated, with your right leg folded under your left leg (bent in front of you). At the count of "*ichi*", without changing this initial position, you will roll or rock backward, keeping your body "round." At the count of "*ni*", you will return to your original position. Repeat three more times. Stand up on the final forward move.



50. Zenpo Kaiten Undo (Forward Roll)

You will take a step forward with your left foot, bend your trunk low with your left knee bent, while your right leg will be stretched out behind. Placing your left hand on the mat in front of your left foot, you will stretch your left arm in a curved extension. You will surge forward (don't throw yourself indiscriminately), rolling along the arc formed by your unbendable arm, left shoulder, your back, and right thigh. Remember to keep your body round and legs folded under you, in order to avoid hitting the mat heavily with your ankles (slapping the mat) at the completion of the circular movement along its surface. Using the same forward momentum generated by this roll, without getting up you will roll over again, and then again, following the same pattern. Then *hantai*.



51. Ushiro Ukemi Undo (backward roll).

From a left natural position (your feet in the triangular position of defense) you will descend to the mat, folding your back leg underneath you, so that you will not fall directly on your spine, but will rather roll down and over that back leg. Your head should be facing right. While on descending motion, swing both your arms to over your left shoulder. This will create a momentum so you can easily roll and, without getting up you will roll backwards again, and then again, following the same pattern. Then *hantai*.



52. Shikkō Aruki – “Samurai Walk” (forward)

The exercise popularly known as “samurai walk” begins from a left *hammi* position on your knees. You will step up on the ball of your left foot, keeping your trunk straight as you let your weight descend onto your left knee, pivoting on that knee and bringing your feet together as indicated. You will this have described a half-circle as you moved along the mat. Your second step will be up on the ball of your right foot, right knee up. As your weight descends onto that knee you will pivot on it, swinging your feet together as indicated, and describing another semi-circle as you move ahead. It is important that you keep your shoulders down and concentrate upon being and remaining centralized.



Complied by Francisco Marques