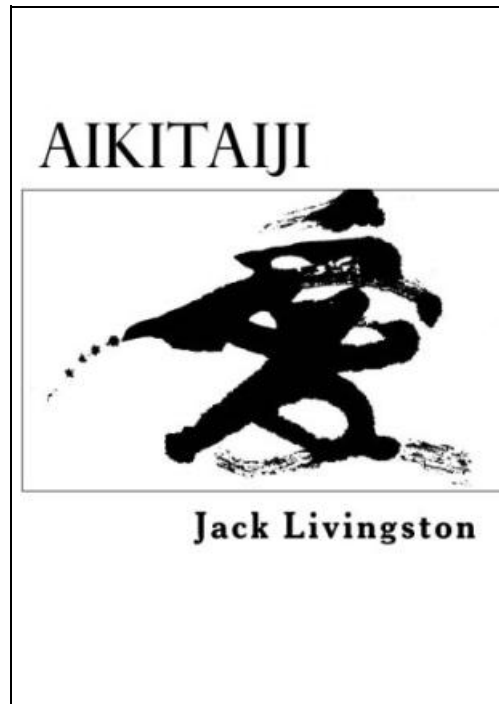


Aikitaiji: Soft or Internal Martial Art (Paperback)



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Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.

(Kade Ankunding)

AIKITAIJI: SOFT OR INTERNAL MARTIAL ART (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Aikitaiji is neither Aikido nor T ai Chi Ch uan as commonly understood. It s not anything new either. It s a compilation that I found useful after deleting things that didn t work for me. Aikitaiji is a two-point perspective on soft martial art. The best example to distinguish Aikitaiji is the way we engage in the cooperative but slightly competitive practice of Push-hands. Positive, playful competition adds realism (because your partner isn t just taking a dive). It s a direct encounter with flow when conducted in a playful manner. Aikido players could find proper Push-hands a very useful context for their practice. It makes a big difference when both sides agree to probe, push, lock and lose easily enough while putting up some resistance (it s very important to train relative to resisting opponents but not so much at first). The other main difference, one that could help T ai Chi players, is that we have the option of using the joint-locking and throwing techniques I learned in Aikido (when it s natural) from within the context of T ai Chi Push-hands. Aikido has joint-locking, throwing/falling and floor exercises. T ai Chi has the stances and forms that embody the choreography of optimal biomechanical power. Push-hands develops the improvisational and intuitive faculties. I used material from one art to fill in the gaps I found in the other, following soft principles into the conflux of energy/force where responses arise spontaneously and appropriately from an expanded menu of deeply memorized options. Many people who are primarily interested in spiritual/mystical stuff (do they still call it New Age?) will find that proper martial art is very well suited...



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