

Stretching

Once the muscles have warmed up it is safe to gently stretch them.



Forwards (x2)

1-2-3-4-5



Left & right (x2)

1-2-3-4-5



Forwards (x2)

1-2-3-4-5



Forwards (x2)

1-2-3-4-5



Back stretch

Left/right
& back to centre



Rolling

1-2 1-2 1-2 3-4

Hitori waza 1

Aikido exercises performed alone (without a partner).

Udefuri waza

1-2 1-2 1-2 3-4



Udefuri choyaku waza

Left 1, right 2
Perform 4 times



Sayuu waza

Left 1-2, right 3-4
Perform 4 times



Sayuu choyaku waza

Left 1-2, right 3-4
Perform 4 times



Tenkan waza

Left 1, right 2
Perform 4 times



Brighton Ki Society
Mind and body co-ordination

Hitori waza 2



Aikido exercises performed alone
(without a partner).

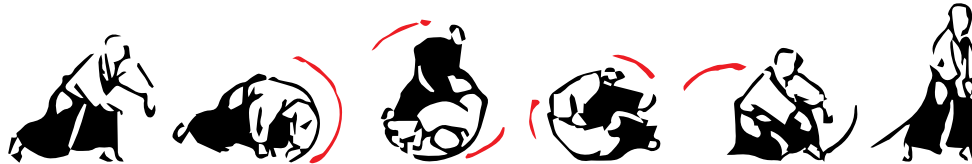
Ushiro ukemi waza

Perform 3 times, both sides



Zenpou kaiten waza

Perform 3 times, both sides



Ikkyo waza

Left 1-2 1-2 1-2 3-4
Right 1-2 1-2 1-2 3-4



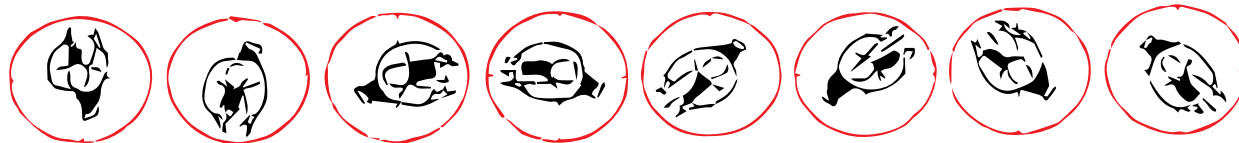
Zengo waza

1-2, pivot 180°, 3-4
Perform 4 times



Happo waza

Perform once slowly, once quickly



Hitori waza 3

Aikido exercises performed alone
(without a partner).

Zenshin koshin waza

Left 1-2 1-2 1-2 3-4
Right 1-2 1-2 1-2 3-4

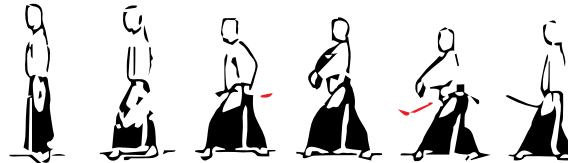


Zenshin koshin chyaku waza

As above, but with a hop

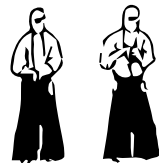
Funekogi waza

Left 1-2 1-2 1-2 3-4
Right 1-2 1-2 1-2 3-4



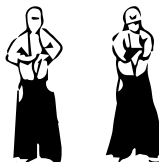
Nikkyo waza

Left 1-2-3-4
Right 1-2-3-4



Sankyo waza

Left 1-2-3-4
Right 1-2-3-4



Kotegaeshi waza

Left 1-2-3-4
Right 1-2-3-4



Notes



Hitori waza 4

Aikido exercises performed alone
(without a partner).

Kaho tekubi kosa waza

Left 1-2-3-4
Right 1-2-3-4
Perform twice



Joho tekubi kosa waza

Left 1-2-3-4
Right 1-2-3-4
Perform twice



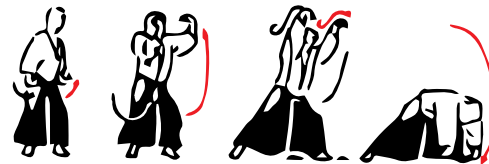
Ushiro tori waza

Left 1-2, right 3-4
Perform 4 times



Ushiro tekubi tori zenshin waza

Left 1-2, right 3-4
Perform 4 times



Ushiro tekubi tori koshin waza

Left 1-2, right 3-4
Perform 4 times



Notes

