

Low Impact Aikido Kokikai at TRC "Temenos Retreat Center" Class Structure

Our objective is to help every student build a lasting, enjoyable, and fulfilling Aikido experience. The following will explain the purpose behind what each student will experience while training with Ryan Fisher Sensei at TRC.

Learning Objectives

Junbi Undo - Proper Warmup

Release postures (stretching), spine and joint mobilizing movements, and breath-work for increasing energy flow and promoting relaxation.

Ukemi - Attacker's Role and Safety in Practice

The student will learn a simplified version of the safe methods of recovering from various "throws". Due to the "Low-Impact" format, "throws" will be experienced differently than if this were a traditional Aikido class. Low Impact Aikido stresses safe practice of technique to ensure that each student, regardless of age or physical limitations, has the ability to enjoy the most important elements of Aikido.

Ki Test and Ki Undo

Ki Tests are designed to examine the student's knowledge of the four "Ki" principles. Students will learn the purpose of and how to correctly administer each ki test.

Ki Undo teaches the student how to move the body with efficiency/grace and develop strength in a more complete and uniform way.

Four Ki Principles

One Point

Relaxation

Correct Posture

Positive Mind

Weapons Kata

A series of movements (2 katas per each weapon) using the Jo (wooden staff) and Bokken (wooden sword) designed to teach the fundamental footwork of every Aikido technique. Students will learn to treat the weapon as an extension of the body.

Waza (Technique) Sequence and Advanced Waza Training

Waza Sequences consist of a flow of 4 techniques each, that provide a foundation in Aikido training. Towards the end of each class, we will explore advanced ideas/techniques for a challenging and energetic conclusion to every class.