



Courses

Course 3: 'AIKI' Exercises

Course Overview	Benefits in participating
<p>Aiki Exercises are fundamental moves derived from the practice of the martial art of Aikido.</p> <p>These exercises build physical resilience through a focus on body alignment, balance and breathing.</p>	<ul style="list-style-type: none">• Learn exercises that teach you how to attain physical centredness and mental stability - these exercises double as self defense moves and provide elementary orientation when faced with physical crisis• Experiential understanding of personal reaction to change• Physical exercises to build personal resilience to stressful situations through body alignment and breath

Outline of what you will learn

Sitting, standing, walking

- Sitting with out tension in the shoulders or lower back, using a “wedge”. Elevate to standing.
- How to stand in half-position, balanced over the feet yet able to manoeuvre
- Practice “warrior walking” along a line but centred over the feet

Breathing & Centering

- Practise abdominal breathing to calm the mind and centre the body
- Integrate breathing and movement to centre body
- centre to stabilise the body and maintain poise in the midst of a crisis

Practise with short stick

- Raise the arm to free the shoulder and connect to the feet, express energy through the hand
- Practise with a short stick to alternate movement of the feet and arms and integrate with the breath
- Responding by “awasa” practice of blending breath and movement with a partner/opponent
- “irimi” entering into relationship with partner/opponent” by adjusting position

Duration	More information
Half DAY	Visit the website: www.conflictconnexus.com