

## **KIN 626: Philosophy of PE Development**

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### **Aikido Notes**

**(4-17-02) Dr. Ed Carrol and Timothy Murray**

Ai=join, harmonize

Ki=breath~chi~universe

Do=way or path

Aikido="The path you walk to become one with the universe"

Ueshiba, M. (founder of Aikido)

- He who chooses to fight with me fights with the universe.
- Changed his body type throughout his life.
- Now four generations of Ueshibas practicing and carrying on the Aikido traditions.
- Key is the sword because you can't oppose the sword with an open hand so you must join with sword energy by focusing and shaping your own hands and arms like that of a sword.
- Primary principle is to "join with other person" so you can see through his eyes or perspective.

Bujitsu=the arts of the warrior

Budo=the mental spirit of the warrior

Sword=It is bent so it won't break. It is a "razor" not a bludgeon.

- Aikido only uses "left hand" swords because holding the sword in the left hand grip keeps your heart the furthest from your opponent.

Ethics of Aikido=To deliver pain control and compliance without inflicting permanent damage.