

Aiki Taiso 合気体操

The Aiki Taiso is a set of exercises related to the movements used in aikido techniques. They may vary a little from one dojo to another.

** Always starts with LEFT(左) side, then switch to RIGHT(右) side.

** Keep good posture all the time. KREW!!

Exercise	Meaning	Description
Wrist Stretch:		
Kotegaeshi (小手返し)	Wrist Twisting	Palm facing you. One hand grabs back of the other hand. A thumb behind the bottom of the pinky and other fingers grabs thumb side. Twist wrist and move downward.
Ikkyo (一教)	First Teaching	Palm down. The other hand grabs back of the hand. Compress wrist upward.
Nikyo (二教)	Second Teaching	Thumb down. The other hand thumb up, fingers point the same direction, and wrap the thumb over the top. Pull hands toward you. Compress wrist toward you.
Sankyo (三教)	Third Teaching	Palm out with thumb down. One hand grabs the other from the top. Push hands outward.
Funakogi Undo (舟漕ぎ運動)	Rowing Exercise	Hidari hanmi. Move from hip, bend front knee as weight is shifted forward and back. Arms at hip level and moves forward and back like rowing a boat. Switch sides.
Shomen uchi Ikkyo Undo (正面打ち一教運動)	Shomen uchi Ikkyo Exercise	Hidari hanmi. Move from hip, bend front knee as weight is shifted forward and back. Swing both hands forward in front of the face with hand blades extended.
Zengo Undo (前後運動)	Forward and Back Exercise	Shomen uchi Ikkyo undo with a 180 degree turn. 1-swing arm forward, 2-turn 180 degree with arm at hip, 3-swing arm forward, 4-turn 180 degree with arm at hip.
Happo Undo (八方運動)	Eight Directions Exercise	Shomen uchi Ikkyo undo in 8 directions. Odd # (except 1)-step and swing arm forward, even #-turn and swing arm forward. Hidari hanmi-only step with left foot. Migi hanmi-only steps with right foot.

Tekubi kosa Undo (手首交差運動)	Wrist Crossing Exercise	Shizentai. Cross wrists in front of the belt.
Tekubi Joho kosa Undo (手首上方交差運動)	Upper Wrist Crossing Exercise	Shizentai. Cross wrists in front of the face.
Sayu Undo (左右運動)	Left and Right Exercise	Shizentai. Swing arms sideways, bend knee to drop weight. Lower hand at your belt. Switch sides.
Sayu Choyaku Undo (左右跳躍運動)	Left and Right Leaping Exercise	Sayu undo with side steps. 1-step behind the other leg, 2-step to side.
Udefuri Undo (腕振り運動)	Arm Swinging Exercise	Shizen tai. One hand front, one hand on your back. Swing arms to switch. Move from the hip
Udefuri Choyaku Undo (腕振り跳躍運動)	Arm Swinging Leaping Exercise	Hidari hanmi. Udefuri undo with 180 degree turn. Step forward and tenkan as arms swing out.
Ushirodori Undo (後ろ取り運動)	Grabbing from Behind Exercise	<u>Feet together.</u> “Cleaning the bowl”. Spread arms with palms out while stepping forward, turn hip to throw. Front knee is bent, front arm is lower than the back arm. Switch sides.
Ushiro tekubidori (Zenshin/Kotai) Undo (後ろ手首取り (前進/後退) 運動)	Grabbing Wrist from Behind (Go Forward/Back) Exercise	<u>Feet together.</u> (Zenshin) Raise hands to eye level, as stepping forward. Bend knee, arms forward and down to throw. (Kotai) Raise hands to eye level, as stepping back. Bend knee, arms forward and down to throw.
Tenkan Undo (転換運動)	Changing Direction Exercise	Hidari hanmi. “Scooping ice cream”. Left hand out. Pivot around the hand. 180 degree turns backward each count. Switch side.
Tenkan Choyaku Undo (転換跳躍運動)	Changing Direction Leaping Exercise	Tenkan with steps. Hidari hanmi. Left hand out. Step forward and pivot around the hand.

Vocabularies:

- **Taiso/Undo** (体操 / 運動): Exercise
- **Migi** (右): Right
- **Hidari** (左): Left
- **Hanmi** (半身): Stance
 - **Migi hanmi**: Right foot forward stance.
 - **Hidari hanmi**: Left foot forward stance.
- **Shizentai** (自然体): Natural stance. Spread feet about shoulder width.

** Detailed vocabulary list is available on separate sheet.