

Four Principles of Aikido: **(“KREW”)**

Keep one point: remain centered at all times, maintain your balance
Examples: All techniques, Ushiro tekubidori Kokyu nage

Relax completely: do not let your body tense, remain relaxed to feel uke (attacker) and perform techniques correctly
Examples: All techniques, Kokyu dosa, Udefuri Undo

Extend ki: direct your spiritual force/energy (ki) outward
Examples: Irimi nage, Sokumen irimi nage,

Weight underside: perform techniques by lowering your center
Examples: Sokumen irimi nage,