



AIKIDO OF ROSSMOOR

Taisabaki

February 5, 2011

Taisabaki means body control. Aiki taiso means aikido exercises.

The aiki taiso and the taisabaki give us a way to practice the fundamental movements of aikido. The aiki taiso helps us to learn the basic body movement and the taisabaki adds the concepts of ma' ai, blending, leading and following.

This is true for adults, as well as kids. Kids improve much quicker by incorporating the aiki taiso and taisabaki in their classes. Taisabaki is a challenge to teach to kids, but repetition is the greatest teacher of all.

Tai sabaki toshu and taisabaki with bokken are valuable tools for body movement with posture and balance along with the aiki taiso. The bokken adds another level of understanding about ma' ai, blending, leading and following.

Toyoda Sensei and Sato Sensei start out teaching a technique by showing the related taisabaki. This is because the body movement of the taisabaki is much more important to learn than the technique of the day. With the correct body movement the universe of thousands of techniques open up.

However, we should always remember that the aiki taiso and the taisabaki are simply tools not techniques themselves.

In the actual practice of aikido the taisabaki is part of the blending with the attack. You do not stop to execute the taisabaki. It is an integral part of the overall technique.

Aikido is effective because you are using the uke's momentum and leading it. This is why strength is not a primary determination of the effectiveness of aikido techniques. If the uke's momentum has stopped, then technique becomes much more difficult to execute and the chance of injury to the uke or nage greatly increases.

The uke's job is to follow with just enough resistance to assist the nage. Of course, uke can defeat the technique, because uke knows what is coming next and can block the technique the nage is trying to practice, but in a practical situation if the uke changed his attack or position the nage would change the technique, because aikido is about blending and using what the uke gives you not forcing a particular technique to work.



Aikido means the way of harmonizing the spirit which is the key to the effectiveness of aikido techniques.

Derek K. Nakagawa
Chief Instructor