

## 1) One arm down to master Method-1

### Method 1: Undetectable power transfer

Till so far I have noticed total 6 methods by which AIKI JUTSU can be realized. Let's start by Method-1, Undetectable power transfer, which one can realize AIKI JUTSU with least difficulty.

AIKI JUTSU is defined the skill which can be realized only by body movement controlled by image. But the usage level of image differs by each method. In this Method-1, the portion of image is the least, i.e. image 2/3, physical power 1/3. Because of this more portion of physical power usage, one could master this Method-1 easily than the other methods which have higher portion of image usage.

Accordingly one had better start this Method-1 to master AIKI JUTSU and then go up to other methods.

With this method, you move your body or a part of your body like your arm or hand without putting power into the point of connection with an opponent. For instance, if you want to raise your arm while your wrist is held by somebody else, you would normally put resistance against the grasp. Your attacker can detect your resistance and he blocks your movement, preventing you from raising your arm. But if you can move your arm without putting power into your wrist, he will not detect any change in resistance, and, accordingly, he will not block your movement. This is Method 1.

Here we start "one arm down" to try to understand method-1.

It is much easier to learn how to move arm without putting non-necessary power to use gravity. By using gravity, one can move one's arm without applying physical power. On the contrary it is more difficult to move up arm because you have to raise your arm against gravity. In this case you need physical power and which makes it difficult to move up arm without putting power.

How to practice Method 1 with two people (A and B):

- 1) B stretches his right arm horizontally.
- 2) If A puts power at the touching point, B can resist against pushing down.
- 3) A pulls his right arm down without putting power at the point of contact.
- 4) B cannot resist A's dropping power, and his right arm will fall.



against pushing down.



If A puts power at the touching point, B can resist



A pushes down right arm without putting power on the connection point. B cannot resist it.

It is explained so easily above to do this “one arm down”, but it is actually quite difficult and one can seldom do this right away.

According to the ordinary teaching way, an instructor just show this technique to his/her students and let them try it. Of course they can never do this only just being showed without any detailed explanation. Then always instructor says “If you practice very seriously you can. If you can’t it means you need more effort.”

In such way of teaching with poor explanation/orientation, students can never learn AIKI JUTSU except only a few exceptional cases. And this is the main reason why AIKI JUTSU could be transferred only to the limited number of persons who have 20 times stronger motivation and a lot of luck.

Then how one can down arm which is supported by the other’s arm who resist down motion without putting power on the both arms touching area?

By the explanation of Method-1, it should be much easier for every one because they already know how they should do.

**Option 1: Ask a third person to push A’s right arm down.**

**Option 1:** ask the 3<sup>rd</sup> person C to push down B’s right arm



3<sup>rd</sup> person pulls down grasped A’s hand. It works exactly same.

For this Option-1, A never put power onto his arm but C pull down his hand to push down A’s arm. This should work unexpectedly well and all three persons shall get a big surprise that B’s arm could push down so easily.

Please remember this feeling how less (nearly nothing) power should used to pull B’s arm down. And this should be always to be compared to the result of other options.