

## Step2 One arm down by Method-1 Ver-2

### Option 2: Use own free hand/arm to pull down arm

A: puts own left hand onto his right arm and push down own right arm by left hand

B: pushes down his own right arm by left hand it works same way, too.



I wonder how it went. I guess most of you succeeded this option-2.

There should be a clear difference between Option-1. In case of Option-1, you did not use power but the third person pull down the arm. Now you have to use your power, although you use free left hand/arm power. But it surely affects the case. Even though you know you should not use your right arm power, but you can't help using your right arm power and it makes the result different. In this case, you feel some resistance of UKE's right arm. As you use less power of your right arm, you feel less resistance of UKE. So, please train so that you can use less power of your right arm. The target, you already know as your experience by Option-1.

Till here, you only could experience the result of AIKI JUTSU. You should move your arm with image controlled power and this case you did not realize this. But if you could get the experience of AIKI result, you could reach 1/3 pass till the goal. Comparing to a journey, you already can see your goal beyond your walking path. It is a huge difference that you walk with knowing the goal or without.

By the next step, you start this image controlled power motion.