

Step-8 Try to move arm horizontally by Method-1 Ver-1

By finishing Step-7 you surely have mastered basics of Method-1. So now let's try to move arm horizontally by Method-1. It is rather easy to pull down arm vertically without putting power thanks to the help of gravity. Now you do not have assist of gravity to move arm horizontally and it makes the application a little bit less easy. But do not worry. You already mastered to pull arm down so you can do this also, I believe.

A: Grasps D's right wrist by his left hand

D: keep the same height and turn counter clockwise without putting power on to the grasped right wrist.

A: Can not resist this motion and has no option to move around D.



It depends on the persons who can do this right away or not. But do not worry. Everybody starts realizing this motion soon.

In this case it is the easiest way to realize this motion that one copy the motion of "ROBOT" The motion of ROBOT means regard the grasped arm as firmly fixed to the body and keep that fixing turn body counter clockwise. Then one can realize to move arm without putting power on to the grasped wrist.



How is it now? I believe most of you can realize the motion by this way. I remember that I once read an AIKI teacher recommended to copy this ROBOT movement to realize AIKI-JUTSU. Unfortunately that AIKI teacher did not explain why ROBOT movement helps to realize AIKI-JUTSU, maybe because he did not notice the method but he just simply noticed it works.

For some cases you find it quite difficult to turn D even you copy that ROBOT motion. That is the exact point this move horizontally becomes more difficult than move down vertically of the previous sessions

It is very important to think over the limitation of Method-1 to understand the reason. In case A grasps D's wrist, D moves that grasped wrist by Method-1. Then D's body is unbalanced by this arm movement. That is the meaning of Method-1. To understand the limitation of Method-1, let's make an exaggerated case as A put all his weight onto his grasping hand. Then D can not raise or move his grasped arm. AIKI JUTSU is not magic. One can not physically move up heavy person with a small power. It sounds like an air floating which some YOGA practitioners claim that they succeeded and which I never believe.

Some AIKI JUTSU master realize similar movement but they realize it by the other Method, which it works to the other nerves like electric signal. Only by such Method move directly heavy person becomes possible.

Well, coming back to the original point, in case you can not move the other by ROBOT motion, you try to move directly his body (weight).

Please refer to the below example.

Case A: Martin (beginner) can not move heavy Theo-SHIHAN



Case B: After Marcin changed one thing he could easily move Theo-SHIHAN as below.



I wonder if you noticed what Marcin changed.

Please pay attention onto the angle between Marcin and Theo-SHIHAN. For case they stand by 90 degree but in Case B, it become wider. In case A, Marcin directly try to pull Theo-SHIHAN's

body (weight) via his arm. But for case B, he moves Theo-SHIHAN's arm first, then by moving arm Theo-SHIHAN's body moves and he becomes unbalanced.

By Method-1, move light weight parts, like arm, first and it causes the body's unbalance. It is the meaning of Method-1.

Well, let's go forward to the next step after clearing the above ROBOT motion. Most of you can already expect what should do next. Yes, you are right. You do free arm supporting.

A: Grasps D's right wrist by his left hand.

D: takes right hand by free left hand then without putting power on to the grasped right wrist, pull right hand by left hand. At that stage, try not turning body but pulling left hand/arm. This is just a image not to turning body, but actually the body turns..

