



## Aikido Northampton



### Scratching the Surface of : Mind and Body Co-ordination within AIKIDO

We try to make our bodies work with our minds or should this be our minds with our bodies. Knowledge and requests come from your mind and is passed on to your body but your mind has no limits, your body has many, so our first co-ordination is to align our mind with the limitations of our body. So our mind should not stray and defeat our body. Extreme example is a mind controlled by drugs can tell the body it can fly. In my experience the body will only fly like a brick.

How do we try to improve and discover mind and body co-ordination within the Dojo.

Relaxation to me is the most essential part of mind and body co-ordination. This is practiced within our exercises, postures, tai-sabaki and eventually technique.

- Exercises – relaxation, posture, control, limitations and weight distribution.
- Postures – relaxation, distribution of weight.
- Tai-sabaki – relaxation, weight distribution, co-ordinated flowing posture, direction.
- Technique – relaxation, attack co-ordination, weight distribution, co-ordinated flowing posture, directions and control.

Ask yourself, when your doing any of the above, are you in auto mode and performing what you have seen parrot fashion or is it meaningful and fulfilling. Typical example is tai-sabaki, do you simply do the movement or do you do it with the feeling of someone attacking and the satisfaction of continued posture and flow?

There are also many other things to take into consideration when discovering mind and body co-ordination such as concentration, feeling, hearing, seeing and emotions. It is accepted that people will automatically use these without prompting, but do they?

You can see the effects of mind and body co-ordination in people after sustained AIKIDO practice.

If you think back to someone who once was a beginner their awkwardness within the simplest of things and see them now as graded, this is mind and body co-ordination within AIKIDO.

You will also find that this co-ordination will have an effect within everyday life and actions.

To the instructors, remember the more knowledge you try to give, the less mind and body co-ordination the student will have.

Aub