
AIKIDO

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Aikido is one of the youngest Japanese martial arts. The name aikido consists of three characters: ai – harmony, unity; ki – energy, universe, nature, dó – way, way of life. It thus means a way of life through the harmony with nature. A narrower interpretation, the way of harmony with the adversary, is also possible.

Ikkyó

Ikkyó is the first basic technique in aikido. Its name directly refers to the sequence of techniques (it is followed by nikyó and sankyó). The principle of the armlock is not to wrestle with the opponent, but to bring him out of balance. The armlock targets one joint – elbow. The partner should end up immobilized, with his/hers shoulder pushing the ground. The technique is based on the movement of sword slashing against the opponent, who grabbed defender's wrist in order to prevent drawing of the sword.

Nikyó

Second aikido technique affects the elbow joint and at the same time reverses the wrist. This joint lock can be very painful, it is thus necessary to abide by the principles of safe exercise (do not use a great force). While practicing nikyó, precision and sensitive manipulation should be exercised, in order to avoid chronic wrist damage.

Sankyó

Sankyó is a third aikido technique (depending on the number of affected joints). It includes a wrist twist that can be very painful, the joint lock thus should not be applied with a great force. The direction of the joint lock rotation is from the wrist joint, through the elbow joint up to the shoulder joint. Proper control of the opponent is the key to understanding the principle of sankyó.

Kote gaeshi

Kote gaeshi is a popular technique which reverses the wrist. If the joint lock is not applied carefully, wrist pain can emerge and in case of a fall (when the effect of the joint lock is even more intensified) a serious injury can occur. Aikido techniques should not involve pain. The correct execution of the technique always depends on the cooperation between the attacker and defender, it is always about harmony.

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