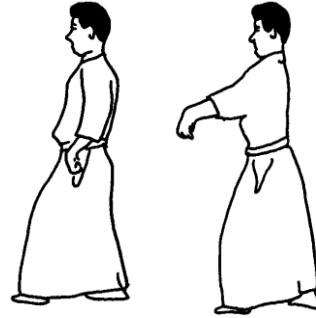


ASSOCIATION OF KI AIKIDO

Ki Development Exercises

1. Funekogi undo (rowing exercise)
2. Shomen-uchi ikkyo undo (beach-ball exercise – one way)
3. Zengo undo (two-ways) on the spot
4. Zengo undo (with Irimi)
5. Sayu undo (static)
6. Sayu undo (on the move)
7. Ude-furi undo (sword-drawing)
8. Ude-furi choyaku undo (Tenkan 2)
9. Ushiro-tori undo (shrugging off)
10. Tenkan undo (Tenkan 1)
11. Koho tento undo (basic breakfall – to cross-legged)
12. Koho tento undo (to standing)



Ki For Health Exercises

1. Swing arms round body
2. Lean sideways from hips
3. Arms through legs and stretch back up
4. Swing arms shoulder height
5. Neck – ear to shoulder
6. Neck – forwards and back
7. Neck – look left and right
8. Knees – up on toes, bend knees
9. Knees – stretch hamstrings to each side
10. Nikyo undo
11. Kote-geishi undo
12. Sankyo undo
13. Single arm swing in, then out
14. Both arms swing, in then out
15. Both arms swing, drop one-point
16. Tekubi shindo undo (shaking wrists)



Mobilising back, feet, legs, etc as appropriate, finishing with koho tento undo (rolling)