

## Aikido I

We begin with centering ourselves and bringing that awareness to the situation of "conflict." We simultaneously practice the kata of clean powerful attacks and harmonious defense responses, and ukemi, the art of falling. We emphasize extending energy and transforming the encounter to one of excitement and harmony. Bokken-aikido sword-is introduced. We establish links to the aikido lineage and training communities. We support our embodied experience by reading and reporting on texts of aikido history, philosophy and technique. We study other contemporary sensei through video and visits to seminars. We journal our practice and write reflection papers. Cross-listed as TRA110.

Course Number: TRA510

Unit: 3.0

Program: GRAD/UNDG Trad Estrn Art