

# An Introduction to Aiki Minimal-Motion Waza

## ASPECTS OF MINIMAL MOTION AIKI

In the Takeshin System, Advanced Aiki Minimal Motion Waza takes 6 forms, the first 3 of which will be covered in this seminar:

1. structuring/structural freezing
2. making standard waza smaller
3. compliance by pressure points
4. leading by technical shape (down-out-down, S-curve, Kana “no” –shape)
5. friction techniques
6. misleading intention (fakes)

—the final three forms will be covered in an upcoming seminar “Invisible Aiki”.

**Shihan Tony Annesi,  
Takeshin Aiki-ju-jutsu  
in Seminar at  
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## IMPORTANT GENERAL SKILLS

1. general relaxation
2. selective tension
3. breathing
4. awareness of aiki principles
5. good uke-ship (intent without challenge)

## 1. STRUCTURING

The precursors to Aiki structuring happen often without our awareness when we study Aikido’s kneeling *kokyū-ho* and Takeshin’s *hachikyu waza*.

Modified *hachikyu waza* are ideal for studying structuring, especially *kote-shomei odori –oshi-ho* which later transmutes into *katate-osae odori*.

## 2A. MINIMIZING AND STRUCTURING TAKESHIN KIHON WAZA

- Kote Shomei Odori (teisho-age oshi-ho)
- “Wrist off” = Okamoto’s Aiki Sage
- Takeshin Shomei Odori = Okamoto’s Aiki Age
- Mae Kubi Shime Odori
- Katate-dori Kao-ate & Kosa-dori Kao-ate
- Kami Zeme = Aiki Sage & Aiki Age
- Tekubi-wa Odori (actually the initial movement of *katate-tori Te Hana Odori*)

## 2B. MINIMIZING AND/OR STRUCTURING STANDARD AIKI WAZA

- Ude otosu odori/Ikkyo
- Te hana/inverted Kote Gaeshi
- Katate-dori Yoko Kagi/Nikyo
- Kote Hineri/Sankyō
- Kote Gaeshi
- Shiho Nage
- Aiki Ura Ude Seoinage
- Ju Seoinage
- Ushiro Zeme Otoshi
- Tobi Nage

## 3. PRESSURE POINTS

In Takeshin Aiki, pressure points (*kyusho*) occur where nerves cross bone or muscles can be split. They are used to cause pain and/or movement in uke. Because activating numerous pressure points can cause upset stomachs and discomfort, we will introduce a few points at a time in short periods between other segments of the seminar.

