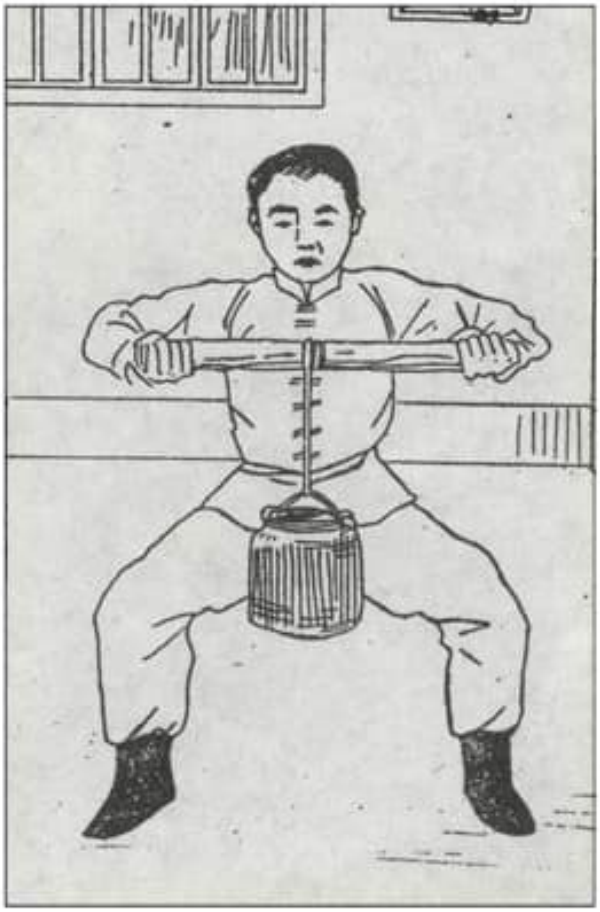
Makiagi - Wrist Roller



A very difficult way to use the mffjtiogr is depicted in this old Chinese drawing.

The author (aged 53) training with the *making),* made from aid window weights, at his *dojo* in Tasmania.

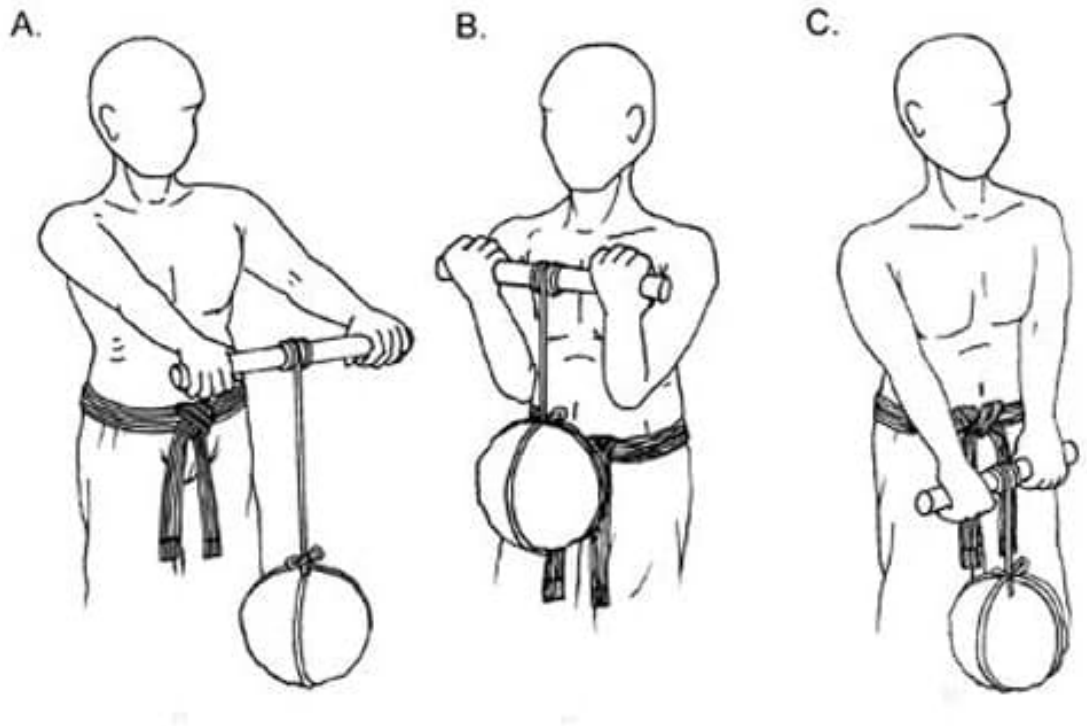
This ancient Looking tool was in fact made by Richard Barrett and is used in his private ctojo in Almeria. Spain.

Deceptively simple to look at and easy to make, this tool will test everyone who uses it.

This most basic of tools can be found around the world wherever people gather to develop their bodies. In the earliest versions, rocks were tied with a length of cord or chain to the center of a short piece of wood, and raised and lowered by use of gripping

and wrist power alone. During conversations with Tetsuhiro Hokama *sensei'* at his *karate* and *kobitdo* museum in Nishihara, Okinawa, I discovered there is some consensus among the martial arts community chat the weights from ancient looms were among the earliest of the everyday items used in the evolution of this tool, although just as clearly, other workplace items could have been utilized. The heavy stones placed over the thatched roofs to help keep diem in place during the typhoon season and the makeshift anchors for the small fishing boats are just two of the other possible candidates for initial inspiration that spring to mind. Over the years, and according to the circumstances of the practitioner, the specifics of any tool may alter. However, the intention remains constant: to push the mind and body hard against the resistance of the tool and see which one wins.

Makiagi Exercises



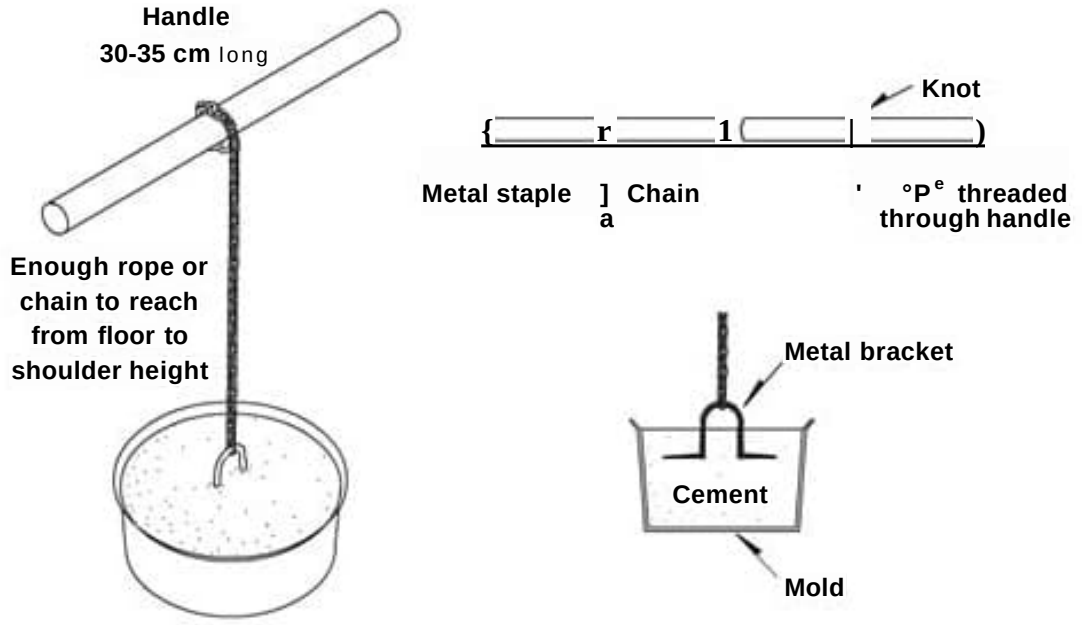
Standing, either naturally or in *sanchin dachi*$_y$ with arms outstretched, the palms facing down and the weight of the tool resting on the floor, begin to raise the weight by rolling the rope around the shaft using only the extension and contraction of your grip (Figure A). First using one hand and then the other, try to keep the shaft on an even keel and do not let it wobble up and down while the weight begins co lift. If this

happens, it Breaks the isolation of the wrist muscles and brings the shoulder muscles into play. The whole idea is to make the fingers and the wrists work hard when lifting and lowering the weight. Keep the head in a natural position, the back straight, and using peripheral vision, watch the weight rise and fall. Once the weight has been raised, reverse the gripping action and return the weight to the ground in the same controlled manner. The action should be smooth and flowing throughout the lift and descent. Although the adoption of a particular stance is not strictly necessary, as long as the back remains upright and not arched, standing in *sanchin dachi* helps link the exercise more closely to *karate* and with the feeling of Kfixing" yourself to the ground. Turning the hands over, palms facing up, helps relieve some of the lactic acid build-up in the forearms and allows training to continue.

Bending the arms into the familiar *sanchin* double *chudan ukc* posture (Figure B) also gives a different feeling for the exercise. Just remember to keep the shaft moving smoothly and on a level plane and not to lose the isolation of the muscles being targeted.

If these exercises prove to be too difficult, start by holding the arms low (Figure C) and in front of the body. This may well be an appropriate way to start working with the tool for many people, especially those who are slightly built. Regardless of the way in which the tool is being worked, always endeavor to harmonize the breath with the movement of the body and the exercise being done. If the breath is not working with you, it is working against you—there is no neutral ground with this.

Makiagi Construction Notes



A piece of dowel, a Length of rope or chain, and a suitable weight make this very effective tool.

You need a rounded piece of wood, fourteen to sixteen inches (30-35 cm) long, a length of rope or chain long enough to stretch from the floor to the height of your shoulders, and a weight that can be made of almost anything. Fix one end of the rope/ chain to the weight and the other end. to the center of the wooden handle. This is best achieved by drilling a hole through the center of the handle, threading the rope/chain through it first, and then tying it off. The *makiagi* I use weighs 14 lbs. (6.5 kg) and is made from weights once found in the construction of houses as the counterbalance to open and close window's. Each of these iron weights weighs 7 lbs. (3.25 kg), and 1 have taped two of them together.