

Using Aikido in Combat

Everyone has the power of life or death in one's hands. It is the decision of the individual to slow down when pedestrians are crossing or whether to pull the trigger when going on a duck hunt.

Unfortunately, there are certain elements in society who will cause harm in order to get money instead of working for it. The person can become a victim when walking to the car after doing some shopping or when coming home late from work.

The police may not always be there to assist so it is best to be prepared always. One way to be prepared is learning a martial art. The individual does not have to be as good as Bruce Lee to kick butt but simply learn what it takes to deliver a good punch.

One of the more popular and yet very peaceful is aikido. This is because in combat, the person doesn't strike the opponent with the intent to injure or kill. The objective is merely to subdue the opponent with minimum force to be able to get to safety.

There are various Dojos all across the country that teach aikido. The person can sign up in one and then move up the ranks.

Beginners will first work use techniques based in the shape of a square. As the skills develop, the person will move up to triangle and then eventually circle. This will take months so the student must be committed throughout the entire process.

The objective of this is for the person to be able to the various techniques with the least amount of effort unlike before. This will give the person enough energy in combat should there be more than one opponent.

The things done in practice such as the holds, grips and falls can never be compared with what happens in the streets. This is because an inexperienced person may try something different so the individual should be prepared for anything.

It is a good thing though that various competitions are held regularly so that one's combat skills can be tested. The student can sign up especially if the dojo usually participates in such tournaments.

While in practice or during competition, the person should lower the tempo to

prevent injuring the partner. After all, the real battle is out there in the streets and should only be used as a last resort.

There may even come a time that the assailant could be someone also skilled in the martial arts. The only way to win will be to use the mind since this will allow the individual to react faster in the middle of a fight.

There are various secrets in aikido. This can be from the hand to eye coordination, the flexibility of the wrist, the breathing and the speed. All of these things will count for something as the person is in combat struggling in a life or death situation.

There is a line that goes, "no pain, no gain." Unfortunately, this will happen in order to be good at aikido since the one who has the competitive edge will be the victor in any battle. The person can do well in any combat situation as long as one is guided by senior students and the Sensei and believes in his or herself.