

## Aikido Secrets Everyone Should Know

When an attacker is approaching, the person only has a split second to decide whether to dodge or block the move of the opponent. There is no point thinking about what this happened in the first place but the concern now is just to stop it.

In a fight, the person can make a counter attack in the hopes that the individual will be subdued. There is another way of course without resorting to force, which is the technique one can learn in aikido.

Aikido is a martial art in which the person blocks the moves of an opponent by using the hands. Anyone who wants to learn it will not be able to move as fast as Steven Segal in one of his action films but still be effective in combat.

This martial art cannot be learned by merely watching others do it in the movies or in television. There are some who even show the step by step process in a magazine but nothing still compares to learning it from a Sensei.

The person must first become a student in order to be called a master. This means learning the basic rules from entering the dojo until the class is over. The person will surely feel some pain after falling down a few times on the mat but this is not to torture the pupil.

This is all part of the training, which the student must also do properly in order to move into the more advanced classes.

One of the secrets is being able to know when to use it since timing is everything. There is a bit of hand to eye coordination just like in sports but here, the individual will merely redirect the same force back to that individual.

Another secret in using aikido has to do with the wrist. The person should be smooth enough to put one hand over the opponents to be able to make the technique work and counter the attack.

It takes a certain amount of energy to be able to perform certain moves. The individual will learn the various breathing exercises that will increase the heart rate and slow it down especially in the heat of the action.

The student should bear in mind that the breathing exercises also serves as a unifying force between the physical and the emotional aspect of the person.

The most important secret in mastering aikido is being consistent with the

technique. The arms will surely feel heavy after some time or a certain amount of energy is drained after a few moves. By being able to do the same thing despite these difficulties, anyone can truly be called a true martial artist.

People who want to check on how well one is doing can sign up for Tomiki Aikido. This is a competition held by various clubs in which the student will compete among some of the best in the country.

Those who do well here can move up to the next skill level just like in karate where a student moves from one belt to another. If after many years, that student has learned all the secrets that go with aikido, this is the only time one can be called a master and even open a dojo.