

# RECOMMENDED GUIDELINES OF UKEMI

- HOMBU DOJO -

Aikido was intended to be a legitimate martial art system by the founder, Morihei Ueshiba. He trained his students, not only on effective and efficient technique, but also on developing skills to withstand such training without permanent damage.

This tradition continues today, as Aikido dojos attempt to maintain the lessons handed down from the founder and his direct students. This is a primary responsibility of each instructor and his or her staff.

**Respect** is the first tier of this structure of ukemi training. "No harm" is the motto that must remain foremost in the minds of each participant.

**Etiquette** (reigi sa ho) is the second tier. There is an unspoken agreement for a) uke to not interfere in any way with nage's ability to execute proper movement and technique. Also (b) nage agrees to avoid placing uke at unnecessary risk of injury or suffering throughout the exercise of technique. Constant vigilance and attention must be paid by all concerned.

**Kindness and Compassion** form the third tier, requiring each participant to take into account age, gender, experience, and physical attributes of each person one trains with. Take no one, or any situation for granted. Expect the unexpected.

To minimize the real risk of error and injury, uke must remember the following guidelines.

- Remove all tension and preconceived thinking while attacking.
- Maintain balance and body control throughout the attack
- Follow through completely with the elements required for that particular technique, neither subtracting nor adding new elements.
- Eliminate any hesitation while following through with the attack until the technique is successfully completed.

The development of mutual trust, respect and concern is the goal of our paired practice, as well as during randori.

Always follow the instructions of the instructor.