

## Basic Postures

### Musubi Dachi

*(Attention stance)*

The word "musubi" means connection or knot. The "dachi" are stances. It is so named because the heels of the feet are touching together or "connected". The toes are turned slightly outward because that is how humans normally are built. If you look closely you will see that your feet naturally turn slightly outward as opposed to straight forward. This stance is assumed upon the command "Kiotsuke" (Attention!) and is the stance assumed upon bowing from a standing posture.

合気道



### Hanmi no Kamae

*(Half-Body Posture)*

"Han" = "half" and "mi" = "body". "Kamae" are postures. Most technically, "Hanmi" is simply turning one's body half way around. However, that would not be functional in a martial sense. So in Aikido (as well as other martial arts), it is modified somewhat. There are various methods of achieving Hanmi, but the basic premise is to have one's feet triangulated with 60% of the weight on the front leg and 40% of the weight on the rear leg. The



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front leg is slightly bent with the toes turned outward in the same alignment as in musubi dachi (above). The rear leg is straight. The back is strongly aligned with the focus outward from one's centerline.

In Aikido Yoshinkan, we extend our hands outward. The top hand is extended along with the front leg at chest level. The bottom hand stays back about one fist width from the stomach. The hands are open and the fingers are extended. **THIS IS NOT A COMBAT OR "FIGHTING" STANCE.** This is a **training** posture that is designed to cultivate balance, speed, power, mobility and awareness.

This stance is derived from the Chudan no Kamae (Middle Sword Posture) of Japanese swordsmanship seen at right. Aikido is derived from jujutsu and the sword arts. Many of the movements come directly from sword fighting and the postures and attitudes reflect this.



## Sword Gripping

At bottom left is the basic method of grasping a Japanese sword. There are some minor variations from school to school, however this is the basic that is consistent throughout. Aikido is a weapon based art, consequently we do practice with the traditional weapons. We are not a fencing school, per se. However, we do feel that it is valuable to learn how to manipulate weapons skillfully.



*Correct grip on hill*



*Correct grip*

*Incorrect grip: avoid*

