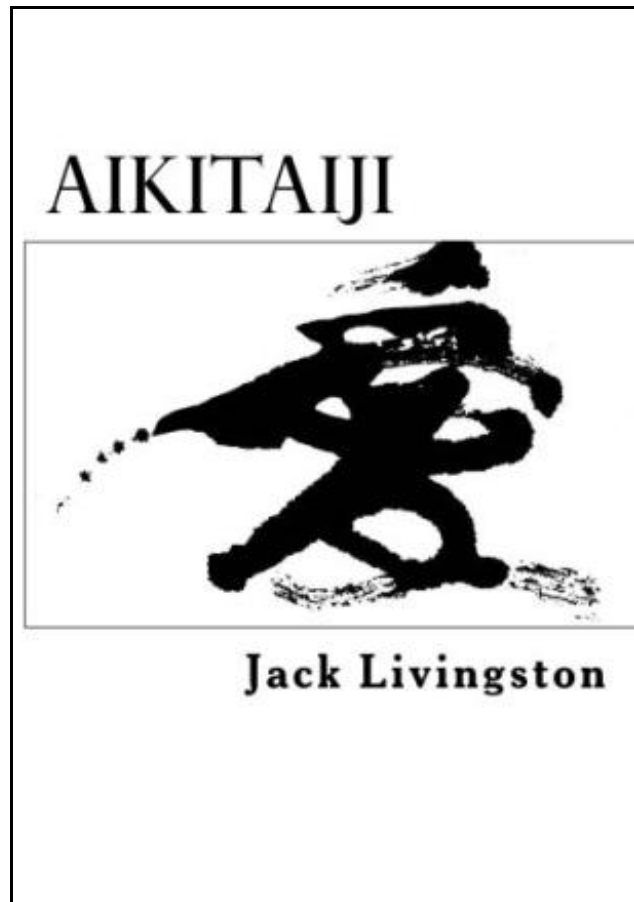


## Aikitaiji: Soft or Internal Martial Art



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*(Mrs. Winifred Fritsch)*

## AIKITAIJI: SOFT OR INTERNAL MARTIAL ART

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 434 pages. Dimensions: 9.9in. x 7.0in. x 1.2in. Aikitaiji is neither Aikido nor Tai Chi Chuan as commonly understood. Its not anything new either. Its a compilation that I found useful after deleting things that didnt work for me. Aikitaiji is a two-point perspective on soft martial art. The best example to distinguish Aikitaiji is the way we engage in the cooperative but slightly competitive practice of Push-hands. Positive, playful competition adds realism (because your partner isnt just taking a dive). Its a direct encounter with flow when conducted in a playful manner. Aikido players could find proper Push-hands a very useful context for their practice. It makes a big difference when both sides agree to probe, push, lock and lose easily enough while putting up some resistance (its very important to train relative to resisting opponents but not so much at first). The other main difference, one that could help Tai Chi players, is that we have the option of using the joint-locking and throwing techniques I learned in Aikido (when its natural) from within the context of Tai Chi Push-hands. Aikido has joint-locking, throwingfalling and floor exercises. Tai Chi has the stances and forms that embody the choreography of optimal biomechanical power. Push-hands develops the improvisational and intuitive faculties. I used material from one art to fill in the gaps I found in the other, following soft principles into the conflux of energyforce where responses arise spontaneously and appropriately from an expanded menu of deeply memorized options. Many people who are primarily interested in spiritualmystical stuff (do they still call it New Age) will find that proper martial art is very well suited for self-transcendence. One thing neuroscience is discovering is that we can...



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