

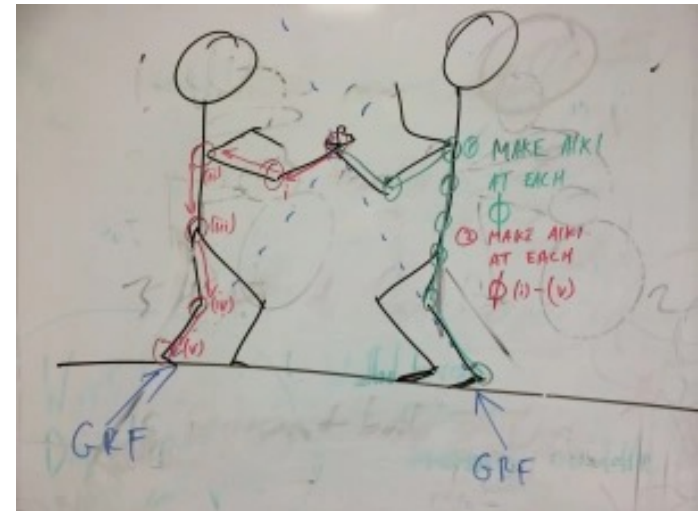
Internal Power

- Historical perspective (10mins)
 - Chinese martial Arts – Simon Russell (long time practitioner of Chinese MA and Aikido)
 - Japanese martial arts – Andrew Sunter (Aikido instructor with a history of cross training across styles and arts)
- Intersections with Aikido – Aran bright (lecturer in allied health) (5mins)
 - An overview of populist practitioners in the Aikido community
- Pedagogical challenges – Dan James (biomechanist and skill acquisition researcher) (5mins)
 - Solo practice, the distraction of power
- A biomechanics perspective – Dan (5mins)
- Aiki Body – ‘an integrated approach – Andrew Sunter (10mins)
- Discussion

Dan's Slides for internal power for village.aikidocommunity.org.au

Power is relative

You	Opponent	Relative power
• 1	• 10	• 1/10
• 5	• 5	• 1
• 10	• 1	• 10
• 5	• 0.5	• 10
• 5	• 0.25	• 20
• 5	• 0.1	• 50



Power modifiers

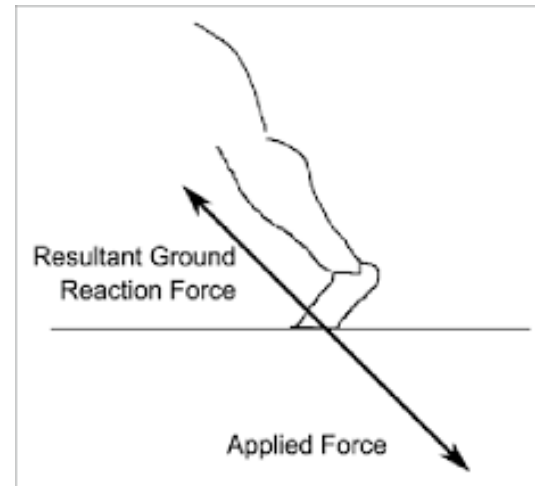
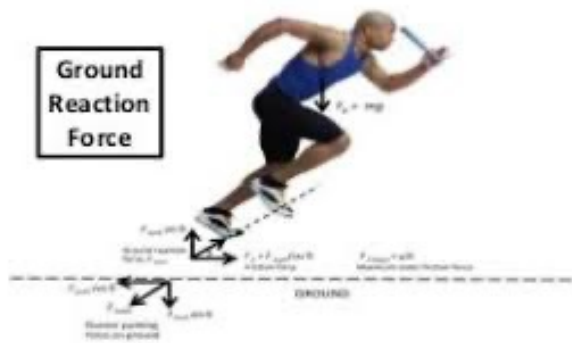
- Use ground power (its infinite)
- Use coordinated power (kinetic chain)
- Use balance (centre of mass, base of support) to increase your power and decrease theirs)



模式図7 昭和48年8月19日の私のノートより

Sagawa

<http://www.aikidosangenkai.org>

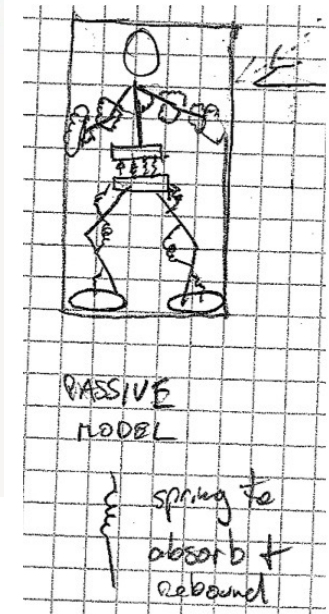
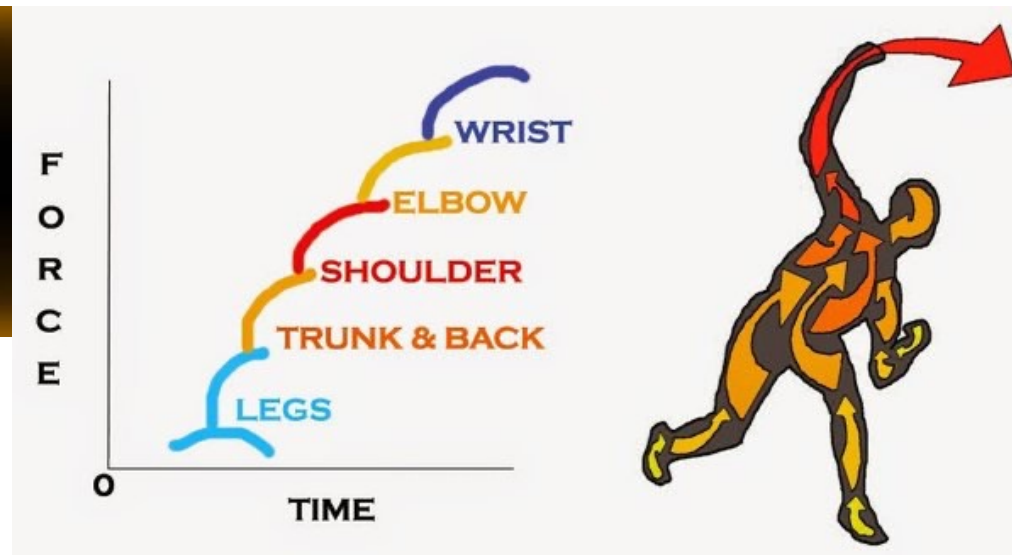
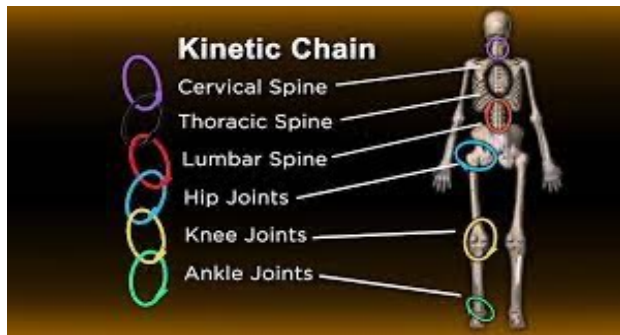


https://www.researchgate.net/figure/Example-of-ground-reaction-force_fig1_269631495

<https://www.slideshare.net/AlpeshJadhav2/ground-reaction-force-stress-injury-prevention>

Diagrams for internal power for village.aikidocommunity.org.au

Kinetic Chain (coordination)

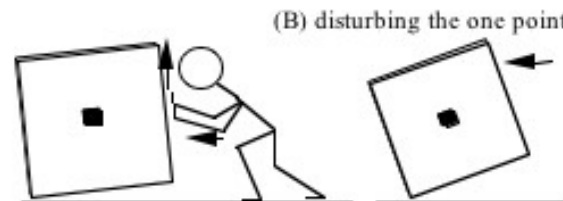
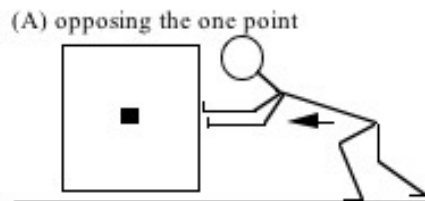
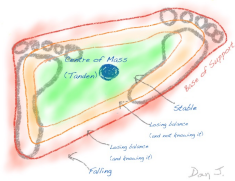
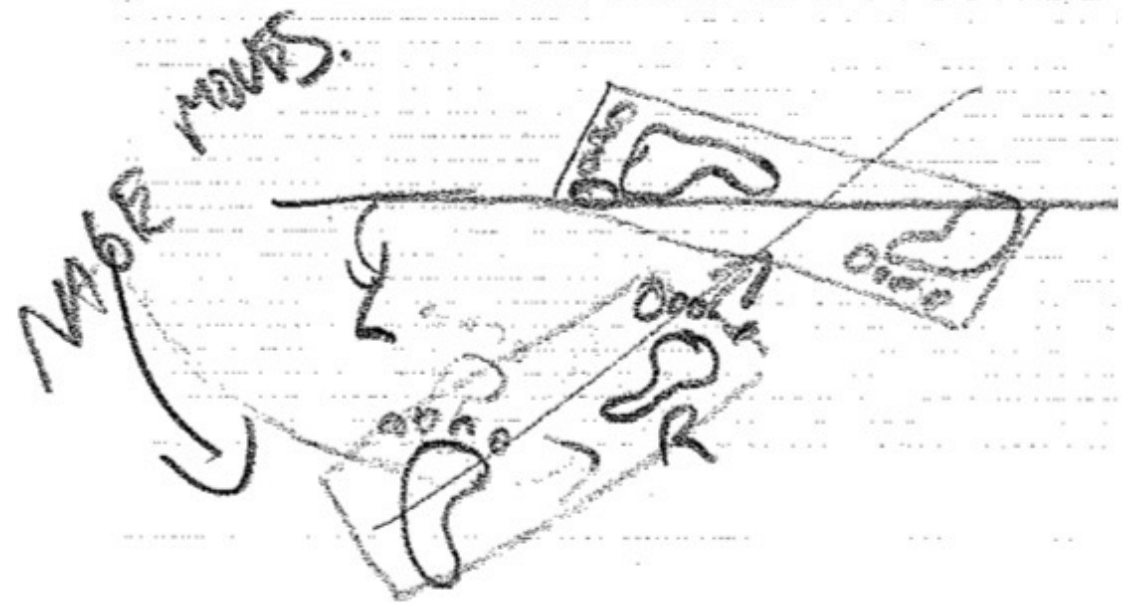
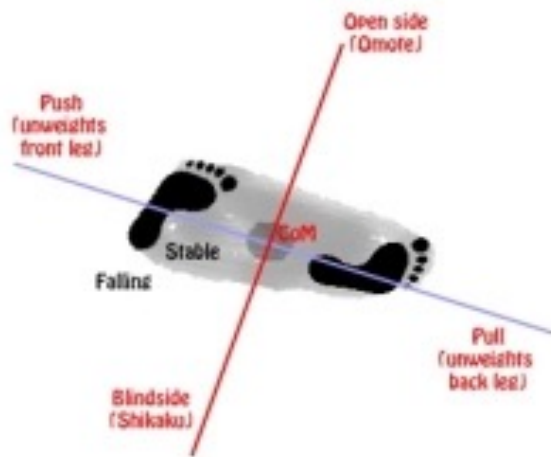


<https://repkefitness.com/blog/the-kinetic-chain/>

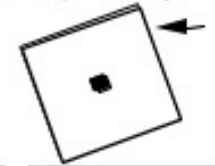
<https://www.quora.com/What-does-kinetic-chain-mean>

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Relative Power in posture



(C) moving Uke



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Figure 4: Moving a stable Uke