

HHPA 138 : KI AIKIDO

Transcript title

Ki Aikido

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Course Description

Introduces the martial art of Ki Aikido, a form of self-defense and non-fighting to all levels of experience in Ki Aikido. It is based upon coordination of mind and body, not only in throwing, but also in the art of falling (ukemi).

Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of Ki Aikido to develop overall physical fitness and enhance sport activities.
3. Define the four basic principles for coordination of mind and body.
4. Demonstrate concentration using mind and body coordination.
5. Define five basic principles of Shin Shin Toitsu Aikido.
6. Articulate how to apply Ki Aikido to life situations.
7. Demonstrate simple Ki Aikido arts and techniques.

Content outline

Intro to Ki-Aikido Learn the 4 basic principles for coordination of mind and body. Perform using mind and body coordination. Learn the 5 basic principles of Shin Shin Toitsu Aikido. Applying Ki-Aikido to life situations.

Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

General education/Related instruction lists

- Health