

How to Stand

Always keep your knees soft (not locked) allowing you to lower your center and move freely when necessary with out losing your balance.

Maai (mah-eye)- the appropriate starting distance between uke and nage when practicing technique. (Approximately fingertip to fingertip when facing your partner while you both reach out in front of you.)

Neutral Stance- a persons natural standing position.



Hanmi (hawn-mee)- the relaxed triangular stance in Aikido, stable yet flexible enough to move quickly in any direction.

Migi (mee-ghee) **Hanmi**- Right foot forward.



Hidari (hee-dah-ree) **Hanmi**- Left foot forward.



Ai (eye) **Hanmi**- (closed stance, opposite stance) partners stand facing each other, both having their same foot forward appearing to be the opposite side. **ex.** right/right or left/left.



Nage



Uke

Gyaku (gee-yah-koo) **Hanmi**- (open stance, same side stance) partners stand facing each other, having their opposite foot forward appearing to be the same side. **ex.** right/left or left/right.



Nage



Uke

Seiza- Formal sitting position. Knees approx. shoulder width while your 2 big toes over lap, right over left, making a triangle shape with your legs. Sitting on your feet while keeping your spine straight over your hips.