

FAO Medical Practitioners

(for use in obtaining doctors letter etc.)

Ki Aikido is much less well known than things such as yoga and tai chi, but can be beneficially practised by a wide range of people.

Here are some of the benefits derived from doing Ki Aikido, and a bit about what the practise involves.

Ki Aikido

Background: It is a Japanese method of self-development ,with a focus on using the mind and body in a unified way. Affiliated to the Ki Federation of Great Britain. Some of the people practising in the Ki Federation have significant challenges but are still able to access the practise. For example students are currently practising that:

- are in a wheel chair;
- are totally blind;
- are in their 90s.

Physical benefits: natural movement; wide range of movement; improves coordination and body awareness; improves flexibility.

Social benefits: interaction and physical contact with others; adjusting to the needs of others (lower level of ability/limitations in what their practise partner can do). Often there is the chance to meet and talk in a social context after the practise.

Mental well-being benefits: encourages mindful movement (using mind and body together); includes meditation and breathing techniques. Promotes positive use of the mind and develops confidence.

What they can expect – We practice on a matted area; physical contact with a practise partner; physical movement (but at their own pace, building up gradually).

Notes about lesson structure:

- Movements and stretches performed on their own following the verbal instruction/example of the instructor.
- Working in pairs/threes to compare different ways of working to find the optimum way of thinking/moving/posture (biofeedback).
- Ki Aikido techniques – Work in pairs or small groups. Emphasis on relaxed movement (both doing and receiving the technique). Non-aggressive; non-competitive.
- Instruction normally by demonstration and explanation to group, followed by going around and giving personalised help.
- Graceful, flowing movements (eventually) with cardio-vascular benefit (depending on capability of student).
- Techniques will involve holding/physical contact with a practise partner.
- Techniques will involve being led down to the mat or falling in a controlled manner (if they are able – it is possible to practise the exercises and stop before going down).
- Breathing exercises – kneeling (or sitting in chair) or standing. Deep abdominal breathing.
- Range of movements done on their own to emphasise and encourage using mind and body together.