

# 5 Principles for Bokken Training

Hold the Bokken lightly.

The tip of the bokken  
must be calm and steady.

Make use of the weight  
of the bokken.

Do not slacken your Ki.

Cut first with the Mind.

氣

# 5 Principles for Jo Training

Hold the Jo lightly.

Control the Jo with  
the rear hand.

Manipulate the Jo freely.

When changing position one  
hand must always have hold

The line traced by the  
Jo is never broken.

氣

4 Basic Principles to  
Unify Mind & Body

Keep One Point.

Relax Completely.

Keep Weight Underside.

Extend Ki.

氣

# 5 Principles of Aikido

Ki is Extending.

Know your partners Mind.

Respect your partners Ki.

Put yourself in your  
partners place.

Lead with Confidence.

氣

# 5 Principles for Children's Practice

Always have a calm mind  
and a calm body.

Always be happy.

Always be enthusiastic.

Always be soft and gentle.

Always show respect to  
other people.

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