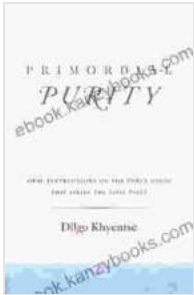


# Oral Instructions on the Three Words That Strike the Vital Point: Unlocking the Secrets of Aikido



## Primordial Purity: Oral Instructions on the Three Words That Strike the Vital Point

★★★★☆ 4.8 out of 5

Language : English  
File size : 710 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 120 pages



Aikido is a dynamic martial art that utilizes the principles of harmony, balance, and non-resistance to effectively neutralize any attack. At the heart of Aikido lies a set of three essential words that unlock the art's transformative power: "irimi," "tenkan," and "kime."

This comprehensive guide delves into the ancient secrets of Aikido, providing a thorough understanding of these three words and their practical application. Through a blend of oral instructions, detailed explanations, and real-life examples, you will embark on a journey to master the principles, techniques, and mental discipline required to effectively execute the vital point strikes of Aikido.

## Chapter 1: The Three Words

## **1.1 Irimi: Entering the Attack**

- Alt attribute: Aikidoka entering the attack with irimi

Irimi is the fundamental principle of Aikido, which involves stepping into the opponent's attack rather than resisting it head-on. By entering the attack, you disrupt the opponent's momentum and create an opportunity to control their movements.

## **1.2 Tenkan: Turning the Body**

- Alt attribute: Aikidoka executing tenkan

Tenkan is a pivotal technique that involves turning the body in a circular motion to redirect the opponent's force against them. This technique is essential for maintaining balance and control during an encounter.

## **1.3 Kime: Concentrated Power**

- Alt attribute: Aikidoka delivering a kime strike

Kime is the final and most important aspect of a vital point strike. It involves delivering a focused and explosive burst of energy into the opponent's vital points, resulting in a quick and effective takedown.

## **Chapter 2: Practical Applications**

### **2.1 Subduing an Attacker**

Learn how to apply the principles of irimi, tenkan, and kime to effectively subdue an attacker. This chapter provides step-by-step instructions on various techniques, including joint locks, throws, and takedowns.

- Alt attribute: Aikidoka utilizing irimi to subdue an attacker

## **2.2 Self-Defense Against Multiple Opponents**

Discover the strategies and techniques for defending against multiple attackers in real-life scenarios. This chapter covers advanced footwork, timing, and situational awareness to navigate chaotic environments.

- Alt attribute: Aikidoka defending against multiple attackers

## **2.3 Vital Point Strikes for Self-Protection**

Understand the location and significance of vital points on the human body. This chapter teaches you how to identify and target these points ethically and effectively for self-protection.

- Alt attribute: Diagram of human body with vital points highlighted

## **Chapter 3: Mental Discipline and Philosophy**

### **3.1 The Aikido Mindset**

Aikido is more than just a physical art; it is a way of life that emphasizes harmony, respect, and non-violence. This chapter explores the mental discipline and philosophy that underpins Aikido.

- Alt attribute: Aikidoka bowing in respect to their opponent

### **3.2 The Importance of Ki and Kokyu**

Ki and kokyu are essential concepts in Aikido, representing internal energy and breathing, respectively. This chapter explains how to harness these elements to enhance your physical and mental performance.

- Alt attribute: Aikidoka practicing ki exercises

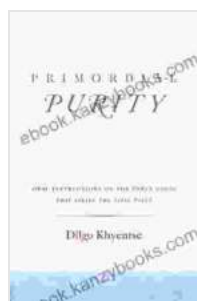
### 3.3 The Art of Non-Resistance

At the core of Aikido lies the principle of non-resistance. This chapter explores the paradoxical concept of using softness to overcome hardness and how it applies to both self-defense and everyday life.

- Alt attribute: Aikidoka demonstrating the principle of non-resistance

"Oral Instructions on the Three Words That Strike the Vital Point" is an indispensable guide for anyone seeking a deeper understanding of Aikido. Through a comprehensive exploration of the three essential words, practical applications, and mental discipline, this book provides the keys to unlocking the transformative power of this ancient martial art.

Whether you are a beginner or an experienced practitioner, this guide will empower you to refine your techniques, enhance your self-defense skills, and embody the true spirit of Aikido. Embrace the journey of self-discovery and mastery as you delve into the secrets of the vital point strikes.

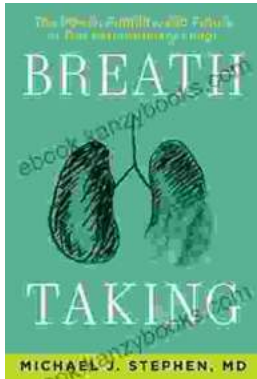


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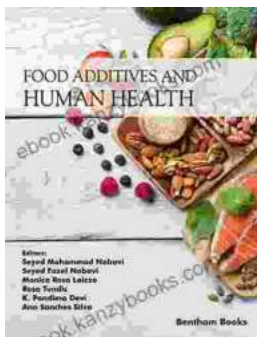
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