

Kokyu Ryoku

Throwing Uke using breath power Kokyu-Ryoku, which is in sharp contrast to the so-called muscular power, is based on the swinging movements, up down and around, of the boken and jo.

Kokyu is generated with rotational or spiral movement originating from the technique's center and moving outwards. This centrifugal force moves Uke (attacker) outward and away from Nage (defender) who is the axis that passes through the technique's center.

Kokyu is necessary so the individual Ki and universal Ki can be in accord. With this accord the power of Kokyu can be freely used in all our actions. Thus our Aikido becomes alive and it's full worth is actualized.

