



Aikitaiji: Soft or Internal Martial Art

By Jack Livingston

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Paperback. 434 pages. Dimensions: 9.9in. x 7.0in. x 1.2in. Aikitaiji

is neither Aikido nor Tai Chi Chuan as commonly understood.

Its not anything new either. Its a compilation that I found useful

after deleting things that didnt work for me. Aikitaiji is a two-

point perspective on soft martial art. The best example to

distinguish Aikitaiji is the way we engage in the cooperative but

slightly competitive practice of Push-hands. Positive, playful

competition adds realism (because your partner isnt just

taking a dive). Its a direct encounter with flow when conducted

in a playful manner. Aikido players could find proper Push-

hands a very useful context for their practice. It makes a big

difference when both sides agree to probe, push, lock and lose

easily enough while putting up some resistance (its very

important to train relative to resisting opponents but not so

much at first). The other main difference, one that could help

Tai Chi players, is that we have the option of using the joint-

locking and throwing techniques I learned in Aikido (when its

natural) from within the context of Tai Chi Push-hands. Aikido

has joint-locking, throwingfalling...



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