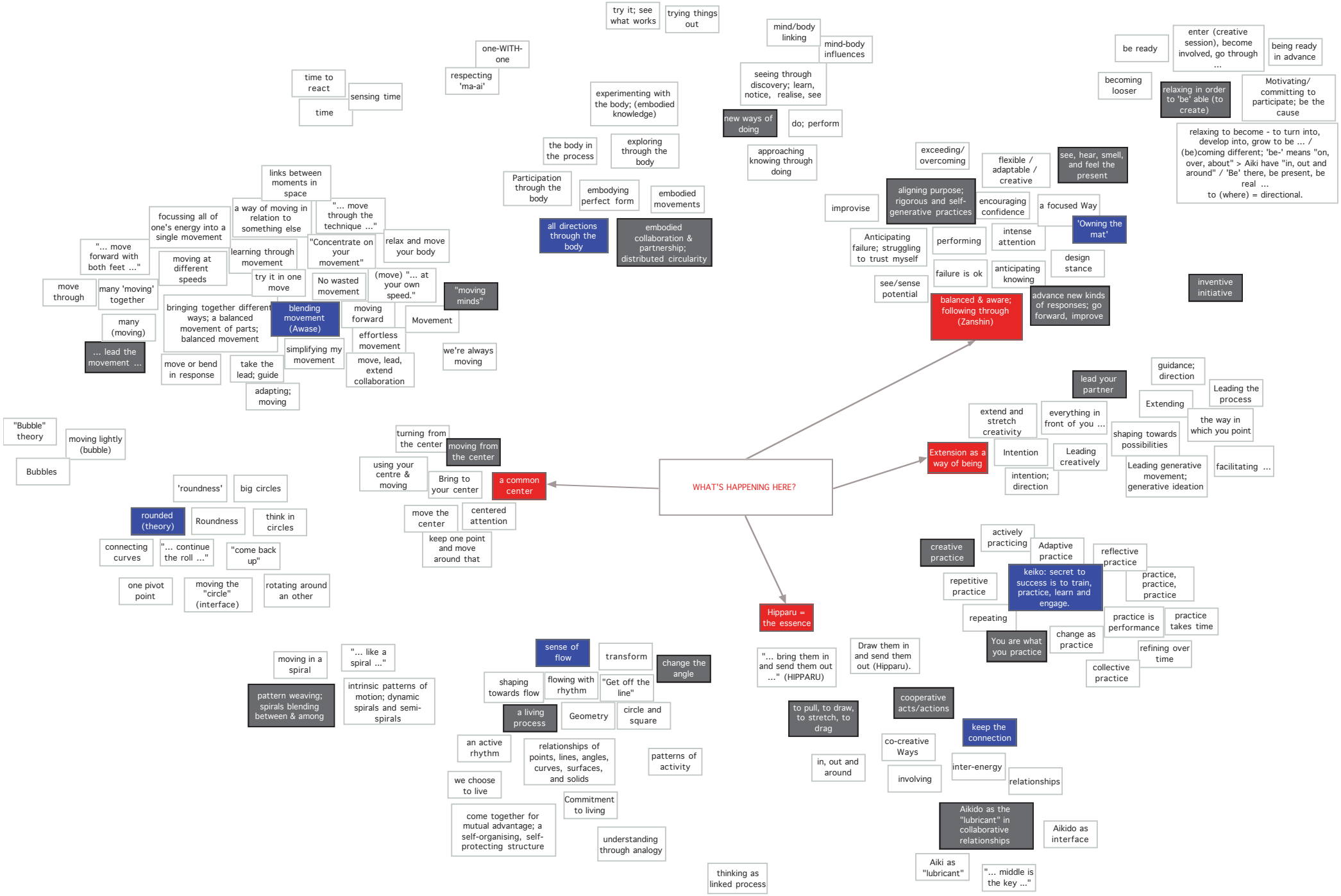
WHAT'S HAPPENING HERE?
a common center
turning from the center
moving from the center
using your centre & moving
Bring to your center
move the center
centered attention
keep one point and move around that
"Bubble" theory
moving lightly (bubble)
Bubbles
'roundness'
big circles
rounded (theory)
Roundness
think in circles
connecting curves
"... continue the roll ..."
"come back up"
one pivot point
moving the "circle" (interface)
rotating around an other
time to react
sensing time
time
one-WITH-one
respecting 'ma-ai'
links between moments in space
a way of moving in relation to something else
"... move through the technique ..."
focussing all of one's energy into a single movement
"... move forward with both feet ..."
learning through movement
"Concentrate on your movement"
relax and move your body
moving at different speeds
move through
many 'moving' together
try it in one move
No wasted movement
(move) "... at your own speed."
"moving minds"
bringing together different ways; a balanced movement of parts; balanced movement
blending movement (Awase)
moving forward
Movement
many (moving)
... lead the movement ...
simplifying my movement
effortless movement
move or bend in response
take the lead; guide
move, lead, extend collaboration
we're always moving
adapting; moving
try it; see what works
trying things out
mind/body linking
mind-body influences
seeing through discovery; learn, notice, realise, see
experimenting with the body; (embodied knowledge)
new ways of doing
do; perform
the body in the process
exploring through the body
approaching knowing through doing
Participation through the body
embodying perfect form
embodied movements
all directions through the body
embodied collaboration & partnership; distributed circularity
be ready
enter (creative session), become involved, go through ...
being ready in advance
becoming looser
relaxing in order to 'be' able (to create)
Motivating/ committing to participate; be the cause
relaxing to become - to turn into, develop into, grow to be ... / (be)coming different; 'be-' means "on, over, about" > Aiki have "in, out and around" / 'Be' there, be present, be real ...
to (where) = directional.
exceeding/ overcoming
flexible / adaptable / creative
see, hear, smell, and feel the present
improvise
aligning purpose; rigorous and self-generative practices
encouraging confidence
a focused Way
'Owning the mat'
Anticipating failure; struggling to trust myself
performing
intense attention
design stance
failure is ok
anticipating knowing
see/sense potential
balanced & aware; following through (Zanshin)
advance new kinds of responses; go forward, improve
inventive initiative
lead your partner
guidance; direction
Leading the process
Extending
extend and stretch creativity
everything in front of you ...
the way in which you point
shaping towards possibilities
Extension as a way of being
Intention
Leading creatively
intention; direction
Leading generative movement; generative ideation
facilitating ...
Hipparu = the essence
creative practice
actively practicing
Adaptive practice
reflective practice
keiko: secret to success is to train, practice, learn and engage.
repetitive practice
practice, practice, practice
repeating
practice is performance
practice takes time
You are what you practice
change as practice
refining over time
collective practice
"... bring them in and send them out ..." (HIPPARU)
Draw them in and send them out (Hipparu).
cooperative acts/actions
to pull, to draw, to stretch, to drag
keep the connection
co-creative Ways
in, out and around
inter-energy
involving
relationships
Aikido as the "lubricant" in collaborative relationships
Aikido as interface
Aiki as "lubricant"
"... middle is the key ..."
thinking as linked process
sense of flow
transform
change the angle
shaping towards flow
flowing with rhythm
"Get off the line"
a living process
Geometry
circle and square
an active rhythm
relationships of points, lines, angles, curves, surfaces, and solids
patterns of activity
we choose to live
Commitment to living
come together for mutual advantage; a self-organising, self-protecting structure
understanding through analogy
moving in a spiral
"... like a spiral ..."
pattern weaving; spirals blending between & among
intrinsic patterns of motion; dynamic spirals and semi-spirals