

# The new Aikido book from Heinz Patt, 7th Dan

224 pages, over 600 b/w photos  
Bilingual: German and English  
Price 24,40 €

Following nearly thirty-five years of practise and almost twenty years after his first book “Aikido – Dynamics and Harmony”, Heinz Patt has published his second work on Aikido.

This book is not only an Aikido training manual but also a photographic documentary of Aikido experiences. Fundamental principals and basic techniques are fully described. Complicated explanations of the variations on basic techniques have been deliberately left out in order to stimulate the fantasy and imagination of the reader. The photo series play as if in a film, where the unconscious fills the spaces between each picture.

Heinz Patt was awarded his 7th Dan in 2005. He currently runs his own Aikido-Dojo in Bonn.

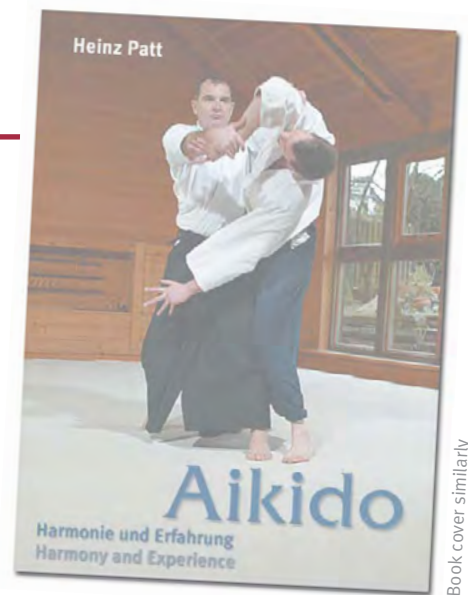
*Aikido is much more than just a method of self-defence. It helps, to keep and not lose the Way to yourself and all around you. It offers solutions to many of life's problems beyond the training area. That alone makes nearly four decades of practise and continued adherence to the Way in future worthwhile.*

*Professor Heinz Patt, 7th Dan Aikido*



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Heinz Patt  
Buschdorfer Str. 26  
53117 Bonn  
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*Aikido – Harmony and Experience*

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You can also order this book over the Internet under [www.aikido-bonn.de!](http://www.aikido-bonn.de!)

# Ki



## Geistige Kraft

Ki bedeutet geistige Kraft. Ki ist aber auch der Begriff für Lebenskraft, für die Energie, die in jedem Lebewesen aktiv ist.

Jeder hat Ki, aber vielen Menschen ist es nicht bewusst. Der Weg zur Freisetzung dieser Kraft muss lange geübt werden. Wenn es jedoch gelingt, diese normalerweise wenig entwickelte Energiequelle nach Belieben zu aktivieren, wird das in jedem Menschen ruhende Potenzial an geistiger Kraft in höchstem Maße wirksam.

Ki ist keine Kraft im herkömmlichen Sinne. Es ist wirksam in der Bewegung, aber auch in der Ruhe.

Die Entdeckung und Entwicklung von Ki ist ein wesentliches Element im Aikido. Nur die Harmonie geistiger und körperlicher Kraft ermöglicht den Einsatz von Ki und damit ein vollständiges Ausnutzen aller vorhandenen Energie.

## Spiritual Force

Ki means spiritual energy. Ki also has the meaning of vitality, the energy, which is active in every living being.

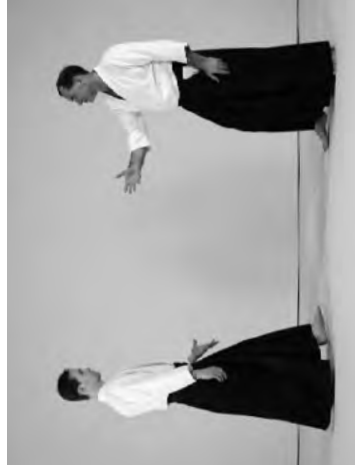
Everybody has Ki, but most people are not conscious of it. Long training is necessary in order to set free this energy. If one succeeds in activating this mostly under-developed source of energy at will, then the potential of spiritual energy, which every human being possesses, will be effective to the maximum degree.

Ki does not mean strength in the conventional sense of meaning. Ki is effective in movement as well as in stillness.

The discovery and the development of Ki is an important element in Aikido. Only when mind and body are harmoniously unified is it possible to use Ki and with it be at one with the life force.

# Koshi nage

## Gyakuhanmi katate dori



REDUCED PICTURE !

# Koshi nage



Die Hand kommt von außen. Beide Füße stehen dicht beieinander, die Knie sind gebeugt, der Mittelpunkt ist unter dem Zentrum von Uke.

The hand comes from outside. Both feet are close together, the knees are bent, the centre of Nage is below the centre of Uke.



Nage führt den Mittelpunkt von Uke über seine Hüfte nach vorne. Während des Wurfes richtet Nage sich auf.

Nage directs the centre of Uke forward over his hips. During the throw, Nage straightens up.



Wichtig für das Fallen: Uke hält mit einer Hand die Jacke von Nage in Bauchhöhe und schlägt mit dem anderen Arm ab.

Important for Ukemi (falling): Uke holds fast to Nage's jacket at stomach level and strikes the mat with the other arm.

# Tenchi nage

Ryote dori



REDUCED PICTURE !

