

Body Awareness: from Personal to Mutual - Basics of Taiki

Taiki: Weighing and sensing of the Fascia system of the partners



Weighing a fruit by sensing of elbow joint

(Left) Taiki walk practice in Tohoku Univ:
Walk step by step forwards and
backwards with touching backhands each
other. **A practice of the sensing of Fascia!**

*Touching the back of the hands each other with a slight force and feel the **contact point**

*When they sense **“contact point”** , they will feel elastic and bouncing elbow joint each other. Fascia works as the medium of the flow of Ki energy to be transferred mutually.

*The partners will feel the axis of the body each other. Then you can send a signal (not yet defined) to the partner’s axis and the partner will respond to the signal. You will sense the best spot on the axis like a **Sweet Spot** of the tennis racket.

Movies on Taiki training: NBM training in the Tohoku Univ I

Soft Tissue/Fascia



(Above) Some trainees respond to the signal backwards and deep in the body to their extremities.

(Right) Some trainees respond to the signal forwards like a jump and receive movement in the Volleyball.

Transfer the exciting signal through your Fascia/soft tissue, but not through your muscles.



Movies on Taiki training: NBM training in the Tohoku Univ II

Non martial-arts-like Taiki response



(Left) Some trainees get hyperactive response: he rushed back and climbed up the safety mattress.



(Right) Some trainees get laughing response: he bursts into laugh and jumps backwards. Not a rare response. The mechanism of laugh still remains elusive in the current medicine. Unknown signal through Taiki reaches deep in the body and touches some laughing switch.

Unexpected response often comes from musicians not from martial arts trainees: Remember that playing the music instruments like violin is as they play along the comfortable breathing. You will often have a thank you words from trainees because they really enjoy the impacting sense.