Aikido comprises many techniques using a movement of only one upper limb. These techniques are executed following the same principles of mechanics as shown in Figures 5 and 6. There are many possibilities of mechanical motion versions, thus, their description can be too much expanded upon. Figure 7 presents an example of a more complex technique. The possibilities of using aikido exercises for the disabled have been confirmed by Ruglioni [19]. Figure 9. Defence against a fist attack by doing kote gaeshi (published in [14]). Aikido is a peaceful martial art that focuses on using your mind in concert with your body in such a way that harnessing Ki energy becomes second nature. Aikido signifies "The Way of Harmony," for an innovative step-by-step approach to literally take the mental and physical violence out of MPA. Aikido is the refinement of a centuries-old quest to effectively deal with perceived internal and external threats - fear, anxiety, and ego - in an effort to reach a Zen state of awareness through its practice in everyday life. This holistic approach to the unification of mind and body through training is a way of disconnecting the threat of MPA to achieve optimal musical performance.

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