

Here are some warm up games or skill drills that could be adapted for an aikido warm up

Games can be used to “lift” a session if the energy feels flat. You can use games at themed events such as the final Xmas class of the year etc.

Not all schools/clubs will feel that this is appropriate – so make sure you deliver in line with your Association’s expectations!

This idea could be great for reinforcing posture posture

<https://www.youtube.com/watch?v=qwATvUj30eA>

This looks like fun!

<https://www.youtube.com/watch?v=iHkTKRGfgf8>

This one is for reaction time and hand eye co-ordination

<https://www.youtube.com/watch?v=UcL6WlcyBcl>

If you are separating the lines caution against head to head contact

<https://www.youtube.com/watch?v=lwUsWTE3KXQ>

Catch the dragon’s tail... the tail is a tag, cloth inserted into the belt of the last person in the line.

<https://www.youtube.com/watch?v=qhpTCyxio4c>

Make a ring of belts to = a sumo ring. Pairs do energy shifting/grappling and the first person to step outside of the ring loses. Can also be done in suwaris

This is great for working together in harmony – not so great if you have rotator cuff issues!

<https://www.youtube.com/watch?v=1EIEP0w64s4>