

# Aikido

**CLASSES NOW AVAILABLE  
IN WEST RYDE**



Come and learn a non-aggressive martial art with the emphasis on mind/body co-ordination in a safe, friendly and inspiring environment.

*Where:* Family Fitness and Self Defence Academy  
1043a Victoria Road West Ryde (Opp. McDonalds)

*When:* **Tuesday & Thursday nights 6.30pm (for 7.00 - 8.30 class)**

*Enquiries:* Contact **Jeff 0411 138 739** or  
**John 0410 758 824**

*Cost:* \$15.00/ class  
Students \$8.00



Membership \$90/year  
Temporary m/ship \$20/month

<http://rydeaikido.org>

## What is Aikido?

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Aikido is a non-violent Japanese Martial Art developed in the early part of this century by the late Morihei Ueshiba (1883-1969) or O-Sensei. O-Sensei mastered various forms of martial arts, most notably Jujitsu (unarmed defense), Kenjitsu (sword) and sojitsu (spear) en route to establishing Aikido. He wanted to develop an art which was noncompetitive and less destructive than his previous training. Thus, Aikido emphasises neither street fighting nor competitive tournaments, but neutralisation rather than defeat of an attack.

Aikido techniques allow the student to blend and harmonise with the attacker's energy. In Aikido, philosophy and principles must be understood before the art can be fully realised.

An Aikido class emphasises form, manual cooperation, awareness of others and the coordination of the body's movement while maintaining a calm state of mind.

Through our training we learn mind and body control. In the end our training in harmony leads to harmony in our lives which becomes our goal.



O-Sensei, the founder of Aikido

## Who are AKI?

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Aikido Kenkyukai International (AKI) is an affiliation of aikido clubs inspired by the teachings of Shihan Yoshinobu Takeda, an 8th dan of Aiki-kai Japan. Takeda sensei was in turn, a long-term student of Yamaguchi sensei, a hombu Shihan and student of O-Sensei. Aikido Kenkyukai International came into being due to Takeda Sensei's students relocating to different countries and finding Sensei's group name "Shonan Aikido Renmei" not really applicable outside of Japan - "Shonan" being a region in Japan around Kamakura.

All senior AKI gradings are registered through the Aiki-kai Hombu (or headquarters) in Tokyo, Japan, and all instructors are accredited under the Australian Martial Arts Industry Association (MAIA).



Takeda Shihan

## What Does Aikido mean?

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The word Aikido means, harmony [ai], mental energy or spirit [ki], ie "In harmony with universal energy" and method or way [do]. Thus aikido is a way of harmony with ki or universal energy. As a holistic art it becomes a conduit for the connection between the mind, body and spirit, not only on but off the mat as well. It's conducive to mental and physical well being, producing a healthy physical and mental condition.

## How does Aikido differ from other Martial Arts?

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Aikido differs from other martial art in several ways. First, Aikido is an art of self-defense. There are no offensive movements; it is a defense against an unprovoked attack. A practitioner who has achieved a high level of training will leave an attacker with no serious harm. Second, Aikido uses a form of energy called "ki" (chi or prana or consciousness) - internal energy which concentrates at one's "Centre" or lower abdomen, sometimes called centre of balance. This energy or aspect of consciousness is carried/conducted by one's attention. Third, Aikido seeks to take control of an attacker's balance and lead their intention. The application of this strategy is based upon circular and spherical movements. These movements or techniques embody the knowledge necessary for discovery of the art form.