

AIKIDO

AIKIDO IS THE ART OF PEACE
AND POWER OF LOVE



O'SENSEI

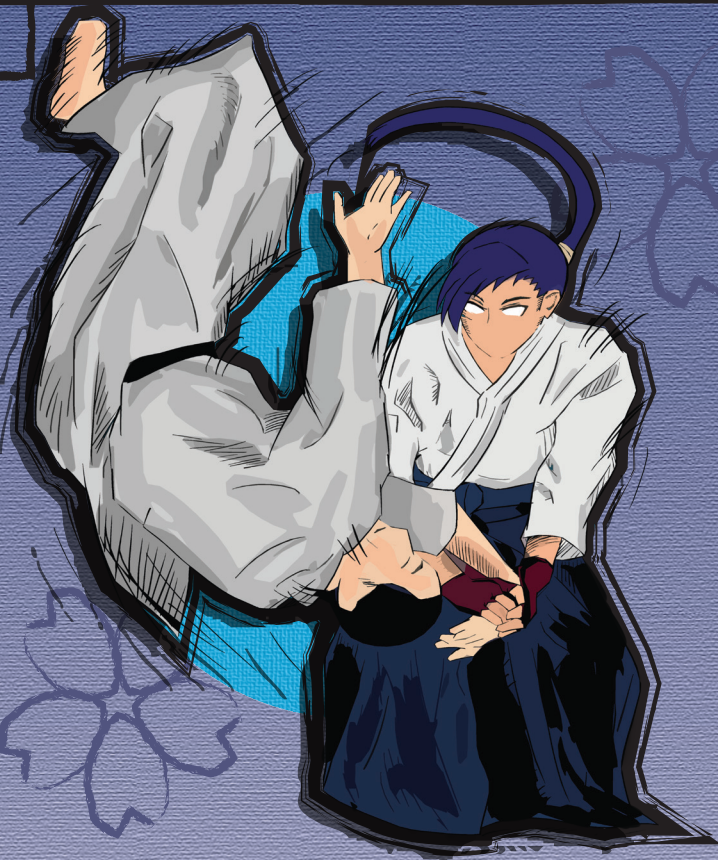
AIKIDO IT'S A MODERN JAPANESE MARTIAL ART DEVELOPED BY MORIHEI UESHIBA, AS A SYNTHESIS OF HIS MARTIAL STUDIES, PHILOSOPHY AND RELIGIOUS BELIEFS. UESHIBA'S GOAL WAS TO CREATE AN ART THAT PRACTITIONERS COULD USE TO DEFEND THEMSELVES WHILE ALSO PROTECTING THEIR ATTACKERS FROM INJURY. AIKIDO IS OFTEN TRANSLATED AS "THE WAY OF UNIFYING (WITH) LIFE ENERGY" OR AS "THE WAY OF HARMONIOUS SPIRIT".

AIKIDO DERIVES MAINLY FROM THE MARTIAL ART OF DAITO-RYU AIKI-JU-JUTSU, BUT BEGAN TO DIVERGE FROM IT IN THE LATE 1920S.

UESHIBA'S INVOLVEMENT WITH THE OMOTO-KYO RELIGION. UESHIBA'S EARLY STUDENTS' DOCUMENTS BEAR THE TERM AIKI-JUJUTSU.



PRESTON ROSS

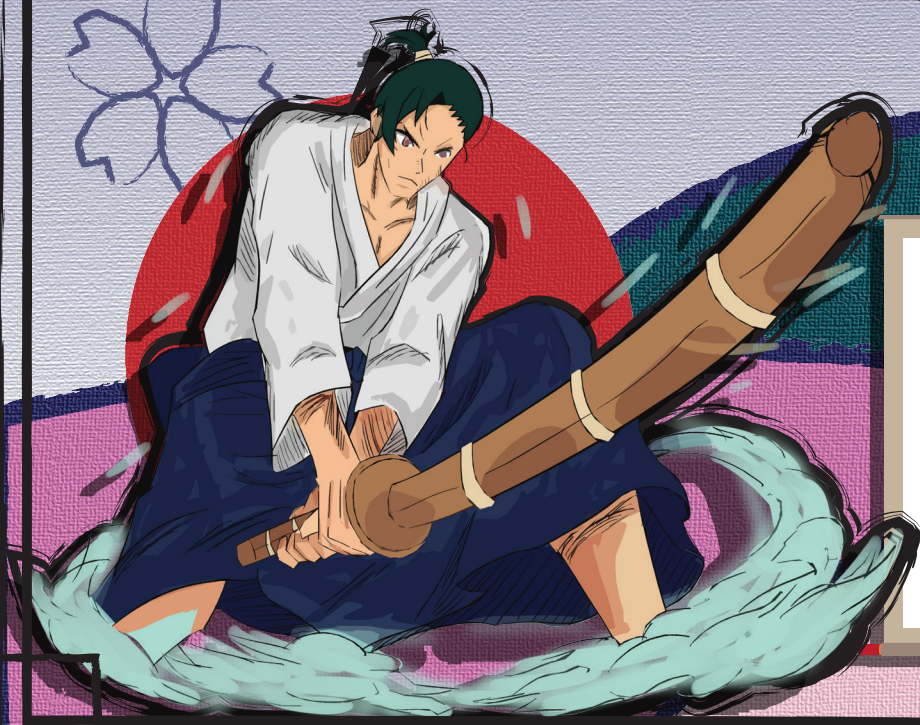


AIKIDO TECHNIQUES ARE FREQUENTLY REFERRED TO AS WAZA (技). THE TRAINING IS BASED PRIMARILY ON TWO PARTNERS PRACTICING ARRANGED FORM KATA RATHER THAN FREESTYLE PRACTICE.

THE BASIC PATTERN IS FOR THE RECEIVER OF THE TECHNIQUE UKE TO INITIATE AN ATTACK AGAINST THE PERSON WHO APPLIES THE TECHNIQUE THE TORI (取り), OR SHITE (仕手), THIS EXCHANGE IS ALSO REFERRED TO AS NAGE (投げ) WHO NEUTRALISES THIS ATTACK WITH AN AIKIDO TECHNIQUE.



IN AIKIDO YOU LEARN HOW TO USE A SWORD FOR SELF DEFENSE PURPOSES. AIKIKEN, THE AIKI SWORD, IS THE COMMON NAME FOR SWORD AGAINST SWORD EXERCISES IN AIKIDO.

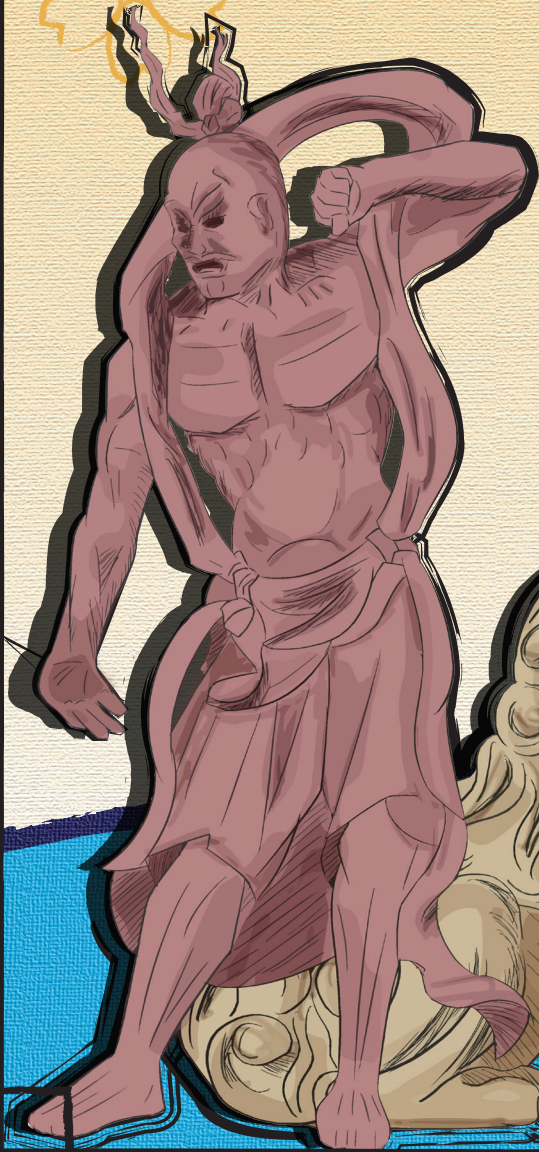


合 = Ai = harmony

気 = Ki = energy

道 = Do = way

THE MEANING/PHYSOLOGY OF AIKIDO,
TO USE ENERGY
TO CREATE HARMONY



NIO GUARDIAN
STATUE

KOMA-INU
STATUE



AIKIDO GENERALLY IS
BASED UPON SHINTO DEITIES.
FOR EXAMPLE THERE IS THE
NIO GUARDIAN STATUE. THE
FIGURE IS SUPPOSE TO REPRE-
SENT TWO IDEAS. ONE ABOUT
INNER FOCUS AND BATTLE
POWER. THE SECOND IS
HAVING THE POWER TO SHOUT
THAT DRIVES AWAY ALL
ETERNAL ENEMIES. NIO
ASSUME POSTURES THAT ARE
EMPLOYED IN AIKIDO - IN
IRIMI WHICH MEANS TO
ENTER AND KAITEN - TO
TURN, TO THROW

THERE IS ALSO THE
SHRINE GUARDIAN DOG WHICH
REPRESENT KOKYU WHICH IS
INTERPRETED AS BREATH
POWER OR CONCENTRATED
POWER.