

Aikido

Aikido is a martial art refined last century as a path for both spiritual training and self-defence. Aikido develops coordination of mind and body. Through its philosophy and techniques, Aikido helps develop harmony firstly in ourselves, then with others, and finally with the whole of nature.

Unlike many martial arts, Aikido requires no advantage in strength or speed, and is practised successfully by people of all ages and abilities.

Aikido practice develops flexibility, coordination, concentration, improved health and fitness, effective communication skills and self-esteem.

The physical aspects of Aikido, as graceful and dynamic as they can be, are only the outward manifestation of what is, most importantly, a real and direct way to improve our quality of life.



The founder of Aikido was Master Morihei Ueshiba. He became known as O-sensei (Great Teacher). O-sensei created Aikido as a path to universal harmony and world peace, believing that Aikido was a way of attaining this goal and that violence and aggression could be turned aside by harmony of spirit.

Aikido Yuishinkai

Master Koretoshi Maruyama started teaching Aikido under the tutelage of O-sensei in 1967. From July 1991, Maruyama Sensei undertook a ten-year period of intensive mind training in a temple in Saitama Prefecture. Maruyama Sensei established Aikido Yuishinkai in 1996, and continues to develop and refine his teachings to the present day.

Maruyama Sensei is widely admired and respected as a teacher who has dedicated his life to communicating the benefits of 'positive mind' through Aikido training. He has inspired many thousands of people throughout the world over many years. He conducts a national seminar in Australia each year.

Michael Williams Sensei is the Chief Instructor of Aikido Yuishinkai and represents Maruyama Sensei throughout the world. Based in the Fiji Islands, he has been a direct student of Maruyama Sensei for over 20 years.

Andrew Sunter Sensei is the senior instructor in Sydney, where he has been teaching since 1999. He has trained under Williams Sensei since 1992.

Aikido Yuishinkai Sydney

Camperdown • St Clair
www.aikidoinsydney.com

Camperdown	St Clair
AikiKids Mon 5:30 to 6:30 pm	AikiKids Wed 5:30 to 6:30 pm
Adults Mon 7:00 to 9:00 pm Thu 7:00 to 9:00 pm	Adults Mon 6:00 to 7:30 pm Wed 6:30 to 8:00 pm
Andrew 0425 252 317	Michaela 0404 894 749

Aikido

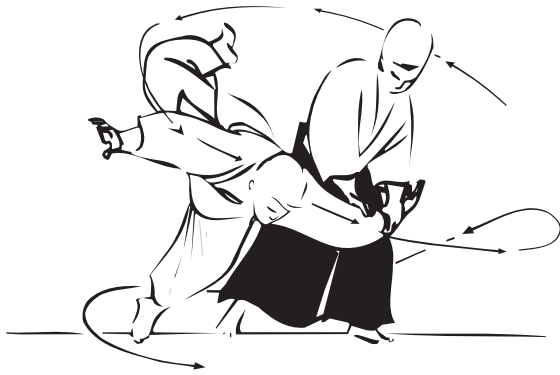


合気道

Aikido Yuishinkai Australia

Ai - Harmony

Central to Aikido is the idea of being in harmony with your opponents, rather than in conflict with them. The movement and energy of an attack is redirected without the need for collision or the use of force. The physical practice of this fundamental principle of Aikido leads to a better understanding of people and nature, while teaching essential skills for the resolution of conflict.



The movements of Aikido are circular and flowing. They are designed on the principles of nature and move in circles and spirals.

When Aikido is performed well there is great beauty and composure in the movements of both partners.



This symbol expresses the movements of 'entrance and exit' in Aikido

Ki - Life Energy

Ki is best described as universal energy, giving life and vitality to all things. Developing an understanding of Aikido principles as well as the ability to direct and use Ki are an integral part of Aikido training.

Various methods, including exercises to promote relaxation, bokken (wooden sword), jo (wooden staff), breathing techniques, and meditation, are taught to help you understand Aikido principles by experiencing Ki directly with your own mind and body.

Understanding and developing Ki is a way of enhancing your natural strengths and abilities. As you begin to understand Aikido principles, you will in turn develop creative and practical new ways to apply these principles to your daily life.

Motto

I am mind itself.

If I hold positive thoughts in my mind,
good things are likely to happen.

Holding negative thoughts in my mind works
against my best interests.

Therefore, even if my body suffers physically,
my mind remains optimistic.

Even if I encounter obstacles,
my mind is never defeated.

Daily I fill my heart with thoughts of joy, gratitude
and hope.

I face each new day with a bright and optimistic
spirit, which I express in word and deed.

I have faith in life, and life responds in kind.

Do - The Way

The Aikido dojo provides a secure and friendly environment where we can begin to explore and understand our fears, reactions and habits. Aikido training is entirely non-competitive and fosters a cooperative and supportive attitude.

The concentration and discipline required for Aikido training brings focus to our daily lives. Aikido challenges us to improve our skills and attempt new things. By achieving these skills, we gain confidence in our ability to maintain a calm centre whenever we encounter difficulty.

The first thing you notice about someone is their attitude. If your attitude and thoughts are positive, your life reflects positive results.

Training in Aikido requires consistent and diligent practice. Although as a beginner you might train just once a week, you should be prepared to make a commitment to train at least two or three times a week if you want to make progress in the future.

Sincere and dedicated practice is required to attain a state of being in which philosophy, technique, attitude and spirit merge. When there is no longer a distinction between daily life and the practice of Aikido we truly will be following the 'Way of Harmony'.



"Shin" brushed by Master Koretoshi Maruyama.