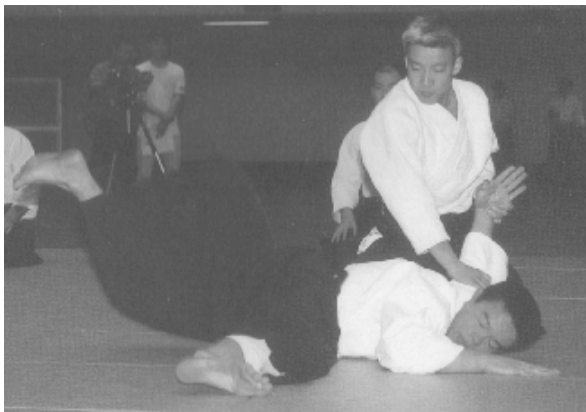


## What is Aikido?

Aikido is a modern Japanese martial art. The majority of Aikido techniques are derived from the traditional, or koryū, art of Aikijujutsu. Aikido movements are also influenced by the sword, stick and spear arts. The "do" in Aikido signifies the art is

concerned with personal development as well as technical proficiency. More than a collection of martial techniques, Aikido is budo, or a path to enlightenment.

The application of Aikido involves neutralizing an attack, followed by throwing or pinning the attacker. Aikido techniques are characterized by their fluidity, blending and active non-resistance with the attacker's intent. Applied correctly, Aikido techniques do not cause injury – attackers are controlled with a minimum of physical damage. As a result, Aikido can be safely performed even when the use of force is inappropriate, in contrast to the striking arts.



Doshu, grandson of the Founder of Aikido



## Goals of Aikido

One of the goals of Aikido is acting in harmony with the universe. By bringing oneself into harmony with natural law, conflict is resolved peacefully, without the need to damage or degrade others. Conversely, "winning" at the expense of others causes a loss of harmony within oneself, and in the community as a whole.

## Benefits of Aikido

Among the benefits of Aikido practice are:

- **Development of a physical and spiritual "center".** Consistent practice allows the student to move from the tanden, the physical center of the body and the seat of physical power. Learning to move in harmony with attacking forces allows one to act naturally and without excess tension in times of stress or conflict.
- **Learning a martial art and form of self-defense.** Aikido is an effective martial art and form of self-defense. It does, however, require dedicated practice.
- **Development of conflict resolution skills to deal with physical and verbal attacks.** Aikido practice is concerned with resolving conflict by moving with the attack, instead of against it. The same mental conditioning that allows one to move with a physical attack is applicable to verbal attacks. By harmonizing with the aggressor, one becomes virtually "unattackable".

## ▪ Aerobic conditioning

Most beginners start out slowly as they become familiar with basic Aikido movements. After basic movements and falls are understood, however, Aikido practice can be as aerobic as you and your partner want it to be.



## Aikido Practice

Basic Aikido practice consists of working with a partner, in which both participants take turns as attacker and defender. This kata practice involves the defender applying a particular technique to a specified attack. Both attack and defense are pre-arranged. Advanced Aikido practice involves randori (free style) where one defender faces multiple attackers simultaneously. In randori, neither attack nor defense is pre-arranged. Randori

practice is useful in developing spontaneous responses to unknown attacks.

## Weapons Practice

- **Suburi and Kata.**  
Solo practice develops an understanding of basic weapons handling, which is essential to mastering Aikido movements.
- **Kumi Jo and Kumi Tachi.**  
Partner practice with stick and sword build on suburi and kata, and promotes the development of blending and connecting with one's partner.
- **Jo Tori, Tachi Tori and Tanto Tori.**  
Defending against an armed attacker is useful in developing one's center and movement skills.

Weapons practice is an extension of the basic empty hand techniques of Aikido.

Beginners are encouraged to become familiar with taking ukemi (rolling and falling) as soon as possible. Poor ukemi skills hinder progress in the art. Since Aikido is noncompetitive, taking falls is not considered "losing". On the contrary, correct ukemi is the means by which uke (the attacker) protects himself while giving feedback to nage (the defender). Ukemi is an excellent sensitivity exercise and should be looked on as an integral part of Aikido practice.

Since uke and nage train as partners, rather than competitors, control is always exercised in class. A student will not perform a technique harder or faster than his partner can tolerate. By the same

token, a more experienced practitioner, training as uke, will not attempt to overmatch a newer student. Aikido is a dynamic, but cooperative, martial art.

## Ranking System

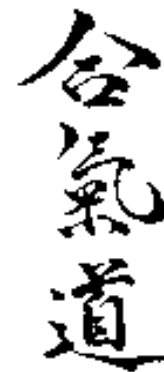
Most Aikido schools use only white and black belts to mark rank. There are six levels of white belt and ten levels of black belt. Hakamas are worn by yudansha (those who have reached black belt rank) and may be worn by female students who have passed their first promotional test. As a motivational tool, children in our school are awarded colored belts. There are no child black belts in our system.

## Aikido for Children

Aikido is a martial art that teaches children to defend themselves in a non-aggressive, non-violent manner. Aikido does not rely on one's size or strength. There is no competition so children learn through repetitive practice with a partner, which promotes cooperation and good social skills. Aikido promotes agility, endurance and flexibility, which will benefit children in other sports.

Find your Center  
at the Aikido Center of Jacksonville  
[findyourcenter.net](http://findyourcenter.net)

# Aikido Center of Jacksonville



Traditional Japanese  
Martial Art Instruction

---