

AIKIDO

INTRODUCTION TO AIKIDO:

Aikido is the newest form of self-defense that was once kept secret and taught only to the nobility class of Japan. When its originator, Master Ueshiba, made it public after the Second World War, there was an immediate public demand, for its principle was so profound.

Unlike ordinary self-defense systems that are based on arousing the fighting or competitive spirits as seen in today's popular self-defense, Aikido is based on harmony, love and non-resistance. We believe that a spirit will attract and arouse its likeness, as violence breeds more violence or competitiveness and aggression arouses the same in others. Even an assault need not necessarily be defended against or countered with violence and destruction if one can avoid it. Aikido believes in expressing kindness rather than aggressive, destructive or explosive natures charged with negative emotions. This kindness is expressed in the defense techniques and movements used in Aikido.

Aikido physical arts are based on non-collision and non-resistance with an opponent's forces so that anyone, young or old, large or small, man or woman can employ it with the least amount of physical strength. Its techniques include throws, escapes and subduing by use of wrist and elbow bending and numerous body movements. All the wrist and elbow bending techniques are based on the natural way the joints were meant to bend, so unnecessary injury can be avoided.

All the movements are performed in a relaxed manner. Aikido believes that while young the physical strength increases up to a certain age and begins to wane with advancing age and that use of the mind becomes increasingly necessary rather than use of physical strength.

In fighting or contesting, one gains better ground at someone else's expense. When achieved, this type of victory is relative. One gains victory because the other loses and surely the time will come some day when one has to yield to a younger and stronger opponent. Aikido is not concerned about winning over others but improving and advancing with others harmoniously. For this reason Aikido teaches only defensive techniques, not attacks as in other arts. It includes no competition or resistance to instill fighting spirits and, above all, every Aikido practitioner is forbidden to accept or provoke challenges to competition or fights. Aikido is a way of winning over one's self by learning with others harmoniously.

Aikido is a mental discipline. Not only does physical coordination of its hundreds of varied movements require mental concentration, it also requires the mind to be concentrated within the lower abdominal region which is the center of gravity in man as well as the coordination point of mind and body. Aikido may be said to be meditation in motion or "Zen" in nature.

Aikido in general is a way to health, a way to keep physically and mentally fit, as one progresses in arts of self-defense without harming others. It is a non-aggressive, non-violent, non-fighting and non-contesting art of self-defense, aimed at evolving one's self to a higher level of consciousness and to absolute victory.



**Aikido of Hilo offers classes
in Hilo and Waimea
for Youth, Teens & Adults**



Aikido of Hilo is a non-profit organization
For detailed class information visit
www.AikidoOfHilo.org or phone 935-AIKI