



DOJO NEWZ

Aikido in the Fan
Volume 1 Number 1

Circle Square Triangle Association
web page <http://www.geocities.com/cstaikeius>

What is Aikido?

Aikido has been called “the way of peace” and “the non-violent martial art.” It is unique among the martial arts in that its purpose is to teach conflict resolution rather than effective fighting tactics.

Aikido has its origin in the century old traditions of the Japanese martial arts. Aikido is a form of BUDO (the way of the warrior/Samurai) originated by Morihei Ueshiba (1883-1969) about 1925. Like other zen disciplines it requires dedicated practice for many years to develop mastery.

The “**Ai**” of Aikido can be translated into the words harmony or love. The Aikidoist joins with the attacker rather than opposing force.

The “**Ki**” of Aikido means energy, life-force, feeling, universal essence. It is the flow that permeates and drives all living beings and is the primal motive energy of the universe.

The “**Do**” of Aikido means, simply, a path or way of life. It is an ethical system which is built in by practice. There are no ethical pronouncements in Aikido, such as “do this” or “don’t do that”. An Aikidoist is not violent or arbitrary by virtue of the very art that is practiced. No one can be told how to behave in a given situation. An Aikidoist behaves as Nature - courteous, gentle and loving.

The three symbols of the word Aikido together mean “the way of harmony with nature”.

Seven Qualities of the Champion

Ancient as well as modern martial artists strive to master many different skills, not limited to self-defense. With this spirit this training can produce an individual who has gained inner peace and self-control through hard practice and meditation.....

Martial Arts

Quickness
Endurance
Timing
Power
Balance
Posture
Flexibility

Life

Alertness
Perseverance
Punctuality
Knowledge
Rationality
Honesty
Gentleness



Aikido West Beginner's Handbook
(<http://www.aikido-west.org/handbook/index.html>)

Words from O'Sensei



“ A mind to serve for the peace of all human beings in the world is needed in Aikido, and not the mind of one who wishes to be strong or who practices only to fell an opponent. Aiki is not a technique to fight and defeat an enemy. It is a way to reconcile the world and make human beings one family.”

Master Morihei Ueshiba

Requirements for Examination

The examination system in Aikido is not structured on competition. You will be graded on the following points:

- * Your understanding of basic techniques appropriate to your level.
- * Your spontaneous movement and response appropriate to the attack.
- * Your ability to adapt your movement to the force of the attack.
- * Your concentration and awareness throughout the examination.
- * Continuity of movement is important not speed.
- * Confidence and courage are important, not ego.
- * Be prepared to uke for someone else of your same level.

(Training Handbook - Aikido Schools of Ueshiba, Washington, D.C.)



Aikido Kids Ranking System

	<u>Training Hrs.</u>	<u>Months</u>	<u>Age limit</u>
10thKyu <i>Purple</i>	24	3	3
9thKyu <i>Purple/ stripe</i>	24	3	6
8thKyu <i>Yellow</i>	24	3	6
7thKyu <i>Yellow/stripe</i>	24	3	7
6thKyu <i>Orange</i>	24	3	7
5thKyu <i>Orange/stripe</i>	24	3	8
4thKyu <i>Blue</i>	48	6	8
3rdKyu <i>Green</i>	108	9	8
2ndKyu <i>Brown</i>	156	12	
1stKyu <i>Red</i>	208	12	
Shodan <i>Black</i>	208	12	

Class Schedules

Children's classes meet every Saturday morning except during public school holiday seasons (Thanksgiving, Christmas and Easter)

10:00 – 11:00 am **Beginners (5 – 9 yrs old)**

Introduction to stretching exercises, rolling, falling and basic aikido movements.

11:00 – 12:00 noon **Advanced (10 and older)**

Stretching , rolling, falling and basic work with weapons movements.

Contact Instructors for more information:

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