

LOCAL DOJO INFORMATION

www.aikido.org.au

AIKIDO
THE NON-AGGRESSIVE MARTIAL ART



Like many people, you may be looking at a number of different martial arts, wondering which one will be right for you. Or, you may have your mind set on aikido training but considering which particular form or dojo may suit you better.

“Why should I choose Aikido?”

Aikido trains you in both a mental as well as a physical sense. It is not about showing you how to defeat or injure another person, even though the techniques are based around self-defence movements. Any self-defence skills that you develop are a secondary result of the training, not the primary purpose.

There is no competition in Aikido – winning or losing does not factor into our thinking.

With Aikido we try never to conflict with the intention of the other person. We simply agree with the direction of their energy/ force/strength and then lead that force to a point where the person can no longer maintain their balance; this is often done in a circular fashion. In other words, we learn how to not fight.

A rough translation of the name ‘Aikido’ means the way of harmony, the blending body and mind. Blending of two energies into one for a harmonious relationship might sound simple but requires a considerable amount of training and skill to achieve.

Many martial arts touch on these aspects but Aikido makes them the absolute building blocks for all we do. We apply these principles through standing and kneeling hand techniques, plus weapons training.

Please contact us if you would like more information – mail@aikido.org.au or visit our national website www.aikido.org.au

WANT TO KNOW MORE?
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Four Good Reasons Why You Should Join Aiki Kai Australia

Only you can decide which dojo feels right for you but we'll try to give you a few pointers about us that may help your decision making.

Most people like to know that the group they are training with have recognised instructors, with a sound knowledge, in a safe environment and any grades issued are of value.

①

Official grading & teaching authority for nearly 50 years

All grades from Aiki Kai Australia (AKA) are officially recognised worldwide:

- Black belt certificates are issued from the World Aikido Headquarters, Japan.
- AKA is the only Australian member of the International Aikido Federation.

②

Three Shihans in Australia

Appointed only by the World Aikido Headquarters, Japan, these master teachers are selected people who show an exemplary understanding of Aikido and have demonstrated the ability to pass on their knowledge.

Currently, AKA has three 7th Dans who have officially received shihan qualification.

③

At least a 6th Dan or above in every State & Territory

No matter in which State/Territory you live there is a very highly graded, experienced person who will be overseeing your training. Very likely, you will be able to train with these people on a daily or regular basis. Even if your local dojo has an instructor with not such a high grade, that person will be regularly receiving instruction from a more senior person.

④

Not-for-profit organisation

All our instructors freely donate their time. Which means the training is based around quality – not quantity.

Not having to rely on student numbers for a living means our main interest is to impart the best Aikido we know how.

For you, this means working hard, meeting high standards and working through a rigorous grading syllabus. As you pass each grading test you'll feel a high degree of satisfaction, knowing the work you put in to attain that level.

Visit an Aiki Kai Australia dojo near you and see what we mean. Most dojos offer inexpensive introductory classes, so take advantage of them; try it out and see if Aikido is for you!

