

*The Art of Peace*

*Aikido Kenkyu Kai*

*A dynamic martial art for men, women, and children*

*“We train to unite the truth, happiness, and beauty of the sincere soul.  
Aikido is a ‘way to harmony with the Universe’”*

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## The Art of Aikido

Aikido is a modern Japanese martial art. A Japanese martial artist of rare skill and dedication created Aikido in the 1930s and 1940s. His name was Morihei Ueshiba - a farmer, soldier, and master of many traditional Japanese fighting arts.

At the basic level, Aikido teaches self-defence. However, the greater essence of the art is learned on the journey, or Way, to martial proficiency.

This essence includes how to resolve conflict positively, let go of fear and bring mind, body, and spirit into harmony. The training process helps uncover the gift of awareness and peace within ourselves.

## Words from the founder of Aikido

“The secret of teaching Aikido is to purify your own *ki* (energy), to move in harmony with the movement of the Universe, and then to actually become One with the Universe.”

“**AI** (love) does not struggle. **AIKI** is a ‘meeting of the *ki*’. In love there is no enemy. That which takes something to be the enemy; that which struggles against another is from the beginning not the spirit/mind of the Universe.”

### O-Sensei Morihei Ueshiba

## The Practice of Aikido

Aikido is based on the principles of non-violence and non-resistance. It involves throws, locks, and pins which do not damage limbs. Aikido does not involve striking or blocking aggressors, and is non-competitive. This art offers insight and resolution to any conflict situation, including verbal arguments and other non-physical conflict.

Aikido is wonderful for adults and children alike. Immediate benefits include body awareness, ‘centring’, relaxed movement, and confidence.

Being a true Japanese martial art, weapons such as the sword, the stick and the knife are used to help train practitioners. Defence against these weapons is also taught.



## **Aikido Kenkyu Kai International**

Aikido Kenkyu Kai, or 'Aikido Institute', is an international network of like-minded *aikidoka* inspired by the teachings of Sensei Yoshinobu Takeda, seventh-dan. Takeda Sensei is a contemporary master of the art who continues the development and inspiration of Aikido through his own soft, flowing, and powerful style.

Takeda Sensei has a number of dojos in Japan, with his own dojo in Kamakura near Tokyo. There are clubs in Germany, the USA, Canada, New Zealand, and throughout Australia.

## **Aikido Kenkyu Kai in Australia**

Aikido Kenkyu Kai began in Australia in 1980, when Takeda Sensei agreed to help Aikido students in Canberra. Since then the movement has spread to NSW, Queensland, South Australia and Northern Territory. Classes are taught by qualified instructors, who are committed to promoting and maintaining the highest standard of practice.

Takeda Sensei often visits Australia, and high-ranking Japanese and Australian instructors regularly lead special training camps.

## **General fitness**

While Aikido makes some physical demands of its practitioners, every effort is made to cater for individual needs. The instructor should be consulted at all times; however, it is not recommended for people with severe medical conditions, such as heart problems. There are no restrictions regarding age or gender.

## **Clothing and other equipment**

Regular practitioners usually purchase a white Judo-style *gi*, which consists of a jacket and trousers.

It is best for beginners to train in long trousers, such as tracksuit pants, as much of the training is carried out on the knees. As students advance, weapons training is practised, and students are expected to purchase relatively inexpensive wooden weapons.

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*A physical, mental, and spiritual art*

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## Training in the ACT Region

### Contacts

ACT President  
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ACT Region Chief Instructor  
Mike McGregor  
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### ACT Region Dojos (places of training)

**Turner** - Monday, Wednesday & Saturday

**Queanbeyan** - Monday & Wednesday

**Erindale** - Tuesday & Thursday

**Tengoku dojo, Captains Flat Rd, NSW** – Sunday

**Moruya, South Coast**

### Aikido Kenkyu Kai websites

Aikido Kenkyu Kai International: [www.aikidokenkyukai.org](http://www.aikidokenkyukai.org)

Certain Australian dojos have individual web sites, e.g. [www.aikidosydney.com](http://www.aikidosydney.com)

An Internet-based resources, news, events, and information site exists for members.

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