

合気道

AIKIDŌ



ABOUT AIKIDŌ

Aikido is a modern martial way created by Ueshiba Morihei. He incorporated movements from traditional grappling arts, and added his own philosophy stressing the importance of *wa* (harmony or balance). Depending on the situation, *wa* can mean harmony of the body and mind, between people, or between mankind and nature.

Aikido does not involve using strength or taking advantage of the opponent's weaknesses to gain victory; the aim is to become one with the opponent's attacking energy and to rise above petty violence. In line with this philosophy, there is no competition in the aikido created by Ueshiba. Regular training involves repeatedly practising techniques with a partner in order to perfect form and develop the body and mind.

The basic motions of aikido include *irimi* (entering) movements, where the defender steps inwards

and to the side of the attacker, and *tenkan* (turning) movements, in which the defender pivots to redirect the attacker's energy. The largely circular motions are part of the *wa* approach of aikido, and are intended to avoid direct collision with the attacker.

Aikido is now practiced in 95 countries around the world, proof of the international appeal of its peaceful teachings and principles.

