

AIKIDO HEALTH CENTRE



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INTRODUCTION

Welcome to your pdf ebook of all of the unique and valuable content pages at the Aikido Health Centre website. It is offered as a special service to our important visitors, and makes it far easier to learn the unique and practical Aikido and Health tips that we offer. Read it several times to get the full benefits!

ABOUT TONY WILDEN AIKIDO INSTRUCTOR & HEALER



Tony Wilden is an **Aikido Instructor and qualified in several Healing Arts** . He has a deep interest in spiritual matters, health, environmental issues, and the creation of harmony between people and nature.

He began his study of the art of Aikido in 1985 after many years of extensive research into a wide variety of spiritual paths...

After contemplating the words of the founder, Master Morihei Ueshiba - O'Sensei, Master Koichi Tohei and Master Gozo Shioda, he was inspired to make an intense study of the Aiki arts and principles.

Tony has also studied ancient and traditional healing systems in his search and holds qualifications in : Aikido, Anatomy & Physiology, Acupressure, Reflexology and Advanced Touch for Health (Applied Kinesiology). He has given 1000's of individual health treatments since 1993.

Tony Wilden Sensei is a 4th Dan in Aikido, which he has been practising since 1987. In 1992 he founded the Arun Aikido Club in West Sussex, UK and has since trained six students to black belt levels. He teaches Aikido Yoshinkan as passed to him by his Sensei's.

Tony has achieved **Coaching Qualifications** from these Organisations...

Martial Arts Commission (MAC), Ken Shin Kai Aikido Association (KSKAA), British Aikido Board (BAB), National Association for Karate and Martial Arts Schools (NAKMAS), Bushinkan Martial Arts Association (BMAA).

Tony founded and ran the Arun Aikido Club from 1992 and had 500+ students, conducted over 50 grading seminars, and arranged dozens of lectures, courses, demonstrations and workshops for the Community. He closed the club in 2007 and is now offering private Aikido lessons to individuals and small groups on the South Coast UK. He also holds Aiki Warrior Training Camps on a monthly basis.

In 2008 he completed the Optimum Health Secrets and 3 Free Harmony Ebooks on Health, Harmony and Well Being. A massive collection and an absolute Gold-Mine of information, knowledge and wisdom.

In 2009 he released the Aikido First Aid Kit ebook that teaches, step-by-step, exactly how to prevent and treat Aikido injuries. He also wrote the Aikido Success Blueprint ebook to Fast-Track Your Aiki skills to peak performance levels, which is ideal for beginners, regular students and experienced instructors!

*Get step-by-step, practical tips that will put You on the fast-track and **boost YOUR Aikido skills**. This is an absolute gold-mine and massive collection of knowledge and wisdom. For full details visit...*

<http://www.aikido-health.com/aikido-ebooks.html>

AIKIDO - THE WAY OF SPIRITUAL HARMONY TEACHES YOU HOW TO DEVELOP YOUR NATURAL POWERS

Aikido is an original martial art that is not competitive or violent. The techniques do not require physical strength or aggressive spirit and can be practised by people of all ages... men, women and children.

By using **circular movement** an attackers energy is returned back to them using a variety of methods that can cause pain and submission, without injury.

The benefits of training include... self defence, discipline, breath control, relaxation, flexibility, stamina, speed, power, health and harmony of mind-body-spirit. In time you'll experience an inner balance that can be useful in your daily life, and a key to living naturally and unselfishly in a complex world.

Aiki teachings you that the one point in your lower abdomen is the centre of your universe wherever you go. By keeping your mind concentrated on this point, it helps you to relax deeply, and gives you the ability to respond quickly to events in your life.

FOUNDER

Master **Morihei Ueshiba** O'Sensei (great master- 1883-1969) was known as one of the World's greatest martial artists. Although invincible as a warrior, Morihei was above all a man of Peace who detested violence.

After mastering judo, kendo jujutsu, and Aikijutsu, along with his profound spiritual insight into the nature of the universe, he created aikido, a unique and original martial art based on universal principles.

Morihei taught the art of peace as a mind-body discipline, as a practical tool for handling aggression and as a way of life that develops courage, wisdom, love and friendship. He believed that aiki principles of harmony and co-operation could be applied to all of life's challenges.

Although the art originated with Morihei Ueshiba in Japan, it was intended to be a gift for everyone. He was often described as being the most religious person in Japan, and in his later years spent much of his time in study, prayer and writing spiritual poems.

O'Sensei based his skills on his ability to **tune into universal energy**. The method he used was through the power of sound vibrations. Every day he chanted the pure Kotodama sounds to develop his spiritual powers.

Some of the most prominent students of Morihei Ueshiba are...

Kisshomaru Ueshiba, Koichi Tohei, Gozo Shioda, Morihiro Saito, Rinjiro Shirata, Michio Hikitsuchi, Kanshu Sunadomari, Minoru Mochizuki, Kenji Tomiki, and many more who have dedicated their lives to the art.

Moriteru Ueshiba (son of Kisshomaru, grandson of Morihei), continues to promote the art to the World from the Hombu Dojo in Japan. Student numbers are growing every year due to the excellent work of the Masters and their dedicated students.

Of course, it takes many years to become an expert in the art, but you can learn exactly how to greatly reduce the time to Success. Knowledge and daily practise is Your path to success

In essence, aikido is more philosophy and meditation than a series of physical movements, but through mind-body exercises you can gain a better understanding of the art and learn how it can be applied to your life.

You can **turn obstacles into potential opportunities** and change anxiety and pain into vital life-force energy. Many of the amazing exercises can be practised at any time, wherever you stand on the planet.

During your training you will learn that the battle is not outside of you, but within. The wisdom and benefits received from hard training are many, including... health, harmony and enlightenment.

Aikido is much more than just another fighting style, it is a holistic approach to life that Morihei Ueshiba described as...

*"A divine path inspired by the gods that
leads to truth, goodness and beauty"*

Morihei demonstrated in the physical world his divine technique, in harmony with nature. Aiki students are familiar with Amazing photo's and films of Morihei as an old man, easily defeating younger opponents.

*Do You want to learn the **6 Key ways** to boost your energy levels?
Get full step-by-step details on how to quickly improve your health!*

This is an absolute gold-mine collection of knowledge and wisdom...
<http://www.aikido-health.com/health-secrets.html>

LEARN HOW TO USE AIKIDO TO BOOST YOUR ENERGY LEVELS AND DEVELOP YOUR HEALTH

How can You use Aikido for health development? Can you improve Your skills using Aikido healing techniques? Yes, and you can achieve it fast by taking regular dojo training skills into your daily life!

If you are a beginner, a regular student, or even an instructor, you can use Aikido for health skills to greatly benefit other people, and you should.

When you begin anything new, one of the strongest needs is to fit in with the group. So, you tend to learn, fairly quickly, the skills to blend and avoid standing out. If you do this, you will soon realise that **developing technical skills** in Aikido is a rather slow process.

I'm sure many of you have experienced the aggravation of one step forward and two steps back in your training. In fact, this can go on for weeks, months, even years.

You are a unique individual, one of a kind, so you should not aim to fit in. In fact you should aim to shine, stand out, motivate and inspire others to do the same. This way we all reach our dreams, desires and life goals.

By learning how to balance your energy centres with Aikido healing techniques, you can get on the fast-track, improve your skills Fast, and use them daily.

But, hold on a minute...

Aikido is a martial art to develop discipline, combat skills, and self defence... isn't it? Yes, of course, these are some of the most important factors involved with the art, but not the essence of it!

Master Morihei Ueshiba, the founder of Aikido, developed the art as a tool that leads to harmony, peace and happiness. In fact, the ultimate aim is **world peace for all people on the planet.**

This will never be achieved by practising a couple of times a week, in a dojo. You have to take the aikido for health principles into your daily life and help all of the people around you... that is yourself, the members of your direct and extended family, friends, and even strangers.

By balancing your energy centres, using aikido healing techniques, the flow of your ki (life force energy) will become very strong. This will vastly improve your ability to pick up the essential skills necessary to be successful in your dojo training and use them in daily life.

Learn how to boost your aikido healing energy, achieve optimum health, develop your training skills and get on the fast-track to Aikido success...

Discover powerful Health Secrets to boost your energy levels Fast. The Optimum Health Secrets exe Ebook is an absolute Gold-Mine of wisdom. You will also get FREE Bonus Harmony Ebooks... a complete resource on health and well-being... Optimum Health Secrets Ebook Collection

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LEARN HOW TO AVOID AIKIDO INJURIES...

PREVENTION IS FAR BETTER THAN CURE!

Taking part in any activity increases the risk of sustaining an injury. However a large percentage of **Aikido injuries can be prevented** by learning how they occur. Obvious causes are accident or over-training. If You wish to avoid and reduce the possibility of aikido injury, then it is essential to approach your training in a more holistic manner.

If You are healthy mentally, physically and emotionally then extreme repetitive training will reap benefits with minimum risk of pain and set-backs.

A good Warm-Up increases the body temperature, making tissue more flexible and less prone to injury by tearing. It also raises the heart rate so fuel and oxygen can be delivered more effectively to the muscles.

Correct Stretching requires attention to form and each stretch may need to be held for up to 30 seconds to get the optimum benefits. Before and after Your aikido training, stretch gently, breathe slowly and deeply while focusing on relaxing the muscles.

A good Cool-Down will gradually reduce the intensity of the activity so that waste products can be removed more effectively. Deep breathing, relaxation and stretching will help in the reduction of muscle soreness.

The Aikido First Aid Kit shows you, step-by-step, exactly how to prevent injury. Also covers, in-depth, how to treat injuries & best of all it's absolutely free with the Aikido Success Blueprint.

COMMON CAUSES OF AIKIDO INJURIES

Wrist pins, nikajo, sankajo, kotegaeshi, shihonage.

Elbow ikkajo pins, shihonage, juji-garami, hiji-ate, hiji-jime.

Shoulder shihonage, nikajo & sankajo pins, incorrect falls.

Head and neck shihonage, incorrect falls.

Back the so-called 'high' falls from shihonage & koshinage.

Toes and fingers caught on training gi's, hakamas, mats etc.

Knee injuries (structural) improper loading of partner in koshinage, poor positioning of feet while executing techniques, failure to twist hips thereby releasing strain on knee joints, outside lateral impacts; (surface) excessive practice of seated techniques.

This list is not complete and doesn't include cuts and bruises which are usually not of much consequence although they can be annoying. The above reveals that it is often the **basic techniques** that are implicated, and is due to the repetition and frequency with which we practice them.

Related to the subject of aikido injuries is the fact that in almost any aspect of life, males and females, typically go through a 'sizing up ritual' when confronting one another where there is somehow an understanding of the superiority of one over the other. The most obvious factor at play in determining dominance is sheer physical size.

In aikido, this 'sizing up exercise' is usually accomplished after a few throws have been executed (often with a little bit of resistance). The pecking order having been established, training then continues.

In practice we alternate between being the potential 'inflictors' of pain or injury and the potential 'victims' of pain or injury. There should be a level of trust, an unspoken contract between practice partners. This is especially the case since there is often a great difference between the technical and physical abilities of two partners training together.

Given the reality of everyday practice where one of the training partners is dominant having demonstrated physical and/or technical superiority, and the indisputable fact that human beings are

'**naturally competitive**', we have a scenario where aikido injuries can and will occur.

Naturally, where some individuals are involved, the incidence of injury occurs with greater frequency. It seems that most dojos have at least one resident 'bully', usually male, and either a senior student or teacher.

He or she enjoys a deep respect from fellow members - a respect based primarily on fear. One would not even think of resisting his technique for to do so would result in an instant and devastating reprisal.

CONSTANT ALERTNESS IS NEEDED TO AVOID DOJO INJURIES

Otherwise intelligent people will abandon their normal attitude of alertness when immersed in the warmth of the 'family atmosphere' of an aikido dojo. It is not uncommon to see classes conducted under crowded conditions where aikido injuries can easily happen.

A few words from the teacher in charge to be careful is not enough and it requires a systematic approach to insure a safe training environment... Students tend to throw freely into any open space.

Aikido training focuses our natural physical strength and ability to cause bodily damage. Students tend to engage in more intensive training as they advance in level, so must exercise greater caution as skills improve.

At large seminars it is virtually impossible to train with peace of mind because far too many people are crammed into a limited mat space. The only 'self-defense' that one can learn under such circumstances is the art of how to avoid colliding with one's fellow trainees.

Most of us have trained under crowded conditions, the sign of a successful dojo when the mat space is full. We have to realize that the potential for aikido injuries are ever present... especially under these circumstances.

Your Instructor must take the lead in **creating a safe training environment** and have training partners throw parallel to each other and aim toward the outside of the mat. This is the key to avoiding collision injuries.

During weapons practice, training pairs line up all in the same direction along the length of the mat. The need for this approach in weapons training is obvious because everyone recognizes the danger of being struck by a weapon. It should be equally obvious that the collision of two bodies during unarmed practice can cause serious aikido injuries.

WHAT IS THE REMEDY FOR AIKIDO INJURIES?

Acute Injuries are generally short-term, with symptoms that are sudden or sharp, the result of some trauma. This is often seen in aikido from a fall or collision. These seem to be serious but the tissue cells fully repair themselves in a few days or weeks.

Acute strain can be caused by massive effort and over-exertion beyond our capabilities. It is in those moments of poor co-ordination that injury tends to occur, with muscles working against each other, or excessive force at the joints.

Chronic Injuries refer to conditions that persist over a longer period of time, developing progressively over a number of years and caused by prolonged incorrect activity, structural problems, incorrect training methods, poor equipment or problems with technique.

The damage is often not noticed until it announces itself via pain or restricted movement. Poor technique is a common source of injury that concentrates stress onto specific areas of the body leading to overload.

If you have been injured recently, in the first 24 hours after an expert health assessment use the **R.I.C.E method**... Rest - Take it easy, but keep moving within your limit of pain. Ice - Apply ice for 15 minutes every two hours to control pain and bleeding. Compression - Firmly bandage to reduce

swelling. Elevation - Raise limb higher than heart level to reduce swelling and bleeding.

Avoid the **H.A.R.M. factor** in the first 48 hours... Heat - increases swelling and bleeding. Alcohol - increases swelling and bleeding. Running or Exercise - Aggravates the injury. Massage - increases swelling and bleeding.

*Get step-by-step, practical tips that will put You on the fast-track and **boost YOUR Aikido skills**. This is an absolute gold-mine and massive collection of knowledge and wisdom. For full details visit...*

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PRACTISE AIKIDO IN YOUR DAILY LIFE TO DEVELOP YOUR SKILLS FAST!

Most aikido students, like everyone else, are busy people, and do not have the time to practise their Aikido skills on a daily basis. This reduces their ability to learn the art down to a couple of times a week.

Training a few times every week is a **rather slow process**, when it comes to developing real skills.

After all... If the class is 2 hours long, the first 20-30 minutes is taken up by warm-ups to prepare your mind and body for training. Then you might cover a series of basic Aikido movements for 30 minutes, to remind you of the mindset and form.

Then, maybe for another 30 minutes, you will cover several basic and advanced techniques. After some lecturing on theory... the class is over.

Have you noticed that in each class it takes time to get to the skill level developed by previous classes. Once this level is reached you are then able to develop further. BUT it takes almost half a class to return to where you left off each time, so how can you possibly develop your Aikido skills further.

It can't be done! At least not quickly. This is why it takes so long to reach Dan grade level in Aikido.

Is there an easier way?... you bet there is! The way to develop your Aikido training skills fast, and take your development to a whole new level, is to practise Aikido in daily life. A little at a time or for best effect a few hours, that moves you quickly to peak levels.

This may mean that you are working on the form, postures or movements at home... (make sure there is enough space) Yes a lot of what you learn in Aikido can be practised without your instructor. An instructor is definitely necessary to give you tips and feedback on techniques specifically. But also about your direction in Aikido, your progress etc.

But YOU can work on many of the aspects of the art, at home, on your own or with a partner. Now don't go throwing each other around without a safe environment and teacher present. But, you can practise your moves slowly, work through them, and think about them.

This is the real way to develop your skills fast!

Even better than that type of practise is using the theory and principles of Aikido in daily life. If you are working on the essence of Aikido in everyday life, you will learn at warp speed! You have just got to want it, a little more than what you are focusing on and doing each day.

You can either change your lifestyle around drastically and just go for it. Or you can introduce aikido in everyday life, a little at a time... its your choice, but it can be done.

There are several key tools, tips, and ways to get the most out of this...

1 - How to Successfully choose your Aikido instructor.

- 2 - The best ways to focus your mind for training.
- 3 - Learn principles of Aikido - the real key to effective techniques.
- 4 - How to prevent and treat Aikido training injuries - Fast!.
- 5 - Learn how to avoid many of the training pitfalls that slow you down.
- 6 - And many, many more!

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LEARN HOW TO USE AIKIDO FOR SELF DISCOVERY

Find your true self with positive Aikido for self discovery. You can learn how to flow with life energy rather than resisting it. By doing this daily you will develop powerful ki energy, that you can use for the benefit of others.

Aikido is much more than just another martial art. It is a way to learn all about the most important person in your life... YOU! And what you'll learn on the path will surprise and amaze you.

Using the martial techniques of Aikido, as a **tool to develop your higher self**, is an exciting road to travel. You will learn many things about yourself that you like, but also many things that you don't like.

The secret to using positive Aikido for self discovery is to develop and use your good qualities to help other people in their lives. That is, be open and helpful, in the dojo (training hall), and in daily life.

You will also be working on things about yourself that you dislike. Ego is likely to show up, and must be released or at least controlled. Being selfish, only thinking about your own needs, resisting techniques on the mat, resisting other people in life, anger, sadness... you'll see plenty of it.

The great thing is that, using Aikido for self discovery, will help you deal with all of the issues that come up, positive or negative. Your training in leadership Aikido will help you to help others on and off the mat.

Remember also that, whatever comes up in your life, you will learn how to deal with it in a positive way. Any ego or emotional energy will be put in perspective. After all how important is a particular problem in the scheme of life? Energy comes to you, and you can either hold onto it, where it stagnates and becomes negative, OR you can **release it to the universe**.

Life gives energy, love, people and material things to us and we must give it back. This is balance, the harmony that Morihei Ueshiba, the founder of Aikido, referred to often in his lectures.

Positive Aikido for self discovery is a way to truly empower your life. This art will help you become more confident in yourself and go on to reach your dreams, desires and life goals, helping other people along the way.

I highly recommend that you get involved in leadership aikido, join an Aikido association, study the techniques, read the books, watch the dvds and go on to study the essence of the art.

If you want cutting-edge info to help you move along the path of Aikido for self discovery, at a much faster speed, then check out...

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LEARN AIKIDO PRESSURE POINTS SECRETS

You can learn the secrets of Aikido to use and greatly benefit Your skills and training experience. Instructors in many Aikido Dojo today do not include these lessons in their traditional classes. The limited time they have available is usually devoted to the study of the many Aikido techniques.

These unexplored truths are the real essence to the teachings of the founder of the art of Aikido... Master Morihei Ueshiba, who said...

*"One does not need buildings, money, power or status
to practise the art of peace.
Heaven is right where you are standing,
and that is the place to train"*

Aikido combines practical self-defence movements with an emphasis on an extension of mental energy and ki. The central philosophy teaches you how to take responsibility for not inflicting unnecessary damage to your attackers, but control them.

At the core of the art is **Ki and Hara**. Ki is the inner energy which you possess but rarely develop, that is stored in the hara, your Centre of gravity in the lower belly. The aim is to focus your mind and body at this point to achieve clarity, relaxation and a calm mind.

Morihei Ueshiba often said that the two Secrets of Aikido are...

Misogi - Purification of Mind and Body, which deals with methods of purification of mind and body which are the essentials for a healthy lifestyle... Pure air and water, organic food/nutrition, beneficial exercise, good sleep and relaxation.

Kotodama - Chanting the Sound Spirit. The Kotodama U, which is the origin of spirit and substance, divides into two. Kotodama A, which is yang/fire energy goes up to heaven. Kotodama O, which is yin/water energy goes down to earth. The opposing force that holds the two together between heaven and earth has been called... ki, chi, prana, magnetism, vital life force etc. Vibrations of sound have the Power to connect spirit and form.

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WHAT IS THE ULTIMATE ESSENCE OF THE ART OF AIKIDO

What is the essence of Aikido, and how are You going to reach your goal of developing advanced Aikido skills? Well, its not going to be easy. Of course anything worth achieving takes focused effort and full commitment.

To get to the true essence of Aikido you will have to spend years practising the basic techniques of the art.

It depends on how much **time you are willing to spend on your training**. If it's a couple of classes a week, it will take many years. But, if you have the time and are willing to practise several times a week or even every day, then you will reach your goal much faster.

You will have to find a fully qualified Aikido instructor to teach you the basic techniques in a Dojo

setting. You'll need to work on these basics, thousands of times to move on to the advanced level. Of course, you can help the process along physically and mentally at home going through each detail.

After some time your instructor will teach you a variety of different ways of practising the basic techniques. This will gradually develop your ability to practise and move in a more spontaneous way. Gradually you are moving closer and closer to advanced Aikido and the essence of Aikido.

Meanwhile, during your dojo training, you will, of course have been making a serious study of Aikido ukemi, which is the art of receiving techniques. This will help you develop the skill to be physically and mentally relaxed, flexible and not resist the techniques. You will learn how to fall safely, even if you are thrown hard, or taken by surprise.

During your **advanced Aikido training**, and heading towards the essence of Aikido, you will be working on several different ways of experiencing the art. This will introduce you to the study of Aiki principles.

Gradually you will begin to know what the main points of the techniques are, and the underlying principles that run through every technique.

If you have reached this far in your training program... congratulations. Many students get bogged down in the physical techniques, and attempt to be superior to others.

This is where ego takes over and can bring up the never ending argument over which instructor is teaching the correct way. Some students become too rough, and bully their training partners, but they can't take it, when they receive the same treatment back.

Some instructors, without realising it, end up **coaching and hardly ever training**. They cannot allow their students to get near to their own level, so focus more on trivial details than real development. Of course, you are not part of this group of Aikidoka, who have been tangled up with ego.

So now as you move towards the essence of Aikido, you notice the principles that run through every technique. There are dozens of important principles that the techniques are teaching you. In fact many of them you know, but have not consciously singled out.

A relaxed mind and body, your mind focused on your centre of gravity, the flexibility to go with the flow, mental and physical circles, non-resistance, weight shifting, weight moving, avoid direct conflict, 360 degree awareness of your environment, the list goes on...

Once you have reached this level of advanced Aikido, you will now be using the art, in the dojo and daily life. There is so much good work you can do to benefit your family, friends, members of your community, and the world.

To enhance this **advanced Aikido level** you should be getting well into breathing, meditation and contemplation practise. This will develop in you a love for all beings, and a desire to help others in any way you can. As you go out into the world more focused on helping others than helping yourself, you will experience more relaxation, peace and happiness.

Your hard training comes together within yourself, and you experience harmony and balance in the moment - right now. Having achieved personal realisation, you can take your Aiki life skills and give them out to all living creatures on the planet... this is the essence of Aikido.

Master Morihei Ueshiba - the founder of Aikido, had a very high goal. The essence of Aikido as health, happiness and World Peace!

So, you may be thinking, this is going to take a little while. Well, yes a lifetime in fact... but what a fantastic journey! You can aim high and achieve your dreams, desires, and life goals. Of course, if you just want your physical techniques to be slightly better than average, you should be able to achieve this in about 5 years!

Daily Training Leads to Advanced Aikido, and the Essence of Aikido. Below are some excellent tools to Fast-Track your training to achieve an advanced Aikido level...

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AIKI PRINCIPLES AND THEORY OF AIKIDO, MARTIAL ARTS AND SELF DEFENCE

How can you truly understand the universal aiki principles as laid down by the Masters of old? Can you experience complete relaxation, a calm mind, peace and harmony in Your life ?

A study of **Aikido Principles** will give You the Energy and Power of ki. When your mind and your acts become one with nature then nature will protect you. One underlying core principle that runs through all spiritual, healing and martial traditions is attention to **Correct Breathing**.

There are 3 Methods of Training...

- 1** - Accumulating knowledge and techniques.
- 2** - Analyzing form & posture.
- 3** - Studying universal and natural principles.

The first two are achieved by action and conscious discipline. The third is when You study and understand the aiki principles of nature and the universe. The way of Aikido allows you to work on all three of these methods of training at the same time. Some of the most important principles are listed below and these will lead You to many more.

UNIVERSAL AIKI PRINCIPLES

AI is the shortest known way of saying equal Love for all without discrimination as to race, creed, colour or form.

KI is the Cosmic Power that flows out from the centre of the Universe and returns back to the centre. In our daily lives - If we live using positive Ki we become vibrant energetic beings filled with courage. If we live using negative Ki we become weak and retiring. Achieved through breath control, relaxation and mental extension... Chi, Prana, Magnetism etc.

KOKYU is the way you move your body and mental extension of energy. If you have control of your breathing, remain calm and have strong positive Ki, you are able to move your attacker correctly.

HANMI is the posture used to face your opponent from which you are able to move quickly to evade any attack. With one foot a half step ahead of the other we have a strong stance and with mind on our Hara (One-point) we are prepared for all attacks.

MA-AI is the correct distance between you and your opponent, which is very important. If you are too close you will be unable to avoid a sudden attack and too far away, it will be difficult to use your skills effectively. When your opponent must take a step to reach you is good Ma-ai.

ORENAI-TE is the principle of the unbendable arm. If you relax and extend mental energy through your arm it becomes unbendable and strong, without using muscle power which is limited. We can be relaxed at all times and be mentally strong for effective defense.

FUDO NO SHUSEI is an immovable posture from which we can move rapidly. This is achieved by relaxation, with mind on hara and the body filled with positive Ki. This posture is one in which your mind is not disturbed by anything and your body is not moved.

IRIMI is the method used to advance towards your opponent without meeting any resistance and leading his mind, where his body will follow. It enables us to directly and practically experience the principle of non-resistance. This returns power to the aggressor.

TENKAN is a way of leading an attackers power away by turning your body in a strong circular movement. This pulls the attacker into a circle and dissipates the energy of the attack to take control.

NAGE - one who is attacked by his opponent and pins or throws him.

UKE is the one who attacks and is pinned or thrown.

Some real methods of power gained by studying aiki principles are... proper alignment, relaxation, acceleration and penetration with mind extended.

Aikido practitioners believe in the **principle of non-resistance** and using the minimum amount of power to control an attacker without causing them harm. Aiki principles teach us the art of acceptance and leading energy.

There are many other aiki principles in the study of aikido...

awareness of environment, timing, Ki-ai shouts and atemi strikes to distract, balance taking, keeping one point, controlling the circle, weight dropping, weight shifting, alignment, avoiding direct conflict etc.

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SPIRITUAL POEMS REFLECTIONS ON THE WAY

From chants and hymns to scriptures and spiritual poems, all traditions recognize the Sacred Power of the word. There is a common golden thread running through all religious and spiritual teachings. Writing, reciting, reading and listening to spiritual poems and poetry can help us find the answers to our questions and to be truly inspired.

From the Works of Master Morihei Ueshiba Founder of Aikido

*When you bow to the universe,
it bows back,
When you call out the name of God,
It echoes inside you.*

*Standing amidst heaven and earth,
connected to all things with ki,
my mind is set,
on the path of echoing all things.*

*Bind yourself up with ki,
stand in the centre,
polish your mind,
and be engulfed by divine vibrations.*

*Manifest, hidden, divine,
three worlds revealed,
through the joyous path of love.*

*Foster and polish the warrior spirit,
while serving in the world,
illuminate the path in accordance,*

with the divine will.

**From the Works of Lao Tzu
Founder of Taoism.**

*One who excels as a warrior,
does not appear formidable,
one who excels in fighting,
makes use of the effort of others,
known as the virtue of non-contention.*

*If there is righteousness in the heart,
there will be beauty in the character,
harmony in the family home,
order in the nation,
peace in the world.*

*The false master is quite ferocious,
but possess's no real power,
the master does not make such a show,
but his touch is as heavy as a mountain.*

*Be yourself,
the best become the best by being themselves,
so relax... and be yourself.*

Guru Maharaji

*Power said to the world "You are mine."
The world kept it prisoner on her throne.
Love said to the world "I am thine."
The world gave it the freedom of her house.*

Rabindranath Tagore

*My bounty is as boundless as the sea,
My love as deep; the more I give to thee
The more I have, for both are infinite.*

William Shakespeare

*Take time to think...
It is the source of power.
Take time to play...
It is the secret of perpetual youth.
Take time to laugh...
It is the music of the soul.
Take time to pray...
It is the greatest power on earth.*

Author Unknown

*Work is not always required of a man...
There is such a thing as sacred idleness,*

The cultivation of which is now fearfully neglected.

George Macdonald

*Change does not cause pain...
resistance to change is what causes pain.*

Anonymous

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WHY ARE AIKIDO WOMEN SO POWERFUL AND HELP TO CREATE REAL HARMONY?

There are many Aikido women training in the art, as the techniques do not rely on physical strength for their effectiveness. You can learn how to generate great power using kokyū ryoku, or 'breath power'.

There are also women in Aikido because it is **never used for aggressive purposes**, and by using the re-directed force of an attack, Aikido provides a very powerful means of self-defense, without muscle power.

Regular training in aikido has many physical and mental health benefits. The basic movements in aikido are especially good for the core muscles and for lower body strength but also good for improving stamina, over-all muscle tone and for developing a leaner physique.

Most importantly, however, all students are encouraged to study at their own pace. By studying aikido in a relaxed atmosphere, it is hoped that students will leave feeling positive, energised and revitalised.

There are many amazing Aikido women practising and teaching the art of Aikido. But, it appears, there are very few women in positions of power. In fact, there are no female instructors who have regularly taught at the Aikikai Honbu Dojo, and it's hard to find any woman acting as head of dojo in Japan, in any organization.

When you leave Japan, you will see a **large female presence teaching the art**, but, the leadership of virtually all Aikido organizations is almost entirely male. Aikido Women often have many responsibilities, and are indispensable to the various organizations, but they mainly support the male leadership.

Aikido women are often at the forefront when teaching a balanced view of Aikido. Yes, practical self defense is very important, but the real aim is a community connection, harmony and World peace.

Since the normal practice of Aikido is performed empty handed, an advantage is had by stronger, younger, and more aggressive practitioners, in terms of overcoming their partners. But, Aikido isn't actually about overcoming your training partner, it's about overcoming yourself!

Morihei Ueshiba said "True Victory is Self Victory" which is not about how to defeat someone else, but how to defeat your inner demons or ego. So the true aim is to help yourself and others to be in harmony.

The Dan system of grading was originally set up to ensure that a quality level was maintained in the art. The real problem was that it tended to focus on only the technical, martial side of the art.

There are a growing number of teachers who, although not very interested in the martial application side of the art, are taking technique into new areas of exploration and provide great insight into the

connection between physical technique and the spiritual side of the practice.

Many of them are female instructors, Aikido women, who have run dojo's for many years and have an amazing depth of teaching experience, often bringing students into the art who would never have been interested in training in the more macho world of traditional martial arts & Aikido.

Of course, there are many Aikido women who have successfully trained hard with men. Pat Hendricks, Mary Heiny, Lorraine Dianne, Patty Saotome, etc. all managed to get ahead in the male dominated hierarchy of Aikido. But this isn't how we measure success. Women should not have to measure their worth according to their ability to be "Macho".

Women in Aikido are generally more interested in the social relationships aspect of the art than the martial side. The connection between dojo members is often created more through the efforts of a group of female students than by men. They are far better at nurturing students who are emotionally damaged or are physically less confident.

The Aikido women instructors, many of whom have over thirty years of experience in both training and teaching, still find themselves down a rank or two below their equally experienced male counter-parts. You may encounter many dojo's that place male students at the top of the technical and hierarchical heap while the women students do all of the organizational and administrative work, that actually keeps it all going.

The Founder saw the essential mission of Aikido, as **bringing people together**. People may have exceptional talents teaching children, they may be nurturing to those of us who have been damaged in various ways. We will find individuals who have great insight into the spiritual side, but not the practical or martial aspects.

The top Instructors should aim to create a new generation of instructors both male and female, young and old, who are empowered to explore all aspects of Aikido, and should be supported in following their visions. This way Aikido can grow to a level to be of great benefit to the world community. Aikido women can help lead us all to world peace.

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KOTODAMA ARE SOUND VIBRATIONS THAT HAVE THE POWER TO CONNECT SPIRIT AND FORM

Kotodama sound is the energy of life and creation. It is the hidden energy source that creates the form and function of universal spirit. Also known as ki, chi, prana, magnetism, vital life force etc.

In many cultures **words are traditionally considered sacred**, and how they are used is thought to create or destroy a persons spiritual power.

Each kotodama, whether spoken thoughts, or expressed through movement or form, influences us physically and spiritually. In the religions of the world it is experienced through chanting, prayer and singing.

Morihei Ueshiba O'Sensei (1883-1969) the founder of the martial art of Aikido, generally regarded his system in terms of the science of sound vibrations. These sounds filled with cosmic energy, activate and sustain creation and through their interaction the universe began. Every principle has a sacred seed sound, which contains its essence.

Kotodama is the esoteric science of 'sound spirit'... the **pure sound vibrations** manifested as sound, colour and form. Every principle and technique has a sound, a sacred vibration that contains its

essence.

Aikido is not a fighting art or competitive sport, but a way to experience the laws of nature and the universe. In aikido theory, the sounds a,e,i,o,u, gave birth to spirit-matter, fire-water, yin-yang and further evolved into the 75 sounds that maintain existence.

This cosmology is similar to the tantric concept of the universe, Hindu and Buddhist 'mantrayana', Japanese Shinto kotodama theory and the big-bang theory of physicists.

Morihei, in his talks and sermons, frequently referred to the concept of 'taka-ama-hara' (the high plain of heaven, where the Shinto Gods dwell). He also hinted that this universe is not in the sky but in the pit of the stomach '**hara**' from where he summoned his divine strength and power.

Before training he would use the sound vibrations of the kotodama from the centre of his being to activate the flow of energy and light. He said...

"One's Body is a Miniature Universe"

USE THE SOUNDS OF KOTODAMA FOR PURIFICATION AND CLEANSING

In mystical Shinto and esoteric Buddhism, it is strongly believed that masters, after years of the most severe training, can see, with the inner eye, the holy beings of the spiritual realms. 'Chinkon-kishin', an ancient Shinto meditation, similar to those used by the Hindus and Tibetans was used to calm the spirit and return to the divine spirit.

Closely related to this practise is 'Misogi', ritual purification. Using cold water, in a fast flowing river or beneath a waterfall, to wash away impurities. External misogi for the outer body and internal misogi (breathing techniques) for the inner body aims to leave the mind free from base passions and worldly concerns. Morihei Ueshiba said...

*"Aikido is misogi, purification of body and mind,
a way to reform and transform the world.
I show my techniques to encourage those of little faith"*

Kotodama was detailed by Morihei as 'one source, four spirits, three elements and eight powers'...

One Source

The primordial beginning and centre of the universe.

Four Spirits

1. Kusu-mitama: heaven, wisdom, light, principle
2. Ara-mitama: fire, valor, progress, completion
3. Nigi-mitama: water, fidelity, harmony, propriety
4. Sachi-mitama: earth, love, compassion, cherishing

Three Elements

1. Iku-musubi: harmonisation, vapor, fluidity (triangle)
2. Tara-musubi: inhalation, liquid, unification (circle)
3. Tamatsume-musubi: exhalation, solid, solidity (square)

Eight Powers

1. Movement
2. Calm
3. Solidification
4. Release
5. Extension
6. Retraction
7. Unification
8. Division

Morihei Ueshiba often said that the two 'Secrets' of Aikido are...

Misogi - Purification of Mind and Body, which deals with methods of purification of mind and body which are the essentials for life : Pure air and water, organic food/nutrition, beneficial exercise, good sleep and relaxation, and mind power.

Kotodama - Chanting the Sound Spirit. The sound U, which is the origin of spirit and substance, divides into two. Sound A, which is yang/fire energy goes up to heaven. Sound O, which is yin/water energy goes down to earth.

The opposing force that holds the two together between heaven and earth has been called : Ki, Chi, Prana, magnetism, vital life force etc. Vibrations of sound have the Power to connect spirit and form.

For detailed, step-by-step, tools on how to use Kotodama and sound vibrations visit...

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LEARN HOW TO USE AIKIDO MEDITATION AND BREATHING TO DEVELOP YOUR SKILLS

Aikido meditation techniques and Aikido breathing will help you develop your skills to a whole new level. You can remove negative feelings and become more relaxed by appreciating the world as it really is.

Morihei Ueshiba, the founder of Aikido, would meditate several times a day, from minutes up to several hours at a time. Also many of Morihei's top students were known to practise Aikido meditation and Aikido breathing.

It is great to learn physical techniques, but eventually you will want to increase your abilities. For example the more you are able to relax and focus your mind the better your Aikido performance will be.

So, what are **some of the best ways** that you can use Aikido meditation techniques?

Well, it really depends on your preference, and your previous Aikido and life experiences. You may just want a quick way to relax your mind and body, or you may want to go a little deeper with Aikido meditation and breathing techniques to develop spiritually.

Anyway, here I will give you a few of the methods, I personally use, to retreat to silence and peace. After all it is good to look inwards on a regular basis, rather than outwards all of the time.

I will give you 3 methods, that you may like to use, to experience the positive effects. I recommend that you take the time to practise on a daily basis, for at least 20 minutes.

You can perform all of these in a choice of postures...

1 - Kneeling, with a two fist gap between the knees, hands placed lightly on your thighs with fingers pointing downwards. Straighten your spine, and relax downwards, with mind on one point in the lower belly.

2 - Cross-legged, with your hands resting on your inner thighs, thumbs and forefingers lightly pressed together, spine straight, and relax downwards, with mind on one point in lower belly.

3 - If you cannot manage one of the other methods then a straight back chair will do. Also with the hands lightly on your thighs, feet flat on the floor, spine straight, relax downwards, mind on one point in lower belly.

Aikido Breathing Technique

Close your eyes gently, open your mouth slightly and start to exhale calmly, using your diaphragm, by pulling your belly in. Imagine the whole breath coming out slowly from the entire body, for about 15-20 seconds. Pause calmly for a few seconds.

Close your mouth and begin to inhale calmly, through your nose in a smooth, relaxed way for about 15-20 seconds. Use your diaphragm, by pushing your belly out. Then wait a few seconds before beginning the next exhale. The total length of the Aikido breathing cycle is about 45 seconds.

Aikido Meditation Techniques

Once you are used to the first method, then you may want to try the following Aikido meditation technique. This can be practised seated or even in your regular Aikido class.

Seated - Practise the Aikido meditation breathing technique for few minutes. Then, with eyes closed, use your imagination to create an image in your mind. 'See' powerful life energy filling your being as you breathe in, and imagine giving it back to the universe as you breathe out. You can give this energy a vibrant colour, and feel it flowing around your body.

Now, imagine yourself in your ideal dojo, performing your Aikido techniques perfectly. Whatever attack comes, you are able to deal with it easily, in a soft flowing way. Create vivid detail, add people, colour, sound, and get into how it makes you feel, to be successful.

NB. I recommend you use this just before your grading performances!

Dojo - Now take your skills into a dojo setting. In many dojo's, the other students are very sociable and want to talk about all sorts of things, before, during and after practise. Ignore it all, and keep quiet, without being rude. Breathe deeply and focus on Aikido, before during and after training. While you are on the mat, keep quiet, focus & be a good uke.

Aikido Kototama

Kototama is the art of chanting a sound spirit. You can use the complex Aikido kototama, as taught by John Stevens Sensei, Or a more simplified version, which I use myself... 'AUM', 'OM' or 'HU'.

This type of Aikido meditation technique using sound can have a profound effect on you. Of course, using sound allows you to monitor the smoothness of your breathing pattern. You will hear any imperfections as you perform it, and can work on correcting them.

During your chanting, you can also visualise your ideal life. The more feeling and detail you give it, the more likely you are to manifest it. Imagine and feel the end result as if you have already achieved your goal. How does it make you feel... with a smile on your face, of course :)

The following is an article written by **Master Koichi Tohei on Ki breathing technique** , great Aikido Meditation Technique. I hope YOU find it useful!

Ki O Dashite Haku (Ki Breathing)
Aikido Meditation Technique by Koichi Tohei

Kneel in seiza. The weight of your body should be concentrated in the one point. Relax your upper body and be at ease. Keep your eyes closed.

Quietly exhale a long breath. Open the mouth and make the sound "ha" as you exhale. The sound must be a clear, long one. With practice this breath lasts for thirty seconds.

When you think that you have exhaled enough, incline your upper body slightly forward and force out one last breath. Do not lose the one point.

Wait a second or two, close your mouth and keeping this inclined posture begin inhaling through your nose into the bottom of your abdomen. The lungs should inflate from the bottom up to the top. If you inhale directly into the top of your chest you will be unable to inhale fully. From beginning to end, the inhalation can last, with practice, about twenty five seconds. When you think you have inhaled all you can, draw in one last breath.

When you inhale into the "back of your head" you will naturally draw yourself up slightly. Return to the original position so that your weight is again located in the one point. If you do not keep the one point it will be too painful for you to hold your breath in for the next ten seconds.

Concentrate your breath on the one point. When ten seconds have elapsed, draw yourself up slightly and open your mouth, and quietly begin to exhale.

Repeat this breathing exercise any number of times. The best habit is to practice fifteen minutes after getting up in the morning and fifteen minutes just before sleeping. With practice the process of inhalation and exhalation should take more than a minute.

With constant practice you will reach the stage where your breathing will be long and calm and comfortable right from the start. You will then have forgotten your own body and will have entered into a world of nothing but breathing. You will feel as if it is the universe, and not yourself, that is doing the breathing. Finally you will come to comprehend yourself as part of the universe.

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DEVELOP YOUR SKILLS IN MARTIAL ARTS, COMBAT AND AIKIDO SELF DEFENCE

Since the dawn of time human beings have strived to push back the limits of their strength and wisdom.

In Japan the practise of **martial arts is often combined with Budo and Zen** to achieve balance and harmony. The Combat arts and Aikido self defence offer you a method for Personal Challenge and self-discovery through which mastery can be achieved.

You can learn discipline, focus, breath control, balance, awareness, power and inner strength. A study with a long tradition, the techniques of the Japanese arts go back to the Samurai.

There are many different forms of budo as seen by the numerous arts available to you today. They all teach the abandonment of ego, attachments and personal desires. Skills are transmitted from master to disciple.

Zen adds the dimension of wisdom to the physical and mental strength that is developed. As Warriors on the path, it is our duty to follow the laws of nature and serve the people. The place for mastery of self is in the awareness of every moment... Right Now!

In Budo there is little time for conscious thought... intention and action must be simultaneous with peace and tranquility of movement. It begins and ends with courtesy and gratitude, otherwise our practise will become dangerous to others and merely brutal.

Practical Self Defence

The following list gives some essential requirements for achieving martial arts excellence, real practical self defense and the ability to really protect yourself, your loved ones and the community.

- 1** - A Good level of health, fitness and stamina.
- 2** - Develop a positive mental attitude.
- 3** - An Awareness of your environment and surroundings.
- 4** - Study a complete fighting system... don't hop around.

- 5 - Practise - train hard to fight easy.
- 6 - Have a definite plan of action.
- 7 - Keep it simple, flexible and adaptable.
- 8 - Be prepared to deliver a preemptive strike.
- 9 - Retreat is a natural response to an attack.
- 10 - Morality, ethics and law require minimum force.

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LEARN EFFECTIVE AIKIDO SELF DEFENCE TO PROTECT YOURSELF AND YOUR FAMILY

Real Aikido self defence is very effective in a street attack situation, if you practise in the correct way.

Many of the standard ways of studying the art of Aikido, are more focused on harmony, balance, self discovery, and improving yourself as a person.

It is also designed to teach you how to use your skills, on a daily basis, as you interact with other people. But, sometimes it appears that the more **martial side of the art** is pushed further and further away.

Don't get me wrong, I applaud and prefer the instructors that are moving the art into the 21st century and using it for more practical purposes. Learning how to deal with people, when in difficult situations is very useful.

The Aikido dojo training atmosphere is also good for challenging yourself and your emotions and feelings. It brings your ego out, so you can examine it and change for the better. I could, of course go on -

BUT... When things go wrong, and you get into a difficult situation that you cannot resolve in a reasonable way, you are going to need back up. When an aggressor wants to tear your head off and permanently damage you... what then?

The time for talking is over and you have to either use a preemptive strike, or react to their sudden aggressive lunge at you... can you?

Remember, most of us are used to a warm cosy feeling as we practise our Aikido self defence techniques. Also even if we miss our timing and cannot block an attack in the dojo, will it really do that much to us... not likely!

After all a full on street attack is aggressive, violent and it has been shown, by experts, that it can freeze you in your tracks. Even if you are a seasoned student or instructor, can you really get past that rush of adrenaline when you are in fear for your life.

Of, course if you are one of those students or instructors, who can calmly deal with any sudden stressful situation, then go about your day, unaffected (like a cat), then you are ok... right?

So, How Sure Are You That You Can Perform, Real Aikido Self Defence, Under Extreme Stress?

I am not trying to have a go at students or instructors of Aikido, But, just to wake up those who think

they are safe, After all there is an increasing amount of street violence happening on a daily basis.

Most people think it always happens to someone else, and it will not happen to them... are you that sure it won't happen to you?

There is another way of practising real Aikido self defence, which I don't prefer, but I do recognize the need for. That is when the attacks are as hard as your partner can hit or grab. This is when you feel inside that you have to make it work, or experience the force of the blow.

Aikido Yoshinkan is the art taught to the Japanese riot police, who send their officers on a tough training course. If you use this training and add some street attacks from a variety of different angles, then you are getting closer to being able to defend yourself in an aggressive situation.

This type of training is sometimes a little scary, but it takes you **nearer to the edge of reality**. Occasionally your block isn't good enough, or you didn't avoid the strike fast enough. This tends to wake you up, giving you the incentive to get it right or suffer the consequences.

These dojo's and this type of training are becoming less common, but are still an essential part of the complete Aikido experience. After all real Aikido self defence is supposed to be 'martial' then 'art', not the other way round.

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PRACTICAL SELF DEFENCE, MARTIAL ARTS AND COMBAT ESSENTIALS

The method of self defence training that You choose to practise is an individual decision, there are many paths. It is **not easy to avoid conflict** in a World where survival of the fittest is the rule. The strong prey upon the weak and we are constantly surrounded by conflict, large and small, internal and external.

There is no such thing as a bad person, only a person acting badly and if we pardon the offense we will only encourage more, after all crime expands according to our willingness to put up with it.

You have a responsibility to learn how to defend yourself and your loved one's in order to be prepared for the unexpected. If you fail to prepare then you prepare to fail... this is the reality of the situation.

What path are YOU drawn to ?

AIKIDO - THE WAY OF HARMONY

This is a method of self defence that tells us to avoid fighting, to accept the energy of an aggressor and to redirect, lead, control and restore harmony.

Water by its own nature never collides with or breaks anything and can swallow up an attack harmlessly. Using the principle of water the weak can overcome the strong. No matter how we are attacked we must be able to adapt and not struggle against the energy.

Aikido is based on the laws of nature and the universal principle of non-resistance. The central philosophy teaches that we must take responsibility for not inflicting unnecessary damage to our attacker.

If we concentrate our thoughts on the one point in the lower abdomen, the mind will become Calm, the body will Relax and we can anticipate the intentions of our opponent before the attack. This takes self-discipline and practise - true self defence... Aikido - The Way of Harmony

Many students of Martial Arts are under the illusion that they could protect themselves in the heat of battle. A street attack is usually a violent frenzy that has no rules and is usually over in 30 seconds. These encounters can be frightening and cause us to panic and freeze leading to injury or worse. This is often a problem with our psychological skills rather than our practical skills and needs some close study.

One answer is to prepare a maximum of 10 self defence moves to cover a variety of attacks. Disciplined training will give you the confidence to use your techniques instantly, should the need arise.

Intelligence and knowledge can give you the edge in a real life street fight. If you can control yourself you can control the conflict. The weak can overcome the strong and the simplest moves can be the most effective.

If you remove the fear of your opponent you remove some of their power. The biggest, toughest attackers don't want a battle, just a quick win. A massive 90% will lead with a right punch but watch out for the other 10% which include many vicious attacks.

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HOW WOULD YOU DO IN AN AIKIDO STREET FIGHT?

Can You be sure of success in a real Aikido fight? Does the idea of an Aikido street fight fill you with fear? How do you really know that you will do well? What are the main tools you can use with Aikido and self defense. After all, practise is fairly safe in the comfort of a dojo!

Maybe, where you train the practise of Aikido is more focused on harmony, and the connection of energy between partners, than on Aikido and self defense.

There is nothing wrong with this type of practise, in fact, it is preferable to focus on the flow of energy between training partners. This teaches you how to be in harmony with other people, and not to resist life.

It also helps you to use the art in your daily life as you interact with other people.

But, if you practise this way, all of the time, you are not prepared for the shock of a real Aikido fight. If **you are suddenly attacked**, out of the blue, for no reason whatsoever, then you are more likely to freeze than react well. This is the reality of the situation.

A sudden attack, leading to an Aikido street fight will not go well, unless you prepare for the situation. Even an attack that you know is coming, as aggressive verbal attacks sometimes lead to physical attacks, you may still freeze in your tracks, leading to injury or serious harm.

One of the main reasons you are unlikely to react, in a favorable way, is that you are not prepared for the pure venom that another person can have for you. A truly aggressive attacker actually, in the moment, wants to cause you serious harm. This could lead to physical and emotional damage that you may never truly recover from.

It has been shown, time and again by experts in street defense, Peter Consterdine, Geoff Thompson, Russell Stutely etc., who are martial arts experts, on the front line and have been in that scenario hundreds of times, how martial artists will often fail in defending themselves.

Some of the **main reasons** they give are...

1 - Lack of true awareness of your surrounding environment.

2 - Believing certain techniques will work, when its unlikely.

3 - The shock and adrenaline dump of an Aikido fight may freeze you.

Martial artists, including Aikidoka, generally train in a very safe environment, where the attacks are weak, and you can do it again if the technique goes wrong. They are also, not usually, put under the type of stress they will experience in an Aikido street fight situation.

Ok, so how do you feel you will fare in an Aikido fight now? Good, not so good? The main thing is to be realistic about this. You are probably not studying the art of Aikido in order to be able to defend yourself in an Aikido and self defense scenario. There is so much more to the art... right?

But, although you do not expect to be attacked, it can happen. After all it happens to someone, so you must be prepared for your turn!

You can be more confident of your abilities in an aikido fight. Learn how to easily and quickly adapt your skills for Aikido and street defense in my **unique Aikido Success Blueprint ebook collection**

My own idea about Aikido and street defense is that you should practise in a variety of different ways. Aikido is great with that harmonious flow of energy between two or more people. It is also great if you have someone to attack hard, in a more spontaneous way, and truly test yourself.

I personally practise both hard and soft Aikido, with extras added to the mix.

What are these extras?, I hear you say...

Well, over the years I have developed an intensity in my practise, that is a lot more realistic in practical Aikido and street defense terms. I have also made a long time study of acupressure for healing and combat purposes. This gives me the ability to enhance my techniques using pressure points.

This study led me to the work of an unusual instructor, who has given me the tools to feel a lot more confident about using my abilities in an Aikido fight. He also teaches how to truly speed up the learning curve by reducing his methods down to the essentials... what actually works.

He has spent many years at the cutting edge of real combat, by working the doors of nightclubs etc. Many of his students are doormen, security, and military, who need the best training to stay safe. He has developed a fantastic curriculum of effective tools that will greatly enhance your Aikido and self defense skills.

Who is he? His name is **Master Russell Stutely**, who is acknowledged as Europe's Leading Authority on the use of pressure points in the martial arts. He has been instrumental in dragging traditional martial arts into the 21st century.

Russell is in constant demand on the seminar circuit, teaching his proven methods of the correct use of Pressure Points and Power in street self defence. Discover how to more than double your power with his... 'Multiplied Force Fighting System' Dvd's. Learn how to use pressure points in a practical effective way with his 'Pressure Points Black' Dvd's.

I have both of these systems and they are both Amazing.

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**AIKIDO AND CONFLICT RESOLUTION
TO DISSOLVE AGGRESSIVE BEHAVIOUR**

The most compassionate way to resolve aggression is through Aikido and conflict resolution. If you can see life from your aggressors point of view with empathy You can dissolve the problem, in most cases.

Conflict is a large part of the law of nature and the universe, but people tend to react to it with resistance. We have learned this throughout our education, our parents, grandparents, school, and the society that we live in. Problems cannot be solved with anger and aggression, but people use these methods habitually.

Aikido and conflict resolution principles can help people to take a close look at their ways of dealing with tension, and stress.

We are trained by our past experiences to see our lives in a competitive and negative way. By observing human beings on the planet today, we see selfish behaviour with a 'look out for number one' attitude.

There is a belief that there is not enough to go around for everyone, so people must take what they want in life regardless of the effects on other people. In fact, in reality there is more than enough to go around, and world suffering is unnecessary.

For change to take place 3 things have to be realised, that can all be found in Aikido and conflict principles...

- 1** - We cannot change what we do not acknowledge. We must first know the problem to change it.
- 2** - We must then accept the problem as it is, and allow it to be. Then be flexible and flow with its energy.
- 3** - We can then ask ourselves the following... Could I welcome it ? Could I let it go ? Would I let it go ? When ?

These simple questions, bring immediate answers, and encourage us to let go of the feelings and emotions surrounding the problem. Once we have cleared the emotional content, then the problem either disappears or becomes much less important to us.

AIKIDO FOR SELF DISCOVERY

Aikido and conflict resolution are experienced every time we step onto the mat in the training dojo. We are constantly told to relax, as tension and resistance are weaker and less effective for our success.

When we relax, move and flow from our **centre of gravity**, our techniques are more effective. The art involves working with the energy of our uke, our training partner, who plays the aggressor for us to practice the way of harmony. Training ourselves and our aggressor, in this way, we are able to control them without causing harm.

Conflict resolution is often taught in a lecture format, with words and descriptions, but using the example of Aikido, it can be understood more fully. When people actually take part in an Aikido class, it can be experienced by the body and mind, which is a very powerful lesson.

During Aikido training, we are relaxed and open to energy and are willing to be flexible and flow with it. Holding the mind on the 'One Point' in our centre, allows us to focus, and be more alert, aware and alive. In this state we learn fast, efficiently and effectively.

Aikido for self discovery teaches us that we can choose to take and use this skill in our everyday lives. When conflict arises in us, we just breathe deeply, put the mind on the One Point, relax, and release the tension.

If you wish to influence someone, you have to convince them that **you are on their side** and have concerns in common. In this way they will relax in your presence and the conversation will go much more smoothly.

One of the best ways to achieve this is to be a good listener. Show interest in what other people have

to say to you. Be agreeable with them and put your points across in the natural openings.

See life from your attackers point of view with empathy and You can dissolve the problem, in most cases. It is difficult to be patient and trust the process to produce results, but we can do it... with practise.

Aikido and conflict resolution are a perfect match and compliment each other. Morihei Ueshiba, the founder of Aikido was an exceptional human being and a true master of Aikido and the Martial Arts.

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HOW TO DEVELOP EFFECTIVE SKILLS TO USE AIKIDO IN COMBAT SITUATIONS

Learn how using Aikido in combat will improve your skills. This may make the difference between surviving in an Aikido combat situation, or not! Depending on the level of skill you already have, you can enhance your performance with combat Aikido.

Of course, if you already have skills from the military, security, club door work, or street fighting experience, then you may already have gathered much of this knowledge. And if not... why not?

But, if you are a beginner, have experience in martial arts, or being trained by someone who has never had a fight, then this will be more useful to you.

Often, martial arts instructors have **no experience of real combat**. Also their instructor may not have had any experience of it either etc. This is good in many ways. Obviously they know how to avoid trouble, and this is one of the main reasons for learning martial arts.

But sometimes instructors teach their students street defense, in a way that is unlikely to work in a real combat situation. This may mean that there are thousands of students believing they have the tools to really protect themselves in a street attack, when they probably don't... are you really sure?

By slightly adapting the knowledge that you have, you can boost your chances to a whole new level. The main thing is to be realistic, and train to learn what will really protect you in an all out attack.

So, **what are the main points**, that you will need to know, regarding using Aikido in combat situations? Here are some of the key elements involved in Aikido combat. regardless of your level of skill, in order to stay safe...

- 1** - Developing an awareness of your surrounding environment. Learning how to observe with a 360 degree viewpoint... to avoid rear attacks.
- 2** - Being able to quickly move forwards, backwards, side-to-side, and diagonally... without losing your balance.
- 3** - Knowing how to avoid any situation, by not being there!
- 4** - Learning how to verbally calm down an aggressor.
- 5** - Knowing when the right time to act arrives. A pre-emptive strike, just before they attack can save you from an all out war.
- 6** - Having the tools to cause pain without permanent injury. Using Aikido in combat atemi - pressure point strikes to effect your attacker fast.

- 7 - Using the minimum amount of force to get the job done.
- 8 - Getting out of a difficult situation fast.
- 9 - Dealing with the authorities if you get it wrong and overdo it.
- 10 - The main thing is to survive, don't be there, walk away, run away, talk them down, use a preemptive strike to control it quickly, or an all out war... the choice may often be yours, so prepare for every scenario.

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LEARN HOW YOU CAN USE AIKIDO HOLDS AND LOCKS TO EASILY AND EFFECTIVELY CONTROL ANY ATTACKER

Aikido locks will give you the ability to take control of your attacker fast! Using Aikido holds you can stop any aggressor in their tracks, and take command of a difficult and dangerous situation.

Aikido is a Japanese form of self-defense that uses principles of non-resistance to reduce the power of your attacker. This art uses very little of your own strength, but relies on the force of your opponent to knock them off-balance and control, pin or throw them.

By developing the skills to apply Aikido locks in an efficient way, you can reduce any damage to yourself, and your attacker. An Aikido hold is one of the best, and most ethical way to deal with aggressive behaviour.

Aikido Holds and Aikido Locks - Techniques

Hiji-Jime is an Aikido lock that takes control of an attacker by controlling their elbow. This can help you hold an attacker down on their knees, as when they try to rise up, the pressure will cause pain in the elbow joint. This can also be used by police and security to walk someone away from a location.

Ikkyo is a way of using an Aikido lock that will completely off-balance an aggressor. With pressure on the elbow, while controlling the wrist, it is easily possible to break the balance and take your attacker to the ground. Then by continuing to control the elbow, to go on to pin the person.

Nikyo is an Aikido hold that can be easily applied quickly from almost any type of grab. Control is achieved by causing extreme pain, without injury. Your attacker will try to move away from the pain, which will force them down to their knees and then face down on the floor.

Sankyo is an Aikido lock that can force your attacker up on their toes, in an effort to reduce the pain involved. From here it is fairly easy to break their balance and take them down to their knees and face down on the floor. You can use this from a variety of attacks.

Yonkyo is an Aikido hold that focuses energy into pressure points on the wrist. Once again the pain causes an attacker to attempt to move away from it. You are then able to use this movement to take control of them.

Kote Gaeshi is a wrist control technique that will force your attacker to sit down and you can then roll them onto their front. By placing an attacker lying on their front you have effectively removed all of their potential weapons of attack, which allows you to quickly control the situation.

There are many more Aikido Holds and Aikido locks that are available to you, and I recommend you get involved in some serious Aikido training to practise them. With a little practise you will also learn how to move correctly with the timing needed for a successful application.

Of course, in a real street attack, it is likely to be **fast, violent and frightening**, so you will need to

practise staying calm in this scenario. You are likely to have a surge of adrenaline in these circumstances, which will cause you to do one of three things...

- 1 - Freeze on the spot with fear, and possibly get hurt.
- 2 - Run away, to get out of the situation... a good idea!
- 3 - Use your skills to efficiently & effectively attempt to take control.

If you are unsure of your abilities, remember... it is far better to be realistic than badly hurt. So, for the best outcome you want to use number 2 or 3.

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LEARN HOW TO USE PRACTICAL AIKIDO FOR LAW ENFORCEMENT

What is the most practical Aikido for law enforcement purposes?

How can the art be used as police Aikido?

Police defensive tactics are very different from self-defense. The role of defensive tactics is to assist an officer in their performance of arrest and restraint, and to increase the margin of safety for both the officer and the suspect. It is their responsibility and duty to protect themselves and the aggressor from harm.

Self-defense techniques are usually not meant to arrest an assailant. One of the main principles of practical Aikido for law enforcement purposes is to...

***"protect the attacker while also protecting
oneself from physical and psychological danger"***

Martial arts and Aikido classes include plenty of useful practical information for arrest or restraint. But these methods would need to be adapted to the street scenario for police officers to find useful.

A practical Aikido for law enforcement course would need to focus on protecting the officer and assailant from physical or psychological harm.

Law enforcement officers are at a very high risk of having to deal with the psychological effects of defending themselves on a regular basis. Since Aikido places responsibility on both defending and protecting the attacker it makes Aikido a highly effective art for both short-term protective tactics and long-term stress management.

Aikido Yoshinkan under Kancho Gozo Shioda Sensei began teaching Aikido to the Metropolitan Police Department at various dojo's in Tokyo in 1960. They were teaching special Aikido courses for members of the elite Metropolitan Riot Police from 1964. They officially started the training curriculum for all female members of the Metropolitan Police in 1972.

Yoshinkan Aikido is the only style of Aikido officially recognized and studied by the Metropolitan Police. Every month, Instructors from the Yoshinkan Hombu Dojo, visit the dojo's of the Metropolitan Riot Police to teach.

Taiho Jutsu means "control and restraining" techniques, and was created for the Japanese police force in 1947 and includes the study of unarmed, baton, handcuffing and forcing a prisoner to their feet.

The Shudokan Taiho Jutsu system is based upon techniques from Yoshinkai Aikido (the system taught to the Tokyo Riot Police), and techniques from Goju Sabudokai, Hapkido, Japanese Jujitsu and Ninjutsu.

Police Aikido has to be the Most Effective and Practical Aikido For Law Enforcement
For me, some of the most simple techniques are the best choice of practical Aikido for law enforcement. Following are some of the most efficient methods to use. Of course, your choice of technique depends on the seriousness of the situation, and the likelihood of serious resistance.

In many countries, the arrival of the police, ensures everything calms down, where minimum force can be applied. Other countries are not so fortunate, where heavier tactics need to be used.

- 1** - Developing an awareness of your surrounding environment. Learning how to observe with a 360 degree viewpoint... to avoid rear attacks.
- 2** - Being able to quickly move forwards, backwards, side-to-side, and diagonally... without losing your balance.
- 3** - Verbally calm down any potential aggressor using human psychology.
- 4** - Knowing when the right time to arrest or detain a suspect arrives, in order to avoid any escalation of violent behaviour.
- 5** - Having the tools to cause pain without causing injury. Using Aikido for law enforcement techniques of control, with additional use of pressure points, firmly pressed, to effect the suspect fast.
- 6** - Using the minimum amount of force to get the job done.

Practical Aikido for law enforcement is even more effective if there are several officers present, and will include the following...

- A** - Unbalancing techniques to reduce the suspects resistance. This will include sending energy to the third point, which can quickly make the suspect lose their balance to the front or rear.
- B** - Controlling the head or arms can be used to effect this quickly, which helps when taking them to the ground, before securing.
- C** - Pressuring the upper body in one direction, whilst stopping the legs from going there will get someone down efficiently.
- D** - The ability to move the suspect into a position where their chance of reaching you with an attack, is greatly reduced. This can be done by controlling their arms, via the wrist, elbow or shoulder.

These are just a couple of ways to successfully control a potential attacker. But, of course, it is far more difficult for Aikido law enforcement officers without some of the tools available in general self defense terms.

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LEARN AIKIDO BASIC TECHNIQUES TO DEVELOP PRACTICAL KNOWLEDGE AND SELF CONFIDENCE

You can use Aikido basic techniques to quickly develop self confidence and self defense skills. Before you can safely begin your practise of the basic techniques of Aikido, there are several other things you will need to know...

First, the dojo etiquette is the behaviour that will be expected. Some Aikido dojo's offer a very relaxed attitude to training and others a more formal discipline. Either way it is essential to maintain respect for the instructor, students and the rules of the association.

Second, you will be shown how to relax, warm-up, and prepare yourself for training. Do not neglect this important stage, it will help you to avoid unnecessary injuries, that can be a real setback.

Third, you may be shown a mix of basic postures and ukemi. This is to prepare you to perform and receive techniques safely. In fact, a whole series of ukemi breakfalls will be covered, that you will need to develop to be safe.

Some Aikido groups will have you practise solo for a few classes to prepare. Others will get you partnered up pretty quickly. Either way be gentle when performing Aikido basic techniques, and please stay relaxed and willing to move, when receiving basic Aikido techniques.

Usually, in most dojo's, the first techniques of Aikido that you will cover are **shihonage, and ikkyo**. This is because they are regarded as very difficult to master, and need to be introduced early on. In fact, you will come back to these techniques often during your training.

All of the basic techniques of Aikido need to be practised thousands of times in order to truly master them. Of course, you already know, that repetition is the only way to get good at anything... right?

There are many ways and different styles of performing the Aikido basic techniques, and many instructors will say that their way is correct - and they are all right. You see, over the years the founder of Aikido, **Morihei Ueshiba taught many different ways** of performing each technique.

It really depended when each instructor was present, as to how they were taught the techniques of Aikido. Also everyone has their own personal preferences, don't they?

I strongly suggest that you practise a variety of ways to perform each of the basic Aikido techniques. This way you will develop a greater understanding of the main principles involved that underlie them.

1 - The first Aikido basic technique to consider is shihonage. It is usually practised from a wrist grab, and either a pull or a push. Shihonage teaches you the skill to control or throw an attacker in any direction, by manipulating the wrist, elbow and shoulder of your training partner.

If s/he pulls you move forward (irimi) towards the energy flow, if s/he pushes you turn away (tenkan) from the energy flow.

2 - The second basic technique of Aikido, that you practise, is likely to be ikkyo (ikkajo). This involves controlling or throwing your aggressor using their elbow to break their balance. Again, as in all techniques, if the energy is pulling, you move forward. If the energy is pushing, you turn away.

3 - The next Aikido basic techniques you may cover are... nikyo, sankyo, yonkyo, gokyo, kote gaeshi. These all involve different ways of locking the wrist to off-balance before controlling or throwing your opponent.

The same principles apply here, if they pull you go forward with it, if they push you turn around with it. These wrist controls can be very painful, so don't resist them.

These Aikido basic techniques mostly **teach you how to control an attacker**, by breaking their balance using wrist or arm manipulation. But there are many other basic techniques of Aikido that involve many different ways of weakening and controlling an opponent.

For example, iriminage teaches you how to enter the attackers space and unbalance them by controlling their head and body. Just tilting the chin up slightly can easily and quickly unbalance your attacker.

Also kokyunage teaches a variety of ways to control your training partner by disrupting their energy. This can be done by moving in one direction, and then reverse, or even distract. Either way it has the same effect of unbalancing them.

Anyway I could go on for hours here, but basic Aikido techniques will be explained much better, and in

far greater detail in many of the excellent books on Aikido...

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LEARN HOW EASY AIKIDO MOVES CAN GET YOU OUT OF TROUBLE... FAST!

Do You want to learn easy Aikido moves that can save you from trouble in times of need?

Often before a physical attack, comes an aggressive verbal attack, and it can shock you. When you are being verbally attacked, it **can be very intimidating**, and in fact, can completely freeze you in your tracks.

It is nothing like the relaxed training you experience in the comfort of a nice cosy dojo (training hall). In the dojo you may be practising many complex techniques, that are very effective in that setting.

But they are unlikely to work in the street!

Why?

Well in the dojo, the **fear level is minimized**, and you may not have any adrenaline flowing. But in the street you will experience a surge of adrenaline coursing through your veins. You will be unable to think clearly enough to perform a series of complex moves.

It is essential to have a few easy Aikido moves, in your mind, ready for the unexpected. A vicious thug needs to be controlled quickly, efficiently and effectively. This way you will have a lot more chance of escaping an aggressive encounter.

Of course, if you are one of those Aikidoka that can stay calm, blend with the aggression, control it, and then go about your day without a worry, then you have nothing to worry about. But, I suspect, many Aikido practitioners may think they are in this category, when they are not.

It is far better to be realistic than get badly hurt!

So, what are the easy aikido moves that will protect you in times of need? Well, obviously they will not be fancy, flashy Aikido moves, in fact, you will want focus on the most simple Aikido moves possible.

What are they? First, you need to think about exactly what you want to achieve with these easy Aikido moves. So what is the aim?

You don't want to be verbally or physically attacked...

- 1** - Don't be there in the first place... this works!
- 2** - Avoid going into dangerous areas... no dark alleys, underpasses, near pubs or clubs or anywhere else you may be surprised.
- 3** - Treat everyone you meet with respect. This will greatly reduce the odds of getting into an argument that leads to trouble.
- 4** - If you are verbally attacked, then what is it that they want from you? If you can immediately give it to them, then do so. Be agreeable, and help them get through their wave of anger.
- 5** - Of course, you can always slowly back away, get some distance, turn and walk or run, as required.

Even though you are careful where you go, and try to avoid upsetting other people, something may

still go wrong. After all, you can't shut yourself away in fear, you have a happy life to live.

The subject of practical self defense, has been examined by many martial arts experts. Many have high Dan grades in a variety of arts and work in security, as bodyguards, club door work, military etc. Most say that martial arts techniques are not very effective and need to be adapted.

Also, nearly all of them recommend that the best way to avoid an all out war, is to use a preemptive strike. This has been proven time and again as the best method to minimize the damage, to you, and your attacker. After all, the attacker, in the moment, wants to seriously hurt you.

What is a preemptive strike, when and how should it be used?

Well, the aim is shock the attacker, just at the moment they are about to launch their attack. This can be a distracting atemi strike to a nerve centre, as used in Aikido. OR, if absolutely necessary, a full blow to completely incapacitate your attacker.

You must use this preemptive strike at the right time. If you panic and do it too soon, you may be accused of attacking them, and rightly so. If you wait too long you may be attacked before you can use this powerful tool.

Do not use a clenched fist, unless you have been trained properly how to strike this way. It often has the effect of braking the bones in your hands when bone meets bone.

So an open hand is best, using the palm, or the 'karate strike' fleshy part on the side of the hand. Or as in Aikido atemi a back of the hand flick, between the eyes, only aimed to distract and not badly hurt them.

Easy Aikido moves include these distracting atemi strikes. Often, this will give you the time to unbalance them, and escape quickly.

There are **many principles in the art of Aikido** that can be adapted into easy Aikido moves for street effective self defense. You will learn many fascinating ways of dealing with other people. But it takes some time to be good enough to use this in a combat situation.

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LEARN HOW TO TRULY PROTECT YOURSELF USING AIKIDO BREAKFALLS

Aikido Breakfalls suggest what they are named for, breaking the force of your fall to the ground without injury. On the other hand, ukemi is the ability to receive a technique or fall safely and recover your balance.

Learning **how to develop good Aikido breakfalls** is difficult to achieve. Many Aikidoka only focus on this skill in a limited way, as their main focus is on becoming a good performer of technique.

One of the main reasons for this is that people in the West are generally highly competitive. We have been taught to put ourselves first, and that winning is better than failing. This means that we tend to concentrate more on performing Aikido techniques, and winning, rather than receiving Aikido breakfalls, and losing.

This way of thinking is rather egotistical and selfish, and the art of Aikido addresses this problem directly. In order to give we must take, and vice versa. So by focusing a little more on helping our training partner, we will in turn help ourselves.

In my many travels of Aikido dojo, I have found hundreds of students that have a good level of technique. But, most dojo only have a few good uke, that tend to be used for demonstrations. This is because the goal of most students is to win and perform well. YOU can be different and truly excel at the art by looking closely at Aikido breakfalls and ukemi practise.

If you work on your Aikido breakfalls more, you can develop to a level that creates great confidence. With this confidence you can allow yourself to be of use to your training partner, by not resisting their techniques. This helps their skills and yours, its a win-win situation, that removes the conflict from the connection.

I will briefly look at some of the Aikido breakfalls you will learn during your Aikido training. These include rear backward breakfalls, Side Breakfalls, forward rolls, jumping forward breakfalls...

Back Aikido Breakfalls Description

They are first learned by lying down flat on your back on the tatami mat. First bend your knees, so your heels are flat on the floor, with arms held palm-down at 45 degrees from your body. Lift your head, with your chin touching your chest. This strengthens your neck muscles, and protects your head from hitting the ground if you fall.

Then, lift your arms up and slap the ground with your fingers, palms and forearms all sharing the impact. Repeat several times, and breathe out each time you hit. When you can do these backward slaps comfortably from lying down, you can move on to...

From a sitting position, just roll back, making sure your chin is tucked well in and exhale strongly. Slap the ground, and repeat several times.

Then try from a squatting position with your buttocks sitting on your heels. Tuck in your chin and curve your spine, and allow your body to roll backwards so your back hits the floor. You should force your breath out sharply, and slap the mat just as you touch it, repeat several times.

Practise this until you can do it without jarring your body, with no feeling of shock. Eventually you can try it from a standing position. Stand up straight, bend your knees and lower your buttocks close to the ground, and place one foot slightly behind the other. Roll onto your back, and continue as before, with your head banging the ground.

Side Aikido Breakfalls Description

You should already be able to perform back breakfalls before you try to learn side breakfalls, which are just one-armed, one-sided back breakfalls.

You would fall on your side if the person throwing you is still hanging on to one of your arms, that he used to break your balance and make you fall down. If you are doing it on a nice dojo mat, you'll slap the ground with your hand. If in the street or on concrete, you might keep your free arm on your stomach as you fall, to prevent it getting damaged, and leaves the arm ready to protect your face from a blow.

Remember, if you slap, your arm should be at about 45 degrees from your body when it hits the mat. Immediately after, you should withdraw your arm to protect your chest or face to block a punch or kick.

Practise by lying flat on your back, lift your head and shoulders off the mat and curve your back as you rock back on your curved spine, and raise your legs high into the air. Then drop your legs to your right side, and slap the ground with your right arm palm down at 45 degrees.

Your right hip, knee and the whole side of your right leg and calf should be flat on the mat. Your left leg should be bent at the knee, with your left foot flat on the ground.

Correct your side Aikido breakfalls posture, making sure your chin is fixed to your chest. Then sit/rock backwards and raise your legs into the air again, straight up. Then come down on your left side.

Again, check your ukemi ... left hip, knee and the whole side of your left leg and calf should be flat on the mat. Your right leg should be bent at the knee, with your right foot flat on the ground. Do side

breakfalls to your right, left, etc. until you have done them several times on each side.

Forward Aikido Breakfalls Description

Rolling Breakfalls are sometimes called Forward Rolls in other martial arts. Ukemi is the Japanese word for the art of falling safely, and gymnasts call it tumbling. It's all about not getting hurt when you fall down.

Forward Rolls are very important because they get you back up onto your feet immediately, so you can continue defending yourself. Before you try Rolling Breakfalls, you should already know Back and Side Aikido Breakfalls.

Rolling breakfalls are impressive to watch, especially during a demonstration. But they take considerable practice. When your body falls at speed, you need to protect your head and neck, spread the shock and save your arms and legs.

You accomplish this by making your body into a circle, where your body rolls. The energy is absorbed along the perimeter of the circle, and nothing gets damaged. Practise on tatami, gymnasium mats, or wrestling mats.

Think of your shoulders, arms and hands as a hoop or a circle. Roll along your extended hand and arm, shoulder, the center of your back, your spine, buttocks, legs and feet. You must train your body so it touches the ground all along this pathway each time you do a rolling fall.

High Rolling Aikido Breakfalls Description

Kote-gaeshi Aikido breakfalls are how you escape from a very nasty arm break in Aikido or Ju Jitsu. If you don't know how to leap over your own arm quickly, and land with a good side breakfall, your arm may snap when someone hits you with a Kotegaeshi throw at full power.

The Kote-gaeshi breakfall is not for Aikido beginners, and you need to build up your Ukemi skills before you try this. You would start learning Kote-gaeshi breakfalls by practising with a partner in the dojo.

The first few times, the assisting partner holds your hand lightly, turns and kneels as he places your hand palm-down on the dojo mat. This makes it safer for you to do a gentle rolling breakfall over your captured arm.

Once you get you used to timing your breakfall to the actions of someone else, you can then practice increasing the power of the move until you are actually being thrown into the breakfall.

The variety of falling from ukemi in most Aikido breakfalls allows for the angular throws to allow for rolling rather than dumping you partner.

Unlike the gentler angles of Aikido, the uncontrolled falling that sometimes is found in many harder styles can cause injury over time, even if the fall is interrupted or broken by correct breakfalls the force can overcome the level of safety.

In meeting the mat try to distribute as much force throughout your body as possible in the most relaxed manner. It takes a lot of practice to achieve the correct timing, and allow your body to distribute the force.

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***FANTASTIC AIKIDO DOWNLOAD PRODUCTS TO QUICKLY
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Here is an original and unique Aikido download collection to boost your Aikido skills to a whole new level. This Gold-Mine of info will vastly improve your abilities, Fast!

Beginners, regular students, and seasoned instructors, can step on to a fast-track to Aikido mastery. A wealth of information, right at your fingertips, all condensed down to the simple and practical truths.

Learn how to avoid many of the training pitfalls that can completely block your Aikido path, and discover a real Key to unlock your true potential.

Save yourself years of time and effort as we have done the research for you. There is no recycled information here, only 100% accurate, tested and proven facts to quickly boost your Aikido skill levels.

The **Aikido Success Blueprint** is clearly laid out in an easy-to-read format with proven strategies, that work. Giving you the key principles you need that teach a deeper understanding of the art.

To the Aikido instructors out there - Find out how to remove many of the blocks that slow down student progress, after all, You want the best for them... right?

Here's Just Some of the Fascinating Information You'll Discover in This Collection...

How To Successfully Choose Your Aikido Instructor.

Learn How to Prevent Injury with Aikido Ukemi & Breakfalls.

Discover Simple Ways to Improve Your Techniques... Fast!

Learn Aiki Principles... the Real Key to Effective Technique!

Discover the 2 Main Principles Involved in Your Aikido Practise.

And Much, Much More... You Really Don't Want to Miss This One!

The **Aikido Success Blueprint** will Give You the Tools you need to truly excel and reach your goals. The key to fast learning lies within You and you have the power to unlock the door to an exciting new world. This collection will definitely help you to train smart and get on the fast-track.

Whether You are a beginner, a seasoned student or an Aikido instructor, its all here, every detail, all in one place, to get you to Your peak level of skill, with the Aikido Download Success Blueprint... and Fast!

You'll also get 5 AMAZING FREE BONUSES revealing simple but very Powerful Secrets on how to boost your skill levels. A vast Gold-Mine of knowledge that includes original, accurate, current, to-the-point, practical and easy-to-apply ways to quickly develop your skills - see below...

This is an absolute Gold-Mine of knowledge, a massive and complete package with tons of info. A Very Helpful and Valuable Tool, and handy reference to a wealth of wisdom... right at Your fingertips!

The **Aikido First Aid Kit** is unique and gives you the tools you need to prevent and avoid Aikido Injuries from happening in your daily practice, after all, prevention is far better than cure... right?

Also included, are tons of easy-to-apply, practical tips to help you quickly deal with any injuries and setbacks, to speed up the recovery process.

Receiving an injury in Aikido can be a real setback, particularly if it takes some time to repair and heal. It spoils your Aikido training schedule, but a large percentage can be avoided and by learning how they occur, you can take positive action to prevent them.

The 'Aikido First Aid Kit' is an **excellent companion to the 'Aikido Success Blueprint'**, and together they are a complete and massive gold-mine collection of vital info. You can concentrate on developing your skills and take the fast-track to Aikido mastery.

You will also get 4 FREE Pdf Ebooks...

'Aikido Tools For Harmony' and Aiki Thought Papers' - written by Paul Linden Sensei, 'The Book Of Five Rings' - written by Miyamoto Musashi in 1645, and 'Hakagure - Book Of The Samurai' - published in 1716.

For full info and amazing offer on this Gold-Mine collection to Download Aikido, click the link below...
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LEARN SUCCESSFUL AIKIDO THROWS THAT ARE EFFICIENT AND VERY EFFECTIVE

You can learn how to perform Aikido throws in an efficient and effective way. By joining an Aikido club or association and practising on a regular basis, you will soon be able to throw your training partner.

Of course, you will have to work on many other skills, before you can attempt to throw in an effective way. For example, you'll have to learn club rules/etiquette, learn how to take ukemi and fall safely, learn the movements of many different techniques, and work together with a partner to develop your techniques further.

After a while you will be able to perform some amazing Aikido throws, that your training partner would not be able to resist... even if they tried!

What are these Aikido Throws? ... I hear you ask!

Well, there are many different techniques in the art of Aikido, and advanced variations as well. Even if they are generally takedown's that lead to a pin, they can still be adapted into an Aikido throw.

In fact, Aikido teaches you how to be spontaneous during your training and find the best possible way to control an attacker... using minimum force.

So, lets have a look at some of the most effective throws. Now, by effective, I mean those that will work under difficult street conditions. This will limit some of the more complex moves that appear to be more flashy.

One of the more basic Aikido throws is **tenchi-nage**. This is based on the principles of heaven and earth, where you reduce your opponents strength by distracting his mind. This is done by sending his energy up and down at the same time, giving you the ability to unbalance them to the rear.

This Aikido throw can be adapted into **irimi-tsuki**, where you control your attacker by lifting their chin up with the palm of your hand, to off-balance them to the rear. Great for all types of attack, dojo or street.

Of course to make a throw work, in the dojo or street, there are a series of conditions you will need to observe. You must make sure you get the timing right, or you will be too early or too late. If early you can be accused of attacking them, and if too late, you may be hurt.

You will also need to take control of the mind by distracting your training partner or attacker. This can be done with a sudden unexpected move, a ki-ai shout, or even an **atemi strike to a pressure point**.

Another important aspect of making a simple throw work on the street, is learning how to deal with a surge of adrenaline. This will either...

1 - Make you freeze on the spot, and maybe get hurt.

2 - Walk or run away from the situation... good idea!

3 - Apply a successful defence, using minimum force.

But, you have to ask yourself - Is it safe to throw someone down?

In the dojo your partner has learned how to fall, and they have nice mats to cushion the effects. In the street your attacker could bang their head on concrete, or other hard surface. This is highly dangerous for them, much better to control them by breaking their balance and take them down in a controlled manner, if possible.

Another very effective throw is **Koshi-nage**, where you duck under your attackers hips. This has the effect of taking their legs away and forcing them into a breakfall or pile driver. This will only work if they are coming at you with plenty of momentum, if not you will be vulnerable!

Once again, good in the dojo with experienced training partners and mats, but in the street your attacker could be badly hurt. If its an all out war that you need to survive, by all means possible go for it. But in my opinion, there are much safer and effective controlling techniques available.

In time, and with dedication to your training, your Aikido Instructor will pass on to you his experience and knowledge in this area.

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WHICH AIKIDO STYLE SUITS YOU BEST? LEARN HOW TO CHOOSE THE RIGHT ONE!

Today, there are a wide variety of Aikido styles, practised by millions of students around the world. There are several different styles of Aikido that you can choose from, and you may prefer one or another, depending on your needs and past experiences.

The larger and better known, all have a headquarters in Japan with a large international following.

The 1st generation style is **Aikikai**, which is associated with the family of the founder, Morihei Ueshiba. 2nd generation Aikido styles were founded by direct students of the founder.

A number of other styles have been developed over time, some of which have a historical lineage back to Morihei, and others that trace back to other Aiki arts.

Aikikai has remained centered on the family of Morihei Ueshiba, and is currently headed by the founder's grandson, Moriteru Ueshiba.

The earliest 2nd generation independent styles of Aikido were...

Yoseikan Aikido, founded by Minoru Mochizuki in 1931.

Manseikan Aikido, founded by Kanshu Sunadomari in 1954.

Yoshinkan Aikido founded by Gozo Shioda in 1955.

Shodokan Aikido, founded by Kenji Tomiki in 1967.

The emergence of these Aikido styles came before the founder's death and did not cause any major upheavals, with the exception of Shodokan Aikido, which caused some controversy as it introduced a unique rule-based competition that some felt was contrary to the spirit of Aikido.

After Ueshiba's death, additional styles of Aikido emerged...

Ki Society - Another event that caused significant controversy was the departure of the Aikikai Honbu Dojo's chief instructor Koichi Tohei, in 1974. Tohei left as a result of a disagreement with the son of the founder, Kisshomaru Ueshiba, who at that time headed the Aikikai Foundation. The disagreement was over the proper role of ki development in regular training.

Shin Shin Toitsu Aikido founded by Koichi Tohei in 1974.

Iwama Ryu, as taught by Morihiro Saito, continues to be part of the Aikikai.

Suenaka-ha Tetsugaku-ho Wadokai Aikido, founded by Roy Y. Suenaka in 1975. **Kobayashi aikido**, founded by Hirokazu Kobayashi.

A number of additional styles of Aikido developed over time...

Shin'ei Taido is a style closely related to aikido, founded in 1956 by Noriaki Inoue, a nephew and pre-war student of Morihei Ueshiba.

Tendoryu Aikido, founded by Kenji Shimizu in 1982. Founded the "Shimizu Dojo" in 1969, renamed Tendokan in 1975.

Kokikai Aikido International, founded in 1986 by Shuji Maruyama.

Fugakukai International Association, founded in 1982, has roots in the Shodokan style, but without the competition element.

Yoshokai, founded by Takashi Kushida in 1991.

Aikido **Yuishinkai** International, founded by Koretoshi Maruyama in 1996.

Keijutsukai Aikido, founded by Thomas H. Makiyama, and officially established in February 1980, in Tokyo.

The above Aikido styles can trace their lineage through senior students back to the founder of aikido, Morihei Ueshiba.

Two further well known martial arts use the name aikido but do not have this direct connection. They are **Korindo** Aikido founded by Minoru Hirai, and **Nihon Goshin** Aikido founded by Shodo Morita. These schools, with some historical justification, suggest that the name aikido is not the exclusive domain of arts derived from the teachings of Morihei Ueshiba.

Well, as you can see from the above, it is a rather confusing affair. I think, the main problem is that Morihei Ueshiba taught many different ways of practising Aikido. Right from hard brutal, effective techniques all the way through to soft flowing beautiful techniques.

The students of the founder, who developed 'their own preferences' could not keep it all together. So, it appears that the focus of training was reduced to a particular way of practising. There is nothing wrong with this, it was very difficult to emulate the founder as he was an enigma, a physical and spiritual giant among men.

What Aikido style you choose comes down to... What is Your preference?

If you want a hard, practical, Aikido style, then... Yoshinkan, or Iwama are great. If you want a soft flowing spiritual style of Aikido, then Aikikai is for you. If you want to look more closely at energy, then Ki Aikido will do it.

The main thing to remember is that there is no right or wrong, all have good and not so good aspects to their Aikido styles.

Personally, I have studied Aikido Yoshinkan for over 20 years. But I have included many of the soft flowing techniques of Aikikai with an emphasis on developing the energy movement of Ki Aikido. I have also made a detailed study of the Aiki principles, that make techniques work.

You see, I have made a study of dozens of spiritual and healing paths, before I even came to the study of Aikido. Among them are chi kung, yoga, meditation, chanting, shamanism, eckankar, rosicrucians, acupuncture, reflexology, energy and muscle balancing, etc.

I have had many insights along the way and many of them can be found in my... Aikido Success Blueprint and my Optimum Health Secrets Ebook Collections.

*Get step-by-step, practical tips that will put You on the fast-track and **boost YOUR Aikido skills**. This is an absolute gold-mine and massive collection of knowledge and wisdom. For full details visit...*
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QUICK START AIKIDO BEGINNERS GUIDE GETS YOU ON THE FAST-TRACK

Are You an Aikido beginner? You can get off to a quick start with this Aikido beginners guide. Top tips on the best steps to take, and tools, like the **Aikido Success Blueprint** to put You on the fast-track.

So, YOU may be considering, or have decided to begin studying the art of Aikido... congratulations!

During your individual journey You will learn a vast variety of skills, that you can take into your daily life and use for the benefit of everyone. There are so many benefits from practising Aikido, that it would be difficult to list them all, but, here are a few of them...

More energy, improved posture, self confidence, care for others, ability to relax, released stress and tension, greater awareness of your environment, self defence skills, better fitness, stamina, speed, flexibility, etc. the list goes on! These are many of the positive benefits, that you may experience as part of your training.

As an Aikido beginner, you will soon become aware that developing Aikido skills is rather more difficult than many other martial arts. This is because there are so many different aspects to the techniques, that it can cause you to experience an overload to your mind.

But this can be solved, and you can get on the fast-track, avoid setbacks, and develop your Aikido abilities quickly.

In this Aikido beginners guide, I want to alert you, that there are, of course, some negative experiences that you will definitely want to avoid. If you can avoid these circumstances, as much as possible, your Aikido practise will give you some amazing life skills, if not Your progress can be rather slow, or even stop completely.

What are they, I hear You ask?

Well, first of all You will need to choose the right instructor, as you may be training under them for many years. If you don't make a good choice, then it may slow your progress. They often fall into a few categories...

Aikido Beginners Guide to Instructors

- 1** - Great Instructor, experienced, with a solid lineage back to the founder (Morihei Ueshiba). A leader, who is positive, encouraging, and dedicated to passing on all of the skills of Aikido, as taught to them.
- 2** - Great Instructor, experienced, innovative, forward thinking, positive, encouraging, and dedicated

to passing on the skills passed to them, but with 21st century ideas and principles added to use the art in daily life.

3 - Experienced Instructor, but egotistical, too disciplined who tend to bully their students, who in turn bully their students, and so on. The aim is often to hold students back, so they will not be better than them... Ego!

4 - Inexperienced Instructor, who's heart is in the right place, but they have not examined the art enough, and cannot tell students why things are done the way they are. They have just copied their instructor!

5 - Completely unqualified Instructor, who is full of themselves and already think they have arrived at perfection, so there is no need to practise or study further. Avoid these at all costs, to avoid failure!

I could go on, but as you can see by the above Aikido beginners guide list, it is essential that, you choose the right instructor. This Aikido beginners guide does not intend to scare you off from your training, but aims to inform you of some of the pitfalls along the path.

Of course this type of scenario is not just in Aikido. You will find a variety of these conditions in instructors from all martial arts, sports, and EVERY other aspect of teaching in society, wherever you live. Some are good, some are not bothered, and some are bad.

This information in this Aikido beginners guide is given because I truly want you to have a good experience as an Aikido beginner. There are many other positive and negative aspects of the art that I would have loved to have known during my early, and even later years of Aikido study.

That's why I wrote the '**Aikido Success Blueprint Collection**' , '**Aikido First Aid Kit**', and the '**Optimum Health Secrets**'. They give you valuable information, knowledge and wisdom, that will not only help you get on the right path, but also how to stay on that path. For more info see below...

So, once you have chosen a good instructor, you will need to study the basic techniques, over and over until you can perform them any time she/he asks. I recommend that you focus more on receiving techniques rather than performing them. This way you will learn how to fall well and avoid any unnecessary setbacks or injuries.

Over time, you will begin to understand the essential principles, that make the techniques work so well. You will also pick up and use timing rather than power. Power is good and works for many years, but as you get older, and lose some of your muscle strength, then you need timing.

I hope this Aikido beginners guide has been of use to You. Remember, train hard, but train smart. This way you will continue to develop in a positive way, and reach your goals. And if you want to learn fast, check out...

*Get step-by-step, practical tips that will put You on the fast-track and **boost YOUR Aikido skills**. This is an absolute gold-mine and massive collection of knowledge and wisdom. For full details visit...*

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LEARN HOW YOU CAN USE THE THE POWER OF AIKIDO TO EASILY CONTROL ANY ATTACKER

You can learn how to develop awesome power using Aikido martial arts techniques. Put yourself on the fast-track to Aiki skills with the Aikido Success Blueprint collection, that gives you valuable and

amazing secrets.

There are dozens of excellent martial arts, that can teach you many useful skills. In most, you will learn how to discipline your mind and body, develop confidence, speed, strength, power, stamina, flexibility, and also devastating self defence techniques etc.

They tend to focus on a particular area, and it depends on what you want from your training. You may have an interest in western, Chinese, or Japanese arts.

Learn how to punch with power, try Boxing.

How to punch and kick, try Karate, or Kung Fu.

Grappling, or groundwork, try Wrestling or Judo.

If you want to learn how to evade, control and throw, then Aikido or Jujutsu might suit you.

Here, I will focus on some of the Aikido Martial Arts techniques, and how they may be of use to you. Bear in mind that complicated techniques that work well in training, are less likely to work in a street fight situation. In reality it is the most simple moves that will work for you.

Aikido was promoted throughout Japan by **Morihei Ueshiba** (1883-1969), a student of multiple martial arts. He derived the major techniques of aikido from the Daito-ryu Aiki Jujutsu style, which he learned from **Sokaku Takeda** (1860-1943) in Shirataki, Hokkaido, between 1915 and 1919.

Ueshiba and his gifted disciples are responsible for the current position of aikido as a popular Japanese martial art, and a way to become one with the universe or harmonize with the movement and rhythm of nature.

It appears that Aikido has the greatest number of followers in France, United States, Japan, Germany, and England, respectively.

Aikido includes strikes, pins, joint-locks, throws, weapons, and also has a spiritual component. An advanced student is a master of techniques to break the opponent's balance and evade strikes, grabs and kicks.

Aikido martial arts techniques can kill or injure, but fundamentally their purpose is to seize control of the opponent. All of the principles of swordsmanship (eye contact, proper distance, timing, and cutting methods) are incorporated into aikido movements.

There are **plenty of benefits** that can be taken into your daily life. It develops an ability to connect with other people in a positive way, which promotes a good outcome in any situation. But it also has the ability to protect you in times of need, where you may be in danger of attack.

Aikido martial arts techniques are usually practised in a traditional manner, but can easily be adapted for real self defence purposes. Of course, the aim of Aikido is harmony, to find a way of avoiding trouble.

As an Aikidoka you have a responsibility to find a peaceful path through all of life's problems. If you fail in this, and as a last resort, you can protect yourself, your family, friends, and even your community.

So, it is good to practise your Aikido martial arts techniques, as if it is for real. The closer you get to practising defence from powerful attacks, the more confident you can be in a real street combat scenario. If you fail to **practise hard**, then you will not have the tools required when that surge of adrenaline runs through you.

You see, in the street there are no rules, and your attacker will not be compliant and fall down easily for you. So train hard and train smart, to ensure you have what it takes to survive, when it all kicks off.

A high ranking Aikido Yoshinkan instructor once said to me...

" A warrior chooses to use minimum force to control a situation.

If you haven't learnt how to use maximum force, then there is no choice "

So, your Aikido martial arts techniques, should be performed in a soft flowing way, but also practised in a powerful martial way. This type of variable training will give you the ability to make these important choices.

In order to practise this way then you will need to find someone who is prepared to be roughed up at times. Also you must accept the same in return. Take your training right to the edge, and practise there.

Well then, what are the Aikido martial arts techniques, that you would choose, as the most effective? Your choice is vast... shihonage, ikkyo, nikkyo, sankyo, yonkyo, gokyo, hiji-jime, hije-ate, kote-gaeshi, kokyu-nage, kaiten-nage, koshi-nage etc. the list goes on!

Whatever Aikido martial arts **techniques you choose** as your most effective moves, you will have to learn to adapt them for a real situation. You must practise at an advanced level to flow from one technique to another.

Personally, I have made an intense study of Aikido for over 20 years. I have also looked at, in depth, the principles, that run through all defence systems. This has given me many insights along the way, which led me to write the Aikido Success Blueprint, Aikido First Aid Kit and the Optimum Health Secrets.

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WHAT ARE THE MOST COMMON AIKIDO ATTACKS AND HOW MUCH POWER SHOULD BE USED?

You can learn how to develop awesome power using Aikido Attacks & defence techniques. Step onto the fast-track to powerful Aiki skills with the amazing **Aikido Success Blueprint collection**, see below...

What are some of the most common Aikido attacks?

Shomen Uchi - open strike to the forehead.

Yokomen Uchi - open strike to the side of the neck.

Shomen Tsuki - punch to the solar plexus.

Katate Mune Mochi - single hand chest grab attack.

Ryote Mune Mochi - both hands chest grab attack.

Katate Mochi - single hand wrist grab attack.

Ryote Mochi - both hands wrist grab attack

Hiji Mochi - elbow grab attack.

Ryote Hiji Mochi - both elbows grab attack

Kata Mochi - shoulder grab attack.

Ryote Kata Mochi - both shoulders grab attack.

Eri Mochi - neck grab attack.

Ushiro - these are as above, but attacks from the rear.

These are some of the most common Aikido attacks used regularly in dojo training. But there are several more that may be used, for example...

Front thrust kick to the groin or stomach, Round hook kick to the lower leg, thigh, torso, or even head, and head-butt to the face, etc.

How Much Power Should Be Used For These Attacks?

Well, this really depends on the particular style of Aikido that you are practising, and also on what you are trying to achieve from it.

If you are new and aiming to learn the Aikido attacks and techniques, then it is best to keep the power levels down low. This removes some of the fear involved, and allows you to work on the movements and repetitions, that will develop and put the information in your body/mind.

Once you have got past the beginner stage, and have a knowledge of the Aikido attacks and techniques, then the **power levels should be raised**. This helps you to learn how to perform a good technique, whilst your posture and ability to move smoothly are slightly tested.

After you have a good knowledge of Aikido attacks, then it is time to attack even harder. This raises the fear level, and encourages you to get it right first time. At this level you will also know if you are performing correctly, as your technique will flow smoothly, or not!

The final level of Aikido attacks and defence, that many dojo's do not practise, is to truly pressure test the techniques. This is where **full power strike and grab** Aikido attacks are used. You will learn, very fast, whether your block is correct or not, if it isn't you will get hit.

Training at this advanced and resistant level will help bring the martial spirit back into the art. It also raises your fear level, closer to what you may feel in a street encounter. Of course, the aggression and violence of a street fight is a whole new experience, that I hope you don't have to go through, but, it is essential to train for the possibility... right?

So, it is good, sometimes, to practise your Aikido attacks and techniques, as if it is for real. The closer you get to practising defence from very powerful attacks, the more confident you can be in a real combat scenario.

If you fail to practise hard, then you will not have the tools required when that surge of adrenaline runs through you. You see, in the street there are no rules, and your attacker will not be compliant and fall down easily for you. So train hard and train smart, to ensure you have what it takes.

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WHAT ARE THE MOST PRACTICAL, EFFECTIVE AND EFFICIENT AIKIDO TECHNIQUES?

Practical Aikido Techniques are difficult to separate from less effective ones, because Aikido applications are performed in a variety of different ways. It depends on where your focus is, as to how practical they are.

The art of Aikido teaches you many skills, one of which is the ability to defend yourself, but of course there are many more skills involved. For example...

- 1 - How you develop your spiritual self, using deep breathing, contemplation, and meditation.
- 2 - How to truly connect with other people and be in harmony with your surrounding environment.
- 3 - How to develop your health, vitality, and well-being.
- 4 - How you can build your levels of fitness, strength, speed, stamina, flexibility, and posture.
- 5 - How to completely relax, release stress and tension.
- 6 - How you perform effective, efficient and practical Aikido techniques.
- 7 - How to adapt your techniques for street combat and modern warfare.

The above points are just a small selection of Aikido applications you learn during your training. So, it really depends on what you actually want from the art, and the style and instructor you choose.

There are soft flowing styles, and there are hard practical styles. Also there are knowledgeable instructors, and as in other martial arts and other subjects in life, not so knowledgeable ones.

Either way, you may have to look far and wide for an instructor who will give you the techniques, in a way that will be **useful for real street aggression**. Most teach in the traditional dojo format as passed to them by their instructors. Of course, if you take the time to get into their... "inner circle", then you may be taught more advanced techniques.

You need to learn basic practical Aikido techniques, but how you go on to develop them, and make them your own, is entirely your decision.

Many martial arts students, would not do well, in reality, as a street attack is certainly not like the safe attacks in a dojo atmosphere. With fear and adrenaline pumping through your veins, then all but your basic skills will fall by the wayside. Avoid, talk them down, freeze, run or defend!

To make your practical Aikido techniques work in a street situation, you will need to adapt them a little. Often, this may be just a small, but very important change to how you practise now.

For example, if we take look at positive ikkyo, the moment just before an attack is launched, you preempt that attack. This means that you go forward and attack the forehead, with both palms, and the 'attacker' reacts by putting their hands up to protect their face.

If they raise their hands, then you usually go into ikkyo and take control of their wrist and elbow. This gives you the ability to break the attackers balance to the rear, and turn them around. You then control the arm by relaxing down on the elbow while raising the wrist. This takes them to the floor where you can execute a standard pin, which causes submission.

If they don't get the time to raise their hands and protect their face, then you perform a double palm strike to the face. By doing this with relaxed arms and heavy body, you are able to sink your weight into the strike. This will **completely shock your attacker**, where you can move in and control them, or even better escape the situation and get out of there.

One of the reasons it takes months, even years, to be able to use practical Aikido techniques, is because of the number of basic techniques you have to learn and the advanced variations of these.

Also, in many dojo's you will practise something for just 10-15 minutes, then move on to something else. This stops boredom and is more entertaining, in other words it keeps the numbers of student training regularly... a slow process of learning!

The downfall to this type of training is that it takes years to be proficient at it. You need to know how to defend yourself now, not later. You never know when you may have an aggressive encounter to deal with.

BUT, there are **faster, more efficient ways of developing your skills**, and that is to focus and concentrate on just a few techniques, and train hard, but smart. This way you can be efficient, effective and truly have practical Aikido techniques and good Aikido applications.

*Get step-by-step, practical tips that will put You on the fast-track and **boost YOUR Aikido skills**. This is an absolute gold-mine and massive collection of knowledge and wisdom. For full details visit...*
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WHAT WILL IT TAKE FOR YOU TO BECOME THE AIKIDO MASTER?

What are the qualities of the Aikido Master, and how can You improve your skills to move towards this goal?

Well, you may be a beginner, a seasoned student, or experienced Aikido teacher, but you have the desire to achieve Aikido mastery.

How do I know this is your aim?

It's easy, you are about to begin or have been practising Aikido for many years. Why would you take on this massive task unless your ultimate goal is to become the Aikido master and instructor?

I know there are many reasons for practising the art... fitness, health, self defence, discipline, mind/body co-ordination, sense of community, self realisation etc.

BUT, If You could become the Aikido master, would you want to?

Yes, of course you would!

Well, I'm here to tell you that you can, but are you prepared to make the necessary sacrifices in order to achieve it?

Morihei Ueshiba, the founder of Aikido was one of the greatest martial artists who ever lived. He was certainly a master of the art, who developed a system that has grown throughout the world.

There are many great Aikido masters who have worked hard at promoting the art, and it is growing in popularity, with new students joining daily.

Morihei studied nature and the universe, using Aikido as a tool to pass on spiritual principles. He was well known as one of the most spiritual people in Japan. He would pray, contemplate, and meditate for hours on end, using breathing and water to purify his mind and body.

He knew, in great depth, how to tap into the Ki energy of the universe and use it to help or control others. His rugged determination to find answers to his questions was almost superhuman.

There are many of Morihei's students who went on to become the Aikido Master. For example... Koichi Tohei, Gozo Shioda, Kisshomaru Ueshiba, Morihiro Saito, and many others too numerous to mention here.

All of them are very different in their teaching styles, but, have one thing in common... They were and are true to themselves and dedicated to being the best that they can possibly be.

So, what can You do to speed up your learning curve?

First of all, you need to avoid the many pitfalls on the path, and you can do this by studying other student's experiences, and researching a variety of Aikido teachers. This way you will know what to avoid or meet head on.

Ok, you may ask, what are some of the pitfalls on the path? Here are some of the most obvious ones, but there are many others...

1 - Not learning ukemi and breakfalls to a good enough level.

This often stops many students from continuing their training, as they either experience the fear of injury (which causes tense muscles and possible injury), OR they get an injury and stop training.

Not being a good uke creates resistance and tension, but, You can focus your attention on becoming better, and overcome this potential block on the path to becoming the Aikido Master.

2 - Focusing on doing the technique, rather than receiving it.

This often occurs because, as children, we are taught by parents, schools and society, that we must be winners. People who win are heroes, and people who lose are failures... right? No wrong!

Life is about the flow of energy and you must experience both extremes, to learn your life lessons. There is yin/yang, positive/negative, win/lose, and Aikido teaches you all about this flow right inside your techniques.

So, receive techniques, relax, uke well, and help your partner, lose well and gracefully, then you will develop your skills at a much faster pace.

3 - Choosing a poor Aikido teacher.

There are plenty of bad Aikido instructors out there, who can slow your development down to a crawl. Some have got a Dan grade, branched out on their own and think they have mastered the required skills... wrong!

You may have met some of them on your travels, and you must avoid this type of Aikido teacher at all costs, as you never stop learning!

There are also many instructors who just copy their instructor, exactly, and don't understand the principles involved with the techniques. They cannot pass on to you what they don't know... right?

So you must find an experienced instructor who also has plenty of other life skills to pass on to you. This way you will learn at a much faster rate and move towards your ultimate goal of becoming the Aikido master.

There are many more pitfalls that will slow down your progress on your individual path to become the Aikido Master. If you don't get past these blockages, that create a lot of resistance, then you will never excel.

You want to become an Aikido teacher and the Aikido master... don't you? See below to learn how to boost your training skills - fast, after all... Knowledge Is Power!

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HOW GOOD AIKIDO STRATEGY HELPS YOU TO AVOID AGGRESSIVE CONFRONTATIONS

Aikido strategy is a systematic plan of action, and your tactics will be greatly improved by technical skill. You can learn how to avoid or evade a confrontation.

Good Aikido Strategy is about reacting to your opponent, and sometimes reacting to what you think your opponent can, may or will do.

By being at the **creative edge of awareness** you will develop the sensitivity to notice very small changes in your environment. This advanced Aikido allows you to react to what is about to happen.

Yes, it is dependant on your level of skill, but also relies on your mental ability to apply the tools you have. It is about creative action, and not just reaction to events.

One good strategy is to present a target to your attacker. If they see an opening in your defence, they are likely to react to it. You will then be able to predict their movement and deal with it effectively.

A reaction is an instinctual, habitual, unthinking action that happens naturally. Aikido strategy is a planned response, to a series of predictable attacks. The problem is that this response has to be repeated thousands of times before you can use it as your reaction to an attack.

If you learn how to **offer a weak target to your opponent**, then, when they react to it, you will be able to respond with your planned Aikido strategy. This is good Aikido training, leading to advanced Aikido practise.

Of course, this level also includes the ability to be free of any thought and respond naturally, in the best way, to the circumstances you are in. So too much strategic planning can stop your natural flow of energy.

Attacks can come in many different forms, and from many different directions, so a good Aikido strategy would be to think about and fully prepare for a variety of different scenarios. A **straight full-on attack**, often involving anger and rage, carries a lot of energy. Trying to stop this energy or reason with the attacker is difficult. Just stay calm, get out of the way, and redirect the energy.

A more **circular, indirect attack**, may come from someone who is smiling to your face, but has other intentions. This may involve a sudden surprise attack, or even a sneaky attack from behind. If you feel off balance or uneasy around someone, then this could be an indication of a problem.

Other attacks may be less physical, but can still damage you in a more subtle way. With feints and jabs that are not committed attacks, there is no reason to over-react. Just use correct distance, parry and wait for their full on attack, if it comes!

If someone has grabbed hold of you, how did you allow that to happen? Anyway, don't resist against the hold, this just gives them more to grip onto. Just relax, feel for an opening, and use it to break their balance.

There is also the **sucker punch**, with no reasoning behind it. You may try to compliment someone, and they take it the wrong way and just explode an attack. If you respect all other people, and are careful what you say, and how you say it, then this is much less likely to happen.

In advanced aikido strategy, you are dealing with movement of energy, rather than solid power. So there is always a way to avoid direct energy and lead it to a safer place, this is good Aikido strategy.

Remember by keeping correct ma-ai (proper distance), your attacker will have to choose between **letting you go or attacking full on**. Then, you can respond with your choice of Aikido technique. Use patience and skill to draw your opponent into giving a more committed attack.

How many Aikido Shihan, Instructors or students have you met, that have had a street fight lately? Not many right! So, it appears that just by learning good Aikido turns us into reasonable human beings. This is advanced Aikido strategy!

One other important pointer, is that in life we get what we expect. So if you expect the best, that is what you will receive :-)

Other Aikido Strategies That Will Help You Completely Avoid Confrontations

Know the Area - is it known for street crime? Is there a lot of gang activity? Do buses and taxis go there after dark? Is it an area you should avoid entering? If it is, then don't go there. It's that simple.

Stay Alert - walk with a purpose, be attentive to your surrounding environment and be prepared mentally and physically for an attack, by having an Aikido strategy and plan of action.

Expect The Unexpected - Wear shoes and clothing that are comfortable and allow you to move quickly. Carry only the essentials, travel with friends, have your mobile phone set with the speed dial set to emergency police support, 911, 999 etc.

Move Silently and Swiftly - while blending into the background. Dress like the locals, and don't display large sums of cash in public or wear highly visible and expensive jewelry or clothes. Don't allow strangers to stop you on the street for conversations, to give directions, or to light a cigarette. These are often techniques used to set up an attack.

Avoid Trouble and Hide Your Intentions - If you are confronted by a mugger or gang, co-operate with them. Be polite, even if you might feel angry and believe you could overpower them, it is essential that you pretend to be intimidated. This will allow the robber to relax his guard, then, if you feel you have no alternative, launch a surprise attack.

Resist only to protect yourself from harm, not to protect your belongings.

Evade and Escape - When overwhelmed, you don't fight, you surrender, compromise, or run, if possible. Try to get a good lead on your assailant and run towards lighted and crowded areas.

Choose the Place of Battle - Never allow an assailant to take you to another location, as there is usually an ulterior motive, where they will have an even greater advantage over you.

It is only when all of your strategies and tactics have failed, that you have to resort to the use of full power devastating techniques.

Personally, I have made an intense study of Aikido for over 20 years. I have also looked at, in depth, the advanced principles involved. This has given me many insights, which led me to write the Aikido Success Blueprint, Aikido First Aid Kit and the Optimum Health Secrets Exe Ebooks... Knowledge Is Power!

*Get step-by-step, practical tips that will put You on the fast-track and **boost YOUR Aikido skills**. This is an absolute gold-mine and massive collection of knowledge and wisdom. For full details visit...*

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AN AIKIDO TUTORIAL TO PUT YOU ON THE FAST-TRACK TO POWERFUL AIKI SKILLS

An Aikido tutorial teaches You how to learn Aikido moves, with a home study course in Aikido. Once you begin studying this amazing art, you will be drawn in to the beauty of the flowing natural movements.

Aikido is an art of peace, that teaches a whole range of life skills, just from practising a series of techniques. You will gain some valuable skills and learn Aikido moves that are very efficient and effective.

So, what sort of Aikido tutorial are YOU looking for? Maybe a **home study course** in Aikido, where you will learn the principles of Aikido moves faster than in a dojo or training hall setting.

Ok, I am not going to go into detail about how to perform individual techniques. Why not? Because it has already been done by the masters, in the best possible way.

Morihei Ueshiba, the founder of Aikido, gives the best info on what the art is all about, in his fantastic book called 'Budo'. Koichi Tohei describes the techniques in detail in his book called 'Aikido'. Gozo Shioda gives a detailed viewpoint in his book 'Total Aikido'

The above are my **personal choice of study material** for an Aikido tutorial. In them, you will learn Aikido moves that make up a perfect home study course in Aikido.

Of course, there are many more great masters of Aikido that you can study, and I highly recommend that you do. But, it is better to focus your mind power on one particular way, in order to benefit from your efforts.

The more you look here, there and everywhere at the world of Aikido, the more your mind power will be weakened. In fact you may scatter your mind so much, that it stops you from being effective at all.

How do I know this? ... I have done it!

My research has taken me in dozens of different directions. I didn't want to miss anything important to my development, and so I was never happy, and always looking for more. Eventually, after going full circle, I found myself back at the beginning, so, please don't make the same mistake!

It is far better to decide on the best Aikido tutorial style for You, and then **focus on it**. Once you have developed a good level of skill, then have a good look around, to see if you can develop and improve your skills.

There are also a whole series of dvd's, by many of the masters, that will help you in your training. So there really is no shortage of information for You to have a home study course in Aikido.

What there is a shortage of is Aikido tutorials on the Aiki principles. These are the elements inside your techniques that truly make them effective. You see, there are certain principles that run through almost every technique, in every Aikido style, and even other martial arts.

These **secret principles** are usually hard to pass on, and are, in time, picked up during your Aikido practise. But, if you look at them early on in your training, then you can learn how to develop some amazing skills, fairly quickly. By applying these principles to your regular training, YOU will have more effective, efficient and very powerful techniques.

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MORIHEI UESHIBA - THE FOUNDER OF AIKIDO OFFERS SELF DEFENCE AND SELF DISCOVERY

You can learn how to develop your Aiki skills with Morihei Ueshiba Aikido, the way of harmony. Morihei was an **invincible warrior and a man of peace**. He was known as one of the most spiritual people in Japan, and used to pray and meditate for hours on end.

He developed his martial skills to such a high level, that he was easily able to control any attacker.

There were several martial and Aiki arts that Morihei studied, before he developed and used the term Aikido. His main teacher was Master Sokaku Takeda, who taught the art of Daito Ryu Aiki-Jujutsu. This was a very powerful and effective art, and was practised full-on, like the Samurai warriors of old.

Morihei Ueshiba Aikido was rather **harsh and direct** in it's early days, and it wasn't open to just anyone. People had to be personally recommended before Morihei would consider them as a student.

As Morihei was so spiritual, he gradually introduced more complex ideas to the Aiki-Budo art he was teaching at that time. He used to lecture his students, at length, about difficult to understand Shinto

concepts.

As time went on the techniques became a **little softer, and more circular**. This is when the emphasis was taken off the devastating effectiveness of the techniques, and more on the self development aspects of the art.

Of course, even though his Aikido was softer, more circular and flowing, it was still very effective. The Aikido founder now saw the techniques, not for harm, but as a path to self development. This is why it is so unique, depending on where the emphasis is placed, it can harm or heal an opponent and ourselves.

Do you want to quickly develop and improve your Aikido skills? You can speed up your learning curve and step on the fast track to success! How? Well, there are 3 main ways of doing this...

- 1** - Practise several times a week in a dojo (training hall) setting, with a fully qualified, and high ranking Aikido instructor... and at home!
- 2** - Work on the three ways to learn the art... gather the techniques, analyze posture and form, and study Aiki principles.
- 3** - Develop and boost your health, energy, and power levels by purifying your mind, body and spirit.

Learn how to achieve these 3 goals in the fastest possible way, with the following two amazing product collections. They are a massive gold-mine of valuable info that will truly boost your skills... and Fast!

*Get step-by-step, practical tips that will put You on the fast-track and **boost YOUR Aikido skills**. This is an absolute gold-mine and massive collection of knowledge and wisdom. For full details visit...*

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DISCOVER HOW YOU CAN DEVELOP QUICKLY AND ACHIEVE COMPLETE AIKIDO SKILLS

Do You want to experience total aikido skills?

Mastering Aikido is a very difficult goal to set, and is almost impossible to achieve. If you meet someone who tells you that they have mastered Aikido, they haven't!

But, if you meet someone who says that they are in the process of mastering Aikido, then that's more believable.

You see, a **total Aikido master** would never talk about how good they are, in fact, the opposite is true! They will tell you how they are just beginning to understand what the founder was teaching them.

An Aikido complete master has won the battle with their own ego. They have defeated their own arrogance and have become a truly humble, gentle and loving human being. They know that we are all connected and to help others is to help ourselves.

An Aikido master is a **peaceful warrior** because they choose to use minimum force to control an attacker. Of course, beneath the surface is the ability to devastate an attacker, should they need to.

This is a far cry from many of the so called experts out there, who prance around the mat looking down on their students. They seem to think they have already mastered the art, and fail to continue practising. Of course, without constant training, they lose the skills they had.

Morihei Ueshiba, who founded the art of Aikido **often stated that he must train and train** . In fact, he did, every day he spent hours meditating, purifying his mind and body, and practising Aikido.

A total Aikido master never believes they are at that level. It is only their students who think that of them. So this attitude of never reaching the goal of mastery, keeps you striving for even more.

What can you learn from this?

Well, it's not the goal, but the journey that is important. How you practise right now is the only place you can improve your skills. Focus on now... moment by moment, and concentrate your efforts.

You can achieve your total Aikido experience, by continuing to study. Constantly learning new ideas and concepts, and practising them, takes you closer and closer to mastering Aikido.

Develop your techniques, analyze your posture, and how you move, but study the Aiki principles. This is the most important tool you will ever develop. Because, understanding the principles underlying your techniques gives you the skills to apply them under any circumstances... naturally.

Are You getting benefit from this info?

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LEARN HOW TO USE AIKIDO ATEMI STRIKES TO TAKE CONTROL OF ANY AGGRESSOR

Do you focus on the practise of Aikido atemi strikes in your dojo or training? Is it important to you that your Aikido skills are effective in a real street attack combat situation?

If it is, then you will need to focus on **Aikido atemi nerve strikes** . This will allow you to quickly take control in a difficult street attack scenario.

Do you think that your Aikido skills will allow you to smoothly blend and flow with the energy of an aggressor in an all out dirty street attack?

I think this is unlikely!

Even if you hold a dan grade in Aikido, are YOU really sure your skills will work for you?

Don't get me wrong, I believe in the effectiveness of Aikido techniques. But the relaxed, calm, safe dojo training atmosphere is a long way from the fear of a sudden violent attack. In reality, knowing dozens of techniques, with hundreds of variations, will not help you when the chips are down and it's time to protect yourself.

It has been **proven time and again** , by martial arts experts, who test their skills at the cutting edge, that most complex dojo technical skills become unavailable when adrenaline is rushing through your veins.

People like Geoff Thompson and Peter Consterdine, who are high dan grade martial arts experts, know what really happens. They have worked the doors at some of the most dangerous clubs in the UK.

They have clearly stated that during an attack, there are only a few skills they can draw on to control the situation. There is often no time or space to react to your attacker, who is likely to be very close,

so a well trained preemptive strike removes the need for a full on battle.

This is why a **focused study of Aikido atemi is essential** . Some Aikido dojo's barely cover the subject at all, others do, but not in enough detail. It is important that you are able to defend yourself and your loved one's. And you must want your Aikido skills to be truly effective and practical.

Begin your intense study of Aikido atemi pressure point nerve strikes. This will give you the skills to bring down or distract a stronger opponent fast.

But, in the heat of battle, you may not be accurate enough to hit those important points, so, you'll also need to learn how to generate a lot of power to be sure of the effectiveness of your strikes.

Important Decisions

When you have solved the following issues, you will be ready and prepared for a real and frightening attack situation...

- 1** - How to control fear and the adrenaline rush.
- 2** - When the right time comes to act, react or escape.
- 3** - How to use your Aikido Atemi strikes to be accurate and powerful.
- 4** - Where to hit on the body for maximum effectiveness.
- 5** - Which 5 Aikido techniques to use.
- 6** - How to adapt them to work for you.

There are many other factors you'll have to take into consideration... the surrounding environment, innocent people nearby, does the aggressor have mates, can you talk them down, when to back off and run away, use a strike to disable or just distract, how to take full control.

Also remember that aggressors can be very strong and resistant especially when they are under the influence of drugs, so you may need to use powerful strikes and pain to remove their desire to harm you.

These are just **some of the main points** you will need to think about. Practise your Aikido atemi strikes to become skilled, and stay safe. You should avoid violence at all costs, but you must be ready to explode into action, if absolutely necessary :)

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DISCOVER HOW TO DEVELOP POWERFUL AIKIDO TECHNIQUES

Do you want powerful Aikido techniques? Of course you do, but what do you have to do to achieve it?

Well, first of all, you cannot expect your techniques to have much power in the early stages of training. This is because your studies will be focused more on learning how to perform a variety of techniques correctly.

It takes time to learn dozens of basic techniques, with hundreds of variations. You will also be learning how to receive techniques and fall safely. Once you have developed your ukemi skills to a level where you are confident in your safety, then your training partner will be able to apply some more power to the techniques you receive from them.

One of the **best ways to improve**, is to watch your instructor and advanced students perform. Also, think about how it feels when techniques are done on you. This will give you some real, practical insight on what it is that creates powerful Aikido techniques.

So, What Are The Wrong ways to Develop Powerful Aikido Techniques? Well, let's discuss what will not help you achieve your goal...

Using brute force and muscle strength, may seem to be useful in developing power, but in reality is of no use to you. This is not real power, and usually comes from the fear of not accepting your true skill levels. Anyway, as you attempt to use muscle power or brute force, your training partner will sense it and usually react by tensing up. This will block your ability to complete your technique, and creates resistance.

Of course, you'll see some students who use brute force in an aggressive manner. This appears to be good Aikido, but the uke's are probably just falling through fear of the nage's reaction to them if they don't.

Many martial arts dojo's have a resident bully, even Aikido dojo's... this is unacceptable behaviour and the instructor should stop it immediately! Also, brute force is of no use when you get older.

Some students think that just performing faster techniques helps in developing power. Yes, this can help, but it also hides errors. The main point here is to be honest with yourself on what truly works.

So, it is essential to develop powerful Aikido techniques and principles that will serve you on and off the training mat, throughout your lifetime.

So, What Are The **Main Factors Involved** In Developing Powerful Aikido Techniques?

We have already established that it's important for you to understand the basic and advanced moves of Aikido. Once you have this knowledge intellectually and physically, then you are ready to use more power. Remember that, by adding power, it must not reduce your ability to perform correct Aikido techniques. If it does, you are not ready yet!

Mind Power is the ability to focus your mind on just one thing at a time. You can achieve this through daily meditation. This will allow you to put your mind on your one point as you perform your techniques.

Relaxation of mind and body is essential for truly powerful Aikido techniques. It is important to physically relax your muscles downwards, and this can be achieved through the control of your breathing.

Timing is a very important factor to understand, and comes through focused practise. You will know when you have got it right, as your training partner will be easy to move with very little effort.

Awareness of your surrounding environment, at all times, will help you avoid being surprised and will help your chances of getting your timing right. It will also save you from danger, as you go about your normal life!

Belief has the power to transform your effectiveness in life, after all... what you believe, you become! So, think about how to do it, and believe that you already have powerful Aikido... and you soon will have :)

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***AIKIDO SEAGAL STYLE IS
PRACTICAL, EFFECTIVE AND EFFICIENT***

Steven Seagal was born in Lansing, Michigan on April 10, 1952, he is a man of diverse character whose spiritual beliefs and humanity are integrated into every aspect of his life. A son of a Math teacher and a Medical Technician, Steven's humble childhood included a fascination with the Martial Arts and the blues.

At the age of 17, Steven Seagal headed for Japan to immerse himself in Japanese culture and to learn Aikido and Martial Arts from the masters.

Beyond his incredible skill as a **7th Dan Aikido Master**, is the spiritual enrichment Steven gained learning Buddhism, the art of meditation and Zen mastery.

Steven speaks fluent Japanese and is proud of the respect he has earned in Japan and throughout many parts of Asia. His Japanese name is Take Shigemichi.

He lived and studied Japanese culture for over 15 years and his spiritual beliefs play a large role in his life. It is what has guided him to become an Aikido expert, a beloved actor, and distinguished musician.

More importantly, it is his genuine care for others that drives him to give unselfishly, his time and financial support to many charities across the world, including needy children around the world, the environment, animal rights, and AIDS projects.

Most of us know him for his roles as an **action hero** with an acting career that began from his Los Angeles Dojo in the late 80's where he taught Martial Arts to famous people... Sean Connery, James Coburn and the famed talent agent, Michael Ovitz.

It was Mr. Ovitz who paved the way for Steven to co-write and star in his first and hugely successful action film "Above the Law" in 1988 and from there it launched a career of over 20 movies and \$2 billion at box office.

Steven immersed himself in his work on the screen, writing, producing, directing and acting. His films include box office successes such as Hard to Kill, Under Siege, Executive Decision, Glimmer Man, and Exit Wounds to name a few, all are well regarded for their fast paced action.

Today, Steven continues to make movies, but one of the most treasured aspects of this diversely talented man is his music. He is a **proficient blues artist** and has developed his guitar skills, playing his own music with some of the greatest blues legends.

BB King, Bo Diddley, John Lee Hooker and his greatest influence, Clarence "Gatemouth" Brown, are among those who Steven has jammed with and also shares a common bond - the blues.

Steven is a purist when it comes to the blues and he remains true to its roots which is evident in his latest release, "Mojo Priest", recognized as one of the best blues albums to surface in many years.

Steven's first album, Songs from the Crystal Cave, was a top seller in European markets and features a combination of styles including blues, pop, jazz and reggae, with a classic harmonica solo by Mr. Stevie Wonder.

Steven Seagal is committed to Asian philosophies and religion. As a Buddhist, Zen teacher, and healer, Steven lives by the principles that the **development of the physical self** is essential to protect the spiritual being. He believes that what he does in his life is about leading people into contemplation and enlightenment.

Steven Seagal is a versatile talent and an intricate human being, whose passion, selflessness, integrity and character are embodied in his work. He has been recognized by Tibetan lama Penor Rinpoche as a reincarnated Tulku 'Chungdrag Dorje'.

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HOW EFFECTIVE DO YOU THINK AIKIDO STRIKES ARE?

Aikido Strikes have the power to quickly control any attacker, but many Aikido instructors tend to gloss over the details of this skill, focusing more on techniques. This is great, as there are many details to cover about performing good aikido techniques.

But, if you have an interest in the effectiveness of your Aikido skills, then awareness, correct distance, and atemi strikes must come first.

By **focusing on Aikido nerve strikes**, you can quickly take control in a difficult street attack scenario. In reality, knowing dozens of techniques, will not help you when the chips are down in a street war.

It has been proven time and again, by martial arts experts, who test their skills at the cutting edge, that complex dojo technical skills become unavailable when adrenaline is rushing through your veins.

People like Geoff Thompson and Peter Consterdine, who are high dan grade martial arts experts, know what really happens. They have worked the doors at some of the most dangerous clubs in the UK.

They have clearly stated that during an attack, there are only a few skills they can draw on to control the situation. There is often no time or space to react to your attacker, who is likely to be very close, so a well trained pre-emptive strike removes the need for a full on battle.

This is why a **focused study of Aikido strikes is essential** if you want to protect yourself and your family. Some Aikido dojo's barely cover the subject at all, others do, but not in enough detail.

Street violence is quite rare, but it is there, and if you ignore it, thinking it won't happen to you, then you may get a shock. The only way to deal with this is to be prepared, just in case!

You can prepare yourself by making a study of Aikido strikes, that is... pressure point nerve atemi. This will give you the skills to bring down or distract a much stronger opponent... and fast.

Of course, in the heat of battle, you may not be accurate enough to hit those important points, so, you'll also need to learn how to generate a lot of power to be sure of the effectiveness of your strikes.

Focusing on Aikido Nerve Strikes Can Prepare YOU for an Unexpected Attack!

When you have solved the following issues, you will be ready and prepared for a real and frightening street attack situation...

- 1** - How to control fear and the adrenaline rush.
- 2** - When the right time comes to act, react or escape.
- 3** - How to use your Aikido strikes to be accurate and powerful.
- 4** - Where to hit on the body for maximum effectiveness.
- 5** - Which 5 Aikido techniques to use.
- 6** - How to adapt them to work for you.

There are many other factors you'll have to take into consideration... your surrounding environment, innocent people nearby, does the aggressor have mates, can you talk them down, when to back off and run away, use an Aikido strike to disable or distract, how to take full control.

Also remember that aggressors can be **very strong and resistant**, especially when they are under the influence of drugs, so you may need to use powerful strikes and pain to remove their desire to harm

you.

These are just some of the main points you will need to think about. Practise your Aikido strikes to become skilled, and stay safe. You should avoid violence at all costs, but you must be ready to explode into action, if absolutely necessary :)

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AIKIDO COMPETITION... WHAT'S YOUR OPINION?

Aikido competition and Aikido sport - are you involved? Is there actually competition in the art of Aikido? Yes, of course there is, but is it right?

Instructors and students who practise Tomiki Aikido prefer it. They have basic and advanced techniques in their curriculum, just like any other style of Aikido. But, they also pressure test their techniques, usually with an attacker who tries to stab their partner with a rubber knife. Well, they can't use a real one as it can be more of a rough and tumble, too dangerous.

As Kenji Tomiki was a very highly ranked Judo instructor before he began Aikido, then maybe Aikido competition was inevitable. He was also highly ranked in Aikido!

But, the **founder of Aikido, Morihei Ueshiba**, frowned on any competition and resistance to techniques. This was because Aikido is very powerful, and when performed correctly, any resistance leads to injury. He never allowed his students to resist techniques, for their own safety! Of course, human beings are a very competitive species, and many students preferred Tomiki Aikido sport.

O'Sensei, was obviously well above the competitive level... he was a true master of the art. He ascended to levels of awareness, that most of us can't even dream of achieving. This is because he devoted his entire life to the path of spirituality and became truly enlightened.

I suspect, that only truly dedicated students of Aikido actually get past the competitive level. This means that the rest of us are working on it continuously, as we practise in thousands of dojo's around the world.

In fact, Aikido competition is very difficult to avoid!

In the west, we have been taught all of our lives that it is important to be a winner. In our upbringing we learnt, early on, that we are rewarded for our success and disciplined for our failure.

Our governments, society, schools, our parents, and their parents have constantly reinforced the idea that you must win, and avoid losing at all costs. This is why many human beings are so resistant to others.

But, if we all have the attitude 'I am right and you are wrong', then we must ALL be wrong. We are only right from our individual perspective in life, and the same goes for all people.

So, are we all right, or all wrong?

In Aikido competition, we experience this attitude regularly. People naturally resist techniques, without even realising it... it's a habit. Once YOU recognize this in your life and training, then you can do something about it... right?

So, exactly what can you do about it?

Well, first of all... most situations that come up in your life are so trivial that it just isn't worth arguing about. It's just not important enough to get stressed about, so you can immediately just let it go!

If these trivial points are important to your partner, family, friends, or work colleagues, let them 'win'. Just shrug your shoulders and let them have it. It's all about ego **power and control**, and comes from weakness.

When you are practising Aikido you can just let them have the technique. Work on how you can stay relaxed and help your partner to feel good. It's not important that you look good in the dojo, or that you try and impress your instructor. What is important is that you remove your ego and become humble.

This will advance your skills... fast!

Whatever comes up in your life, just ask yourself... "Could I let it go"? There your answers will be found. You can learn to avoid Aikido competition in your training and become an Aikido expert!

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DISCOVER AIKIDO CONCEPTS, THEORIES, AND PRINCIPLES

Aikido concepts come from principles, spirituality, philosophy, and the nature of universal ki energy. It is also influenced by the Omoto-kyo religion, as practised by the founder of Aikido - Morihei Ueshiba.

What does Aikido mean? The name Aikido is made from three Japanese characters...

'**Ai**' means harmony.

'**Ki**' means spirit.

'**Do**' means way.

So, Aikido is... The Way of Spiritual Harmony.

The Aikido concepts focus on the balance and harmony of your body, mind, and spirit. You can only achieve this if you remain relaxed. In this way nothing is forced so your body joins with your spirit and the universal energy naturally, everything then becomes one.

Morihei Ueshiba believed in peace and taught Aikido as a peaceful way of ending aggression. Both spiritual and philosophical developments are essential ingredients to your training.

The Aikido concepts of giving (nage) and receiving (uke) energy can be used and applied in the practice of Aikido.

Uke and Nage is similar to the Chinese **Yin and Yang principles**. Aikido can be effectively studied by a thorough understanding of both extremes. The give and take nature of these two characteristics are the basis from which Ki energy and other important principles are learnt.

The philosophy of Aikido concepts deal with how you can learn to adapt, be flexible, calm and blend with your life situation.

At its basic level Aikido is a method of throwing, joint-locking, striking and pinning techniques, coupled with training in the use of sword, staff and knife. But it's more than just a fighting art. It is a path to personal discovery and character development.

Some of its benefits include physical fitness, improved self-confidence and a greater awareness of yourself and how to connect with others.

When pulled, you move forward in the direction of the attack (irimi). When pushed, you move out of the way (tenkan). In this way, you can redirect the force of the attack until it's no longer a threat. In this weakened position, the attacker is vulnerable to throws, controls, and pins.

The goal of your Aikido training is not perfect skill, but to improve your character and become part of the **laws of nature and the universe**. Nature's movements are efficient, rational, and soft, but the centre is immovable, firm, and stable.

By keeping a firm, stable, centre, your flowing circular movement looks soft, but is actually very powerful. It can be used to overcome and control an aggressor who is far bigger and stronger than you.

The soft or gentle quality of Aikido makes it appealing to people of all ages... men, women, and children. It not only offers spiritual development, but also provides exercise and teaches proper respect, attitude and correct behaviour with other people.

At the heart of Aikido is the universal creative principle - Ki. Aikido concepts teach you how to blend your personal ki with universal ki.

Aikido helps you to **release your attacker's aggressive energy**. This should be done by controlling them, or more importantly, neutralizing the conflict. There are many ways of doing this before the situation becomes physical.

The Aikido concepts teach you how to focus your power into one point. The combined power generated by focusing the energy of your hips, legs, knees, stomach, and mind, towards one aim is greater than the power of muscles alone. This ability to generate power enables a smaller and weaker person to apply techniques on a larger and stronger opponent.

Breath power or kokyu-ryoku is when sensitivity, breathing and timing are brought together, which allows you to read an attackers movement.

For Yoshinkan aikidoka, ki can be thought of as the combination of correct posture, centre line, breathing, the explosive power of focused energy and timing. In this way ki is the mastery of balance of all of these factors.

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MORE AIKIDO TECHNIQUES DESCRIPTIONS

Usually, in most Aikido dojo's around the world, the first Aikido techniques description is shihonage and ikkyo. This is because they are regarded as very difficult to master, and need to be introduced early on.

All of the Aikido techniques need to be practised thousands of times in order to truly master them. Of course, you already know that repetition is the only way to get good at anything... right?

I suggest that you **practise a variety of ways to perform** each of the basic Aikido techniques. This will allow you to develop a greater understanding of the main Aiki principles involved that underlie them.

The first Aikido techniques description to consider is Shihonage. It is usually practised from a wrist grab, and either a pull or a push. Shihonage teaches you the skill to control or throw an attacker in

any direction, by manipulating the wrist, elbow and shoulder of your training partner.

If pulled you move forward (irimi), and if pushed you turn away (tenkan) from the energy flow. Shihonage involves leading your attacker around the perimeter of a circle... down, up, over the top and down again, which allows you to totally control your attacker.

Some sort of distraction is necessary in all techniques. This may be a simple shout (ki-ai), a sudden move, or an atemi strike to a nerve point. This reduces your attackers focus and strength, and also opens up a window of opportunity for you to apply your aikido technique successfully.

The second Aikido techniques description is Ikkyo (ikkajo). This involves controlling or throwing your attacker using pressure on their elbow to break their balance, while you control the wrist.

This allows you to either throw them down or away from you or even take them to the ground. Then by continuing to apply pressure to the elbow and wrist, to go on to pin and completely control them.

For example, at the moment just before an attack is launched, you move forward and pre-empt that attack.

If they raise their hands, then you usually go into ikkyo and take control of their wrist and elbow. This gives you the ability to break the attackers balance to the rear, and turn them around. You then control the arm by relaxing down on the elbow while raising the wrist. This takes them to the floor where you can execute a standard pin, which causes submission.

If they don't get the time to raise their hands and protect their face, then you perform a double palm strike to the forehead. By doing this with relaxed arms and heavy body, you are able to sink your weight into the strike. This will completely shock your attacker, where you can take control, or even better escape the situation.

Other Aikido techniques description that you may want are... **nikyo, sankyo, yonkyo, gokyo, kote gaeshi**. These all involve different ways of locking the wrist to off-balance before controlling or throwing your opponent. These wrist controls can be very painful, so don't resist them.

Nikyo is an Aikido hold that can be easily applied quickly from almost any type of grab. Control is achieved by causing extreme pain, without injury. Your attacker will try to move away from the pain, which will force them down to their knees and then face down on the floor.

Sankyo is an Aikido lock that can force your attacker up on their toes, in an effort to reduce the pain involved. From here it is fairly easy to break their balance and take them down to their knees and face down on the floor. You can use this from a variety of attacks.

Yonkyo is an Aikido hold that focuses energy into pressure points on the wrist. Once again the pain causes an attacker to attempt to move away from it. You are then able to use this movement to take control of them.

Kote Gaeshi is a wrist control that will force your attacker to sit down and you can then roll them onto their front. By placing an attacker lying on their front you have effectively removed all of their potential weapons of attack, which allows you to quickly control the situation.

These Aikido techniques description all teach you how to take control of your attacker, by breaking their balance using wrist or arm manipulation. But there are many other basic techniques of Aikido that involve many different ways of weakening and controlling an opponent.

For example, Iriminage teaches you how to enter the attackers space and unbalance them by controlling their head and body. Just tilting the chin up slightly can easily and quickly unbalance your attacker.

Also Kokyunage teaches a variety of ways to control by disrupting energy. This can be done by moving in one direction, and then reverse, or even distract. Either way it has the same effect of unbalancing them.

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LEARN HOW YOU CAN ACHIEVE A HIGH AIKIDO GRADE

Usually Aikido grading ranks and certificates are not the main focus of students who practise the art of Aikido. But it's always good to have some feedback to be sure that you are on the right track in your training.

Most styles of Aikido do offer their students a path that leads through a series of Aikido ranks. But it does vary quite a lot on how many levels there are and the importance of each Aikido certificate.

In many clubs and associations there are **only two belts**... white and black. There are of course many different levels that you'll need to achieve and often an Aikido grading allows you to pressure test yourself in stressful but controlled circumstances.

Once you have achieved the Aikido ranks of black belt, you'll be a Dan grade and have the right to wear the hakama, which is a pleated divided skirt. But this is at the discretion of your Instructor, as some organisations don't allow lower dan grades to wear them in general training, but only at formal seminars.

Also, some organisations see their dan grades as degrees, so you may be a 1st degree not 1st dan.

AIKIDO GRADING RANKS (from Aikikai website)

5th Kyu - 30 days of practice

4th Kyu - 40 days of practice after obtaining 5th Kyu

3rd Kyu - 50 days of practice after obtaining 4th Kyu

2nd Kyu - 50 days of practice after obtaining 3rd Kyu

1st Kyu - 60 days of practice after obtaining 2nd Kyu

1st Dan - 70 days of practice after obtaining 1st Kyu

2nd Dan - Minimum 1 year since 1st dan, with 200 days of practice

3rd Dan - Minimum 2 years since 2nd dan, with 300 days of practice

4th Dan - Minimum 3 years since 3rd dan, with 400 days of practice

Of course, other associations, organisations, systems and styles are different, but this gives you a good idea of the work involved.

In the West it is more common for students to expect Aikido grading ranks, certificates and colored belts. This is because people have been brought up based on hundreds of tests and confirmation of their skill levels in every area of their society. They tend to crave recognition!

The Aikido Yoshinkan group I trained with in the UK used the following...

8th kyu - white belt

7th kyu - yellow belt

6th kyu - green belt

5th kyu - blue belt

4th kyu - orange belt

3rd kyu - brown belt

2nd kyu - brown belt

1st kyu - brown belt

1st Dan + - black belt

We had an aikido grading system that involved plenty of hard work, and Aikido ranks and an Aikido certificate were **very difficult to achieve**. This was because many students hoped for an easy path through the grades, and stopped training because it was so difficult to advance.

This was a good way of filtering out the weaker students who only had one eye on their training and the other eye on their ego. Unfortunately, this led to **reduced student numbers**, and many people came and went. But the most important thing is to protect the art and avoid diluting it.

When it comes down to it your Aikido grading, Aikido ranks and Aikido certificate will not help you as you go through difficult situations in your life, but solid Aikido skills and Aiki principles will.

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AIKIDO IS A PATH TO HEALTH AND VITALITY

Every living thing in nature and the universe has Ki (life force energy). The most effective method to achieve optimum health and vitality is to study ways to make this powerful energy even stronger in us.

There are many ways of developing positive health and it is essential to look at all of these methods in order to reach a state of harmony and balance in our lives.

You can learn how to use this positive energy in an efficient and effective way to heal and protect yourself from an invasion of negative energy vibrations.

In Japan many students practise their Aikido ki breathing techniques in extreme weather conditions without fear of becoming cold as they have balance and co-ordination of mind and body.

Positive Use Of The Mind

By concentrating ki into the One Point in the lower belly you are pouring your energy outwards. In aikido training you must focus on constantly extending your Ki outwards to make your techniques effective.

To extend your energy outwards is to use your life force in a positive way. As soon as you become distracted from this you stop the flow and begin to bring negative energy inwards which makes you weak.

The influence and power of Mind over Body helps you to use the mind in a positive way. The state of the mind, if allowed to dwell on negative thoughts, can influence the chemistry of the cells of the body causing your own ill health and possible dis-ease.

If you can feel strongly that although your body is under par or ill, your mind is free, then you can

chase the illness away to become strong again. This can be achieved through the use of mind power and positive ki.

If you become worried or tense about potential illness, disease or death, you can focus your mind on the 'One Point' in the lower belly and use powerful positive ki to influence and effect your life for the better.

In Aikido we believe that we are **born from the universe and will return to the ki** after our mission in life is completed. Looking at life in this way we can see that the practise, theory and principles of Aikido are one of the best ways to experience health and vitality.

Relaxation And... Positive Use Of The Body

To experience Health and Vitality you must have a balanced development of all of your muscles and vital organs. This means that the exercise routine you choose should stimulate and invigorate all of your cells.

In Aikido, we practise the movements and techniques equally on both sides of the body to be more balanced in our surrounding environment. Using hands, legs, hips and head with mind and body coordinated will develop the whole body, muscles and inner organs.

Aikido practise is designed to keep the mind concentrated in the one point and relax the body, becoming more soft and flexible which makes us stronger. If we can learn to relax the body in front of our 'enemy' then we have won 80% of the battle. This is the most difficult time to relax.

The more we can focus mind power on the 'One Point', the more we can relax, making the body soft and flexible. This allows us to extend our Ki and life force power outwards.

If you can live your daily life with your body relaxed you will not get tired easily and can use your energy resources more efficiently and effectively. Relaxed you have more positive energy and are vigorous, tensed you have more negative energy and are exhausted.

Aikido Is The... Natural Extension Of The Body

Laughter makes you more Relaxed and anger makes you more tense. To enjoy good health and vitality, stop being angry, relax and laugh more.

The human body is soft when it is born and throughout infancy. The older it becomes the more tense and stiff it gets until the end of it's life. Through relaxation the body and mind can stay young and healthy.

Most of the techniques of aikido aim to bend the joints of the body in their natural direction. This way we do not force our 'training partner' to make unreasonable movements. This follows the laws and principles of nature and the universe, and is good for our health and vitality.

Some of the exercises like nikajo or kote gaeshi, tend to be painful in the beginning. As you become more experienced, your wrists become stronger and more flexible reducing the pain and increasing the enjoyment of training. Older or stiffer people can train in the solo exercises (Aiki Taiso).

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LEARN HOW AIKIDO WEAPONS TRAINING CAN IMPROVE YOUR SKILLS

By practising with Aikido weapons, you can raise your Aiki skills to a whole new level. You'll get plenty

of benefits from using weapons in your Aikido training. But first there is some debate about whether we should include weapons practise at all.

So, where did **Morihei Ueshiba - the founder of Aikido**, stand on the subject of weapons training?

Well, the major technical influence on aikido is the Daito-ryu aikijujutsu that he learnt from Sokaku Takeda. A system built on sword principles.

Morihei spent many years in Iwama experimenting with Aikido weapons - Ken (sword) and Jo (staff). One of his main students at that time, Morihiro Saito, witnessed this process and was one of Morihei's main uke (receiver of technique).

Also, many of the common technical terms in aikido... tegatana, shomenuchi, yokomenuchi, and shihonage are taken from kenjutsu. Iriminage comes from the entering movements with a sword, where all entering movements of Aikido come from.

The study and practice of weapons was a long-term passion of Morihei Ueshiba, who only allowed Saito Sensei's Aikikai Hombu Dojo classes to include weapons practise. Morihei didn't teach weapons at Hombu dojo!

The Aikikai Hombu organization's official position excludes Aikido weapons practise, but many well-known teachers include iaido practise. **Morihiro Saito's Iwama Aikido** includes the weapons form as taught by O'Sensei.

Aikido weapons training is helpful for learning the correct distance, you need to be from your attacker, ensuring your safety. Repetitive moving in and out of the striking range of a weapon helps you develop an intuitive sense of distance and timing, which is essential in empty-hand training.

Also many advanced aikido techniques involve defenses against weapons. In order to ensure they can be practiced safely, it is important for students to know how to attack and defend with weapons.

Using weapons in Aikido training can add an element of intensity to your practice, that forces you to focus your mind. Also, You'll be able to understand important principles of aikido movement and technique.

WHAT AIKIDO WEAPONS ARE USED?

Tanto - Wooden training knife is the smallest weapon in the Samurai's armoury, and is equal to a knife, broken glass or other stabbing weapon. Aikidoka are trained to disarm an opponent armed with a tanto, and how to use it effectively against an opponent. This training weapon is made of oak wood or rubber to encourage students to really attack, without fear of receiving an injury from falling onto or being hit with the weapon.

Jo - 4ft oak staff is a four foot wooden oak staff that is tough and flexible. The Jo is the main weapon of the Japanese Riot Police. In modern society this aikido weapon is similar to a pool cue or broom handle.

Bokken - wooden training sword is used to teach traditional sword techniques. This would equal a baseball bat or length of wood/scaffolding pole. The techniques used to disarm an opponent armed with a bokken can readily be adapted to these modern street fighting weapons.

Katana - the Samurai sword is generally only used by Dan grades. The practice of Iaido (sword drawing and fighting) helps to focus on your centre and at Nidan and above techniques may be demonstrated against live blades. Where as below this level the bokken is used.

I personally think it is good to include Aikido weapons practise to improve your skills. Obviously you must have a fully qualified Instructor to fully understand all of the technical ideas and principles.

To fully understand traditional Aikido it is essential. But to use Aiki principles in a modern society... maybe not so important.

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AIKIDO SELF DEFENSE FOR WOMEN CAN BE VERY EFFECTIVE

Self defense for women is about taking control of situations in which you are victimized. This includes verbal and physical attacks. It's your responsibility to teach other people to respect your boundaries.

Of course, staring at the ground, hunched shoulders, hiding your hands in your pockets, making yourself small, carries the message '**I'm weak & vulnerable!**' Women get targeted as easy prey, so having strong body language decreases your risk of being victimized.

Make eye contact with people in a way that lets them know you've seen them. Swing your arms when walking, take up space. Strong body language not only affects how others see you, it increases your own confidence.

Be Aware of Your Surrounding Environment. By paying attention to other people, you'll quickly pick up if they look or behave in an unusual or suspicious way. This helps you avoid any situation from developing.

If you are busy thinking about the past or future, then you will not be aware, so be sure to stay alert.

Attract Attention. If a problem is developing and you can't escape become loud, shout, scream, and go towards other people who are nearby. You can't count on others coming to your aid, but you want to appeal to an attackers fear of getting caught and make him think you'll get help.

Use Your Strongest Weapons against his weakest targets... eyes, throat, face, stomach, groin and knees. Strong weapons that you can use are your feet, elbows, hammerfists and palm heel strikes. Self defense for women can be as simple as learning How to deal with Verbal Aggression

Can Self Defense For Women Be Effective In The Street?

Yes, most certainly, but only if you practise simple, easy-to-apply techniques, and in the right way. By learning how to use an attackers energy against them, self defense for women who practise the art of Aikido can be a very effective method of protection.

But it's very important to be realistic. After all it's better to know you can protect yourself, rather than think you can... right?

If you practise a martial art, a sudden attack, leading to a street fight may not go well, unless you are prepared for the situation. Even an attack that you know is coming may still freeze you in your tracks.

One of the main reasons you are unlikely to react, in a favorable way, is that you are not prepared for the pure venom that another person can have for you. A truly aggressive attacker actually, in the moment, wants to cause you serious harm. This could lead to physical and emotional damage that you may never truly recover from.

It has been shown, time and again by experts in street defense, Peter Consterdine, Geoff Thompson, Russell Stutely etc., who are martial arts experts, on the front line and have been in that scenario hundreds of times, how martial artists will often fail in defending themselves.

Some of the **main reasons** they give are...

- 1** - Lack of true awareness of your surrounding environment.
- 2** - Believing certain techniques will work, when its unlikely.

3 - The shock and adrenaline dump of a real fight may freeze you.

Martial artists, including Aikidoka, generally train in a very safe environment, where the attacks are weak, and you can do it again if the technique goes wrong. They are also, not usually, put under the type of stress they will experience in a street fight situation.

But, although you do not expect to be attacked, it can happen. After all it happens to someone... right?

Self defense for women can be **very effective using Aikido** and women in Aikido are very powerful and have many practical and effective techniques.

There are many Aikido women training in the art, as the techniques do not rely on physical strength for their effectiveness. You can learn how to generate great power using kokyū ryoku, or 'breath power'.

There are also women in Aikido because it is never used for aggressive purposes, and by using the re-directed force of an attack, aikido provides a very powerful means of self-defense for women without muscle power.

But using self defense tactics are the last resort. There are many ways you can prevent or avoid a situation developing to this sort of level.

The best advice I can give you on self defense for women, is to **be prepared!** This means taking the time to learn a simple strategy that you will use, if necessary. Then practise it well, learning the key principles...

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ORIGINAL AND UNIQUE AIKIDO LESSONS AND COURSES IN WEST SUSSEX UK

Our Aikido Courses are truly unique, and offer you a completely new way of practising the art of Aikido. They include methods of studying that can be tailor made for your individual needs. Offering you several ways to fast-track your training skills to a whole new level.

Private lessons to individuals and small groups for adults and juniors are available on the south coast, in West Sussex UK. Classes include...

1 - Private Aikido Lessons that offer you 3 methods of training... learning techniques, analyzing form, and studying principles. We teach a combination of all three with an emphasis on Aiki principles.

We have four different types of private Aikido Lessons available to You... traditional Aikido training, Aikido practical self defence, Aiki principles. Or we can offer you a combination of all three.

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SUWARIWAZA DEVELOPS YOUR HIPS AND LEGS TO POWER UP YOUR AIKIDO

Suwariwaza are seated techniques that are performed with both attacker (uke) and defender (nage) in a kneeling position. These types of techniques originate in the practice of requiring all samurai to sit and move about on their knees while in the presence of a lord.

In theory, this made it more difficult for anyone to attack them. But this was also a position in which one received guests (not all were trustworthy).

In Aikido, suwariwaza is important for learning how to use and strengthen your hips and legs.

Shikko is a form of walking on the knees from a seated (seiza) position. It was designed to improve balance, hip stability and prepare a student for the execution of suwariwaza or seated techniques.

Shikko is very important for developing a strong awareness of your centre of gravity. This is helped by focusing your mind on your 'one point' in your lower belly (hara).

Of course, it is **more natural for students in the East**, as knee walking is more common in daily life... eating, tea ceremony etc.

In the West we are taught to sit in chairs and experience life from a more upright position. Even when we pray we are rarely on our knees, because it can be seen as a weak and submissive position. It doesn't fit in with our upbringing where we are taught to be individual, proud, full of self.

In my opinion we should learn to kneel down, bow our heads, be more humble and accept that we are not as important as our inflated ego's would have us believe.

Aikido training is an excellent way of teaching you how to become a warrior. One who is strong and powerful, but also gentle and loving. Seiza, shikko and suwariwaza will all help you to achieve Aikido Success.

SUWARIWAZA PRACTISE - HOW CAN YOU OVERCOME THE STRAIN ON YOUR HIPS, KNEES, ANKLES, AND TOES?

Knee walking puts a lot of pressure on your muscles, tendons, ligaments and joints, and incorrect practise can lead to physical injury. But you can **avoid many of the problems** that may come up in your practise, simply by preparing your body in the right way.

Ok, so what can you do?

- 1** - First of all develop a good level of physically fitness.
- 2** - You'll need to work on relaxing your body, and loosening up your joints.
- 3** - Then, plenty of practise on stretching and flexibility.
- 4** - Development of muscle strength, speed, and power.
- 5** - Learning important nutritional needs and remedies.

When you have taken action on these, then your practise of seiza, shikko and suwariwaza will be less painful, and become far more enjoyable.

All of these points are covered in full, step-by-step, detail in my unique **Aikido First Aid Kit Ebook**. You can get it absolutely free as part of my Aikido Success Blueprint Ebook collection - check it out

now...

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WHAT ARE YOUR THOUGHTS ON MIXED MARTIAL ARTS AND UFC?

Mixed martial arts - mma, sometimes known as no holds barred - nhb, or ultimate fighting championship - ufc, is a mixture of all of the martial arts. It's a general term used to describe the use of striking, grappling and submission techniques in one forum, whereby fighters can submit or knock out their opponents.

For thousands of years, **martial arts were shrouded in mystery**. Secrets were jealously guarded, while claims were made of lethal techniques and special powers. Each system asserted that it was the best, and its masters unbeatable. Only a few people, like Bruce Lee, dared to question how traditional arts were taught.

Then came the Gracies, a large extended family from Brazil, who discovered that real fights were rarely won by leaping kicks or intricate hand movements. To prove their point, they offered to take on anyone, of any style and won repeatedly by taking their opponents to the ground and forcing them to submit.

When the '**Gracie challenge**' was picked up by an innovative US Television Company called semaphore entertainment; a new mma sport was born.

The ultimate fighting championship began in 1993 and turned the martial arts world on its head. By matching experts in different arts against each other in a realistic setting, it exploded many of the myths about unarmed combat. Black belts and flashy moves proved no match for the skill and technique of a new breed of mma fighter.

In less than 10 years, mixed martial arts (mma), no holds barred (nhb), and the ultimate fighting championship (ufc) changed from a novelty spectacle to a World wide sport that produced athletic superstars.

The UFC organization follows a rich history and tradition of competitive combat dating back to the Olympic Games in Athens. About 80 years ago, a Brazilian form, known as Vale Tudo (anything goes) sparked local interest in the sport.

Then, the UFC organization brought MMA to the United States. The aim was to find the Ultimate Fighting Champion with the goal to have a tournament of the best athletes skilled in all martial arts, including karate, jiu-jitsu, boxing, kickboxing, grappling, wrestling, sumo and other combat sports. The winner of the tournament would be crowned the champion.

Once the UFC brand was launched, Mixed Martial Arts popularity surged in Brazil, followed by massive interest in Japan where these bouts became major events. In January 2001, the UFC brand completely restructured MMA into a highly organized and controlled combat sport.

As a result, the UFC organization now offers live pay-per-view events annually through cable and satellite. Response to the UFC brand of MMA has been tremendous, resulting in a growing fan base that has grown through the years. UFC popularity has reached new heights through the hit reality series The Ultimate Fighter.

The UFC organization is regulated and recognized by the world's most prestigious sports regulatory bodies including the Nevada and New Jersey State Athletic Commissions. The new UFC organization strives for the highest levels of safety and quality in all aspects of the sport.

Under the strong leadership of Dana White, the UFC brand continues to thrive across a spectrum of

live event sports, and television productions.

HOW DOES AIKIDO RELATE TO MMA?

Aikido, like all martial arts, teaches you how to protect yourself in a combat situation. It offers you a very effective way of controlling an attacker, especially if they are actually attacking you for real. That is with emotion... angry, aggressive, and full of venom.

MMA fighters are highly trained to attack and defend their position... also to absorb punishment from their opponents. They also have rules and a referee to protect them from their opponents. After all, these tournaments are sporting events, and not a life or death struggle.

But, in Aikido terms, many of our best weapons are either expected or against the rules. For example, the element of surprise, an atemi to distract, and the ability to manipulate small joints are not available. Also gloves are worn that would stop us from striking and accessing vital points.

The few Aikidoka that have entered these tournaments, have all used punching, kicking and grappling as part of their arsenal, so it's rare to see any Aikido moves at all.

Also, bear in mind that Aikido teaches you the **importance of avoiding fights** at all costs, and you can't deny it has been effective in this regard!

The art is actually about bringing peace to the world, and uses the martial art of Aikido as a vehicle of study. Also we learn to be humble and aim to reduce the size of our individual ego's.

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LEARN HOW TO USE THE AIKIDO JO STAFF

Morihei Ueshiba - the founder of Aikido, spent many years in Iwama, Japan experimenting with the Aikido Ken (sword) and Aikido Jo (staff). One of his main students at that time, **Morihiro Saito**, witnessed this process and was one of Morihei's main uke (receiver of technique).

The study and practice of weapons was a long-term passion of Morihei's. He only allowed Saito Sensei's Aikikai Hombu Dojo classes to include weapons practise. Morihei didn't teach weapons at Hombu dojo!

Using weapons in Aikido training can add an element of intensity to your practice, that forces you to focus your mind. Also, You'll be able to understand important principles of aikido movement and technique.

The staff of Aikido was used by Morihei to **teach the aiki principles**. Aikijo is similar to jodo as both involve using the jo staff like a ken (sword). But it has a very different aim and feel to it.

Jodo techniques are usually faster and sharper because it uses straighter attacks and defenses. Aikido jo techniques are slower and softer because circular movements blend more harmoniously with attacks and defenses.

The Jo is usually available in white oak or red oak, but also comes in many different types of wood, and even laminate. This is because there are many different types of uses for the staff of Aikido.

For example Instructors teach it for... weapons taking practise, correct distance and timing practise, and learning the 31 jo kata moves. All of these exclude any contact so softer woods can be used.

Other Instructors also include light contact and full contact, so harder wood or laminate is used. This

is because the softer woods will split and get damaged, and constant replacement becomes expensive. I personally use a **Japanese made white oak Jo**, which is excellent for solo drills and partner practise.

For Aikido jo technique, the following video will help. Here Morihiro Saito sensei demonstrates the 31 jo kata that O'Sensei taught him. He also shows how each of the movements are used.

By analyzing how Saito Sensei moves you can gain some great insights for your own practise. Look for the positioning and ki in his technique.

When you practise your own 31 Aikido Jo kata, feel yourself being attacked as you perform each movement. Try and sense which moves are most useful and effective to you, for maximum benefits.

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CAN ANIMATED AIKIDO TECHNIQUES HELP YOU IMPROVE YOUR SKILLS

Do you think that animated Aikido techniques can improve your training skills? I believe they can and will, but just like anything else in life you get out exactly what you put in.

Of course it's a very important part of your Aikido training to experience and fully understand the range of techniques that you are studying. This **involves plenty of thinking**, in fact, a whole range of mental processes to weigh up the pros and cons of many different ways of seeing your techniques.

Eventually though, after much thought and an intellectual understanding of the principles and theories involved... it will be time to take action.

After physically doing the techniques over and over again, thousands of times, your body will develop it's own skills. This is where your **mind begins to become quiet** and you allow your body to deal with the attacking energy in the best possible way.

So, to recap... it's important to intellectually understand your Aikido, but even more important for your body to understand it without the complex involvement of your mind. This takes many years and repetitive practise.

There are many ways that you can speed up the learning process to achieve Aikido Success and using animated Aikido techniques and the Aikido 3d software can certainly help you achieve this.

Aikido 3D is a unique, interactive training aid that uses animated Aikido techniques to examine the art. It's designed to enrich your Aikido training journey, and based on the Aikido of Donovan Waite, 7th Dan Shihan.

It teaches you concepts and animated Aikido techniques to improve your understanding of Aikido basics, and helps with names and meanings.

Advanced students can see each technique from various angles and speeds. You can also listen to audio for every technique and learn about the name, meaning and points to consider.

In fact, Aikido 3d helps you control all aspects of watching and listening to suit your individual needs... it's a great resource that I highly recommend.

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IS THE IWAMA STYLE AIKIDO OF MORIHIRO SAITO THE FOUNDERS LEGACY?

The Iwama style Aikido of Morihiro Saito passes on the teachings of Master Morihei Ueshiba - O'Sensei (great master), and founder of Aikido.

This style refers to the aikido taught in Iwama - Japan, by Morihiro Saito, who was a close student of Morihei Ueshiba for about 24 years. Technically it includes a focus on the relationship among Taijutsu (unarmed), Ken (sword) and Jo (staff) movements.

Iwama style Aikido reflects the teachings of O'Sensei between 1946-1955. It includes more techniques than are currently practiced at the Aikikai Hombu Dojo. Iwama style Aikido can be found both within the biggest aikido organisation Aikikai, and also outside of it. A major non-Aikikai branch is Iwama Shin Shin Aiki Shurenkai, headed by Saito's son Hitohiro Saito.

It includes the combined study of traditional Japanese weapons (bukiwaza) and empty-handed aikido (taijutsu). Iwama practitioners often claim that their aikido is closest to that of the founder, as preserved by Morihiro Saito.

Many other styles and practitioners claim that Iwama style is mainly Morihei Ueshiba's aikido of the 1940s and 1950s and doesn't consider his later years. Of course this really depends on your individual perspective and which style you are studying.

Compared to many other styles of Aikido (apart from Yoseikan Aikido, Yoshinkan Aikido and Shodokan Aikido), Iwama style Aikido tends to be practiced in numbered steps. Also weapons work involves many repetitions of solo and paired practice with a pause between each movement.

This helps **speed up the learning process**, as it reduces the fear of being struck with a weapon. On the other hand fear of being struck can speed up learning also!

A great deal of focus is placed on a stable stance in Iwama style aikido. Uke will often test nage's posture by pushing against them in a number of directions during a pin or during a pause in static practice of a technique.

While most Aikido practitioners have a vertical posture, Iwama students practice with the hip tucked to allow the back leg to offer more power and be grounded. Though the back should be kept straight and the center of mass kept between the legs, this creates an impression of leaning forward.

Also, while a number of Aikido styles practice with the hips square to the front, Iwama stylists sometimes rotate the hips inward when sinking lower into their stance, especially when using a sword.

Iwama style Aikido has a larger number of kokyunage and also a strong emphasis on the use of atemi during technique.

Many of the basic techniques that begin from shomen-uchi, start with nage pre-empting a strike to uke. This is in common with Gozo Shioda's and Michio Hikitsuchi's basic practice, but opposite of how most other styles of Aikido teach it. Once this variation is mastered, students will also practice with uke striking, but tori is initiating the encounter.

In ukemi practise Iwama practitioners usually attempt to parry atemi strikes being thrown by nage, often discouraged in other styles of Aikido.

The **sword forms of Iwama** style are generally recognized as being descended from Kashima Shinto-ryu sword techniques. In particular the first two kumitachi are almost identical to forms from Kashima Shinto-ryu.

Ara-waza (course techniques), are occasionally practiced by Iwama style Aikido practitioners. These techniques are intended to show the more vicious applications hidden in Aikido technique.

Some henka-waza (modified basic techniques) in Iwama style Aikido also include entangling joints, locking large joints, strikes to vital points, and occasionally chokes using the arm or the partner's dogi.

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IS AIKIJUTSU THE BASIS OF MORIHEI UESHIBA'S TEACHINGS

Yes, Aikijutsu is the foundation and at the heart of Morihei Ueshiba's teachings on the art of Aikido! Daito-ryu Aiki-jujutsu, is a Japanese martial art that first became widely known in the early 20th century by Sokaku Takeda, who had extensive training in several martial arts.

Although the school's traditions claim to extend back centuries in Japanese history there are no known records regarding the ryu before Takeda. Whether he is regarded as the restorer or founder of the art, the known history of **Daito-ryu begins with Sokaku Takeda**. Perhaps the most famous student of Takeda was Morihei Ueshiba, the founder of aikido.

Sokaku Takeda's third son, Tokimune Takeda, became the headmaster of the art in 1943. Tokimune taught what he called Daito-ryu Aikibudo, an art that included the sword techniques of the Ono-ha Itto-ryu along with the traditional techniques of Aikijutsu.

It was also under Tokimune's headmastership that modern dan rankings were first created and awarded to the students of Daito-ryu. Tokimune Takeda died in 1993 leaving no official successor, but a few of his high ranking students such as Katsuyuki Kondo and Shigemitsu Kato now head their own Daito-ryu Aiki-jujutsu organizations.

Aikijutsu focuses on the instant control of an attack. Like other forms of jujutsu, it uses throwing techniques and joint manipulations to effectively control or injure an attacker. Using the timing of an attack to either blend or neutralize its effectiveness and use the force of the attacker's movement against them.

Daito-ryu Aiki-jujutsu uses plenty of **atemi striking to vital areas** of the body to prepare the attacker for joint locking or throwing.

*"The secret of aiki is to overpower the opponent mentally
at a glance and to win without fighting"*
Sokaku Takeda

*"Aiki is to pull when you are pushed, and to push when you are pulled.
It is the spirit of slowness and speed, of harmonizing your
movement with your opponent's ki.
Its opposite, kiai, is to push to the limit, while aiki never resists"*
Tokimune Takeda

Currently, there are a number of organizations that teach Daito-ryu Aikijutsu, each tracing their lineage back to Sokaku Takeda through one of four of Sokaku's students.... Tokimune Takeda, Takuma Hisa, Kodo Horikawa, and Yuki Yoshi Sagawa.

Daito-ryu Aikijutsu techniques are broken up into specific lists which are trained in order, and a student will not progress to the next series until they have mastered the previous one.

After completing each series, a student is awarded a certificate or scroll that lists all of the techniques of that level. These act as levels of advancement within the school, and is a system that was common among classical Japanese martial arts schools before belts, grades, and degrees.

The first category of techniques in the system, the shoden waza, emphasizes the more direct jujutsu joint manipulation techniques. The second group of techniques, known as the aiki-no-jutsu, tends to more strongly focus on the use of the opponent's movement or intention in order to pacify them, usually through a throwing or a pinning technique.

Officially the Daito-ryu system is said to include thousands of techniques, divided into omote and ura (front and back) versions, but many of these could be seen as variations upon the core techniques.

Aikijutsu

Today Daito-ryu Aiki Jujutsu is the most widely practised school of traditional Japanese jujutsu in Japan. The large interest in this art, which has much in common with the many less popular classical Japanese jujutsu schools, is due largely to the success of Takeda Sokaku's student Morihei Ueshiba, and the art that he founded - Aikido.

Aikido is practised internationally and has hundreds of thousands of students. Many of those interested in aikido have traced the art's origins back to Daito-ryu, which has increased the level of interest in an art which was virtually unknown a few decades before.

Morihei Ueshiba

Aikido's influence was very great even in its early years when Ueshiba was teaching a more combative form closer to Daito-ryu. One of the arts which was significantly influenced was judo, which incorporated the early jujutsu skills taught by Ueshiba to Kenji Tomiki, who then incorporated these techniques into the self defense program for the Kodokan, judo's headquarters. Today's goshin jutsu kata preserve these teachings, as does Tomiki's own organization of Shodokan Aikido.

The concept of aiki is an old one and was common to other classical Japanese schools of armed combat. There are some other styles of Japanese jujutsu which use the term aikijutsu but there are no records of its use prior to the Meiji era. There are many modern schools influenced by aikido which presently utilize the term to describe their use of aikido-like techniques with a more combative mindset.

A number of martial arts in addition to aikido which appear or claim to descend from the art of Daito-ryu or the teachings of Sokaku Takeda. Among them is the Korean martial art of hapkido founded by Choi Yong Sul, who as an orphan in Japan was trained and raised under Sokaku Takeda.

Hakko-ryu founded by Okuyama Yoshiharu who trained under Sokaku Takeda and Shorinji Kempo founded by Nakano Michiomi (later known as So Doshin), who is known to have trained under Okuyama. Many techniques from Hakko-ryu are very similar to the techniques of Daito-ryu. Numerous other schools of aiki-jujutsu or the variation aikijutsu also claim some sort of lineage to Sokaku Takeda or Daito-ryu.

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CONTEMPLATE AIKIDO SPIRITUAL POEMS TO GET AN INSIGHT INTO THE THOUGHTS OF MORIHEI UESHIBA

Thinking about the Aikido doka and spiritual poems of Morihei Ueshiba, will help you to understand the true depth of the founder of the art of Aikido.

Aikido doka are songs of the way, which include a series of short poems written by Morihei Ueshiba, and contain the essence of his thoughts on the deeper meaning of aikido and the martial arts. These Doka also refer to classical Shinto texts and kotodama sound spirit vibrations.

Morihei Ueshiba O'Sensei - the founder of Aikido, said...

"Since ancient days there have been numerous masters, sages and Budo saints and yet there have been none who have completely accomplished the Great Way (Dai-do). I myself am still immature and yet I have entered onto this Great Way and now I find myself in the middle of the final shugyu (austerities). Everything in the entire world is made by means of the 75 sounds of the kotodama. I as yet do not understand but by mastering the truly necessary things one by one I will go forward with all my strength in the direction that gives birth to the techniques of Takemusu Aiki"

Aikido Doka before 1940...

*Put the active principle (yo) into the right hand
Turn the left into the passive (in)
And so guide the adversary*

*The Way of the Gods!
Give in to the life of the Universe of Heaven and Earth
Thus draw nearer and nearer
To a spirit who serves the Godhead*

*I stand in the mountain stream
So pure! The splashing sound of water against the stone
Yet where is the person
Who with such purity can speak (of the Way)*

*A person who
In any situation
Perceives the truth with resignation
Would never need to draw his sword in haste*

*Pour your spirit and heart
Into daily technical training
To approach the many through a single principle
This is "The Way of the Fighting Man"*

*The enemy comes running in to strike
At the instant of the attack
Avoid his strike with one step
And counter attack in that instant*

*First master the techniques of Aiki
The way of the Gods
Then no enemy will ever attack*

*Rip away from your soul
The shabby rags it wears
Open the way to Heavens destiny
So let it shine!*

*Without the slightest opening
Nor the least thought of the enemy
And his encircling swords
Step in and cut!*

*The rays of the rising sun flow in
My mind is clear
Going to the window, I run about the Heavens
Shining like the dawn*

*Even the most powerful human being
has a limited sphere of strength.
Draw him outside of that sphere
and into your own, and his strength will dissipate*

*Left and Right
Cut or parry
Discard all thought of them
The human spirit must rush instantly in!*

*Mobilize all (your) powers through Aiki
Build a beautiful world
And a secure peace*

*Shining and echoing is the kotodama
An honored form of the Holy Parent
That single, spiritual origin (of all that is)*

*Since Ancient days
The virtues of training in the Two Ways
Both of the Sword and of the Pen
Has brought realization in the body and in the soul*

*The techniques of AIKI
Follow the Principles of Kusanaqi
Thus they protect the Way of the
Buddhas, the (Shinto) gods,
And this world of manifestations*

*The form and beauty
that is the world of Heaven and Earth
Has become one family*

Morihei Ueshiba developed the martial art of Aikido from his combat studies of Daito-ryu Aikijujutsu with Sokaku Takeda, and his spiritual studies with the Omoto Kyo and Onisaburi Deguchi. The art of peace that focuses on harmony and non-resistance, leading to Aikido Success

Aikido Doka after 1945...

*Aiki is the power of harmony between all things
Polish it ceaselessly
You people of the Way*

*The great and honored God
Taught us the way to govern the world
By creating the 75 sounds (of the Kotodama)*

*In these teachings listen most
To the rhythm of the strike and thrust
To train in the basics (omote)
Is to practice the very secrets of the art*

*The Ki of the Great Origin
Is Full and abundant
The Heavens and the Earth, all Creation itself
From here began*

*Except for blending with the void
There is no way to understand
The Way of Aiki*

*With a mighty roar
The encompassing love of the lord
Gives birth to the great Universe
His holy works thus come into being*

*The vast Universe!
The Way of Aiki to to become
The light of all mankind
Opening all the world*

*Takemusu comes to be
Through Aiki with fire and
Water of the Holy Parent
The workings of this union are
The superlative beauty of the works of God*

*Let us bind together
Heaven and Earth, God and Man
So we may guard and protect
This age of ours*

*Sharply sparkling
The spirit/mind of the person of the Way (do-jin)
Penetrates through to reveal
The evil devil that lurks inside the self*

*The time is now!
Make straight the bonds that link
Heaven, Fire, Water and Earth
Let me stand as your guide*

*Training everyday
I smile again to see*

*The King of the Eight Powers
About to give his battle cry*

*Masakatsu and Agatsu
By Aiki with the spirit of the Godly Parent
Save and invigorate
You own body and soul*

*Looking at this world
Only a coward complains of what he sees
As for me
Let me stand courageously
In the face of God's rage*

*Though only one enemy calls you out
Be on your nest guard
To deal with one adversary in the spirit of facing ten thousands
Is the Way if the Warrior*

*Aikido!
With links and ties too numberless to be known
Is found in the body and souls of the people
They who will enlighten the world*

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LEARN AIKIDO KEY TERMS AND IMPORTANT PRINCIPLES

Here are some of the Aikido key Terms that you may find useful...

The one point, in your lower abdomen, is the centre of your universe, wherever you go. Keeping your mind concentrated there will calm brain-waves, cause relaxation and clarity of mind. Correct judgment follows naturally and the ability to respond quickly to changing circumstances.

AIKIDO KEY TERMS

Ai - love, harmony, compassion, wisdom.

Aiki - harmony with the universe.

Aikidoka - One who practices Aikido.

Aikido - the way of spiritual harmony.

Atemi - distracting strike or blow.

Bokken - Wooden practice sword.

Budo - the spiritual path of a warrior.

Dan - ranking for black belts.

Dogi - practice uniform, often called gi.

Dojo - a place for practise of the way.

Domo Arigato - Thank you very much.

Hakama - divided skirt.

Hara - centre of gravity where energy is stored.

Hanmi - basic stance of Aikido

Hombu Dojo - Aikikai headquarters of Aikido, Japan.

Irimi - entering.

Jo - five foot wooden staff.

Ki - spiritual energy.

Ki-ai - a release of physical, mental and spiritual power.

Kokyu - breath expansion and contraction - Ki flow.

Kototama - chanting the sound spirit.

Kyu - ranking for belts below black belt.

Ma-ai - correct distance.

Mantra - word repeated in meditation.

Misogi - purification and breath control exercises.

Mushin - a mind without attachment or ego.

Mokusu - a period of meditative calm.

Nage - the one being attacked.

Obi - belt (part of the gi)

Onegaishimasu - please (lets practice together).

O'sensei - Morihei Ueshiba - great teacher.

Seiza - formal kneeling position.

Sensei - teacher, instructor.

Tai Sabaki - body movement.

Tanto - wooden practise knife.

Tenkan - turn or pivot.

Uchi-Deshi - live in student, disciple.

Uke - the attacker.

Ukemi - the art of falling.

Waza - technique.

Zanshin - unbroken concentration.

There are many more Aikido key terms and principles, including the Numbers... Ichi (one), ni (two), san (three), shi (four), go (five), roku (six), shichi (seven), hachi (eight), ku (nine), ju (ten).

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WHY IS AIKIKAI THE MOST POPULAR STYLE OF AIKIDO?

The Aikikai Foundation is the main style of Aikido because it is the original organisation, as recognised by the Japanese government in 1940. It is an umbrella organisation for the growth of aikido throughout the world, and it's headquarters Hombu Dojo, is located in Tokyo, Japan.

After the passing of Morihei Ueshiba, his son Kisshomaru Ueshiba took over as leader. The current doshu is Moriteru Ueshiba, the grandson of Morihei Ueshiba.

Aikikai is sometimes described as Ueshiba Aikido, and is thought to be the most traditional of the aikido schools. It has kept many of the aspects which O'Sensei valued in his original aikido, like the non-resistance and focus on flowing technique.

Aikikai is also often referred to as a style of aikido, although instructors, technically, can be very different. The students of Morihei Ueshiba each had their own interpretation of his art, and often other influences.

I think the main reason for this is that O'Sensei taught many different ways throughout his life. From hard, practical Aiki-Jutsu and Aiki-Budo to the soft flowing Aikido, self-development and spirituality.

Morihei Ueshiba developed the martial art of Aikido from his combat studies of Daito-ryu Aikijujutsu with Sokaku Takeda, and his spiritual studies with the Omoto Kyo and Onisaburi Deguchi. Aikido focuses on harmony and non-resistance, leading to Aikido Success

Aikikai Doshu...

1 - 1940-1969 Morihei Ueshiba

2 - 1969-1999 Kisshomaru Ueshiba

3 - 1999-present Moriteru Ueshiba

In 1975, to unite Aikido practitioners around the world, the International Aikido Federation (IAF) was formed, leading the way for Aikido to be practised on a global scale.

Aikido is popular not just in Japan but throughout the world because people accept the philosophy. Aikido is practiced by more than a million people in over fifty countries around the world.

As travel, work, and study abroad have now become common, Aikido is spreading internationally because it's not bound to any one nation or people, and offers a legacy of harmony, peace, love, and friendship.

Under the leadership of Moriteru Ueshiba Doshu, instructors are teaching Aikido according to the ideals

of Morihei Ueshiba O'Sensei to students in Japan and throughout the world.

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WHY IS AIKIDO YOSHINKAN REGARDED AS THE MOST PRACTICAL STYLE OF AIKIDO?

Aikido Yoshinkan is a style of aikido founded by Gozo Shioda (1915-1994) after World War II. Yoshinkan Aikido is sometimes called a 'hard' style because of the training methods used in the 'hell dojo' period that Shioda spent as a student of Morihei Ueshiba.

Aikido Yoshinkan is related to the Aiki Budo techniques taught by O'Sensei, and much closer to aiki-jutsu than the later styles of aikido. It emphasizes practical self defence applications, and is one of the martial arts that has been taught to the Tokyo riot police.

Yoshinkan Aikido is not a sport, it is a martial art that aims to develop and strengthen your body and mind. The practical side of Aikido must never be forgotten, it has to be effective. However, Aikido is for everyone, regardless of age, sex, race or culture.

Gozo Shioda developed the Yoshinkan style of aikido because he felt that there needed to be a more structure in the training process for students, so that beginners could learn the basic techniques.

Weapons training is not usually included in the syllabus, but many instructors do include them to help with the understanding of technique.

Aikido Yoshinkan has about 150 basic techniques, that are repeatedly practised, which allow the student to master the other 3000 variations. Techniques are made up of initiating attack, moving forward (uke pulls) or turning away (uke pushes), the correct control, pin, or throw.

Besides the attention to distance, timing and balance, the Yoshinkan style focuses on stance and basic movements. Yoshinkan aikido students stand with hips and shoulders square to the front, the front foot pointing outward and the back foot pointing about 90 degrees to the front foot.

Kamae is the foundation of all Aikido Yoshinkan techniques and students aim to perfect their kamae so that their overall technique is strengthened. Along with **kamae there are 6 basic movements**, which are central for the 150 basic techniques, and students practice these tirelessly to understand how to move to put themselves in a strong position. This proper form in the basic movements helps aikido to be practical & effective.

In 1990, Gozo Shioda founded the International Yoshinkai Aikido Federation (IYAF) to promote the study of Yoshinkan aikido outside of Japan. IYAF was change to Aikido Yoshinkan Foundation (AYF) in 2008.

Today, both the All Japan Yoshinkan Aikido Federation and the IYAF are now led by the current head of the style Yasuhisa Shioda, the founder's son. Under him, the Yoshinkan Honbu dojo, located in Shinjuku Tokyo, runs a yearly 11-month intensive course called the Senshusei course, developed from the course used to train the Tokyo Metropolitan Riot Police.

The book Angry White Pyjamas, by Robert Twigger, is based on the author's experiences during the course.

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WHY IS THE KI AIKIDO OF KOICHI TOHEI SO POPULAR?

The Ki Aikido style as founded by Koichi Tohei is correctly called Shin Shin Toitsu Aikido (aikido with mind and body unified). Ki is a Japanese word that means Life Force, that is of great importance in this style.

Tohei studied judo from the age of 16, but developed pleurisy after receiving a training injury. So he began studying zen and misogi at Daitokuji in Kyoto under temple head Josei Ota.

The breathing exercises he learned would later directly affect the breathing exercises he taught as part of the Shin Shin Toitsu Aikido syllabus.

In 1939 he began studying Aikido with Morihei Ueshiba, but his training was interrupted by World War II. In 1946 he continued his studies of aikido and misogi.

He also began studying Shin Shin Toitsu Do with Tempu Nakamura which directly influenced the development of his aikido teaching methods.

Tohei was asked to teach aikido in Hawaii which he did in 1953, and was one of the aikido teachers responsible for spreading aikido to the world. Eventually Tohei was made Shihan Bucho (chief instructor) of the Aikido Hombu (world headquarters) dojo in Tokyo, Japan.

In the late 1960s he was **awarded 10th dan by Morihei Ueshiba**, which is the highest possible rank in aikido.

About the time of Morihei Ueshiba's death in 1969 tensions were developing between Koichi Tohei and Kisshomaru Ueshiba, who was the son of the founder. Whilst Tohei was the chief instructor, it was Kisshomaru who was the chosen heir of aikido.

A large part of the disagreement between them was because Tohei continued to increase the focus on ki principles and ki exercises which Kisshomaru thought separate from the way his father had taught aikido.

Eventually Kisshomaru told him that he could teach ki principles, but not in the Aikikai hombu dojo. In 1971 Koichi Tohei established Ki no Kenkyukai to teach the principles of Ki Aikido and unification of mind and body. In 1974 he resigned from his position at the Aikikai.

The split divided the aikido world with many other aikido teachers forced to choose between the Aikikai headed by the Ueshiba family and Tohei's new Ki no Kenkyukai organisation.

Shin Shin Toitsu Aikido, commonly referred to as Ki Aikido, has specific teaching methods based around the development of mind and body coordination and ki. it is based on the four basic principles to unify mind and body and the five basic principles of aikido...

Four major principles to unify mind and body...

- 1** - Keep one-point.
- 2** - Relax completely.
- 3** - Keep weight underside.
- 4** - Extend Ki.

Five Principles of Ki Aikido...

- 1** - Extend Ki.

- 2** - Know your partner's mind.
- 3** - Respect your partner's Ki.
- 4** - Put yourself in the place of your partner.
- 5** - Perform with confidence.

His books have been translated and published in many languages including English, and several have been non-fiction best sellers in Japan. Among them are... Ki in Daily Life, Kiatsu, Ki Breathing, The Way to Union with Ki, Ki Sayings, Book of Ki, This Is Aikido, What Is Aikido, Aikido - the Arts of Self-Defense, Aikido in Daily Life, Ki Training Guides.

Personally, I think **Koichi Tohei Sensei has much to offer** students of Aikido, and I highly recommend that you study his methods.

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WHY IS SHODOKAN AIKIDO, ALSO KNOWN AS TOMIKI AIKIDO, SO POPULAR?

Tomiki Aikido, also known as Shodokan Aikido is the style of aikido founded by Kenji Tomiki (1900–1979). It is sometimes referred to as Sport Aikido because it is the only style of aikido to hold regular competitions.

It focuses more on **freestyle randori sparring** than most other styles of aikido, and the training requires a balance between randori and stylized kata training. Taking part in competitive randori depends on the dojo you train at, and there is a greater emphasis found in the university clubs.

In 1967 Kenji Tomiki built the Shodokan hombu dojo in Osaka, Japan, to teach, train and promote his Tomiki Aikido style. Shodokan Aikido is organised as the Japan Aikido Association (JAA).

Kenji Tomiki was probably more suited than anyone else in history to combine the disciplines of Judo and Aikido. During the 1920's and 1930's he studied intensively with both Jigoro Kano, the founder of modern Judo, and with Morihei Ueshiba, the founder of Aikido. He earned the rank of 8th Dan in both Judo and Aikido.

Tomiki Aikido aims to combine the competitive excitement of Judo with the spiritual serenity of traditional Aikido.

Aikido has a long history as one of the most important and dynamic expressions of Japan's long martial arts tradition. The aim of Aikido is to forgive your enemy and harmonize with any attack.

By using the aggressors own momentum, an aikidoka takes their balance, and controls an attack. Aikido's lessons of physical and mental self-discipline can be applied throughout your lifetime.

Within the JAA there are two Shihan... Tetsuro Nariyama is the technical director of the JAA and chief instructor of the Shodokan hombu dojo in Osaka, Japan. Fumiaki Shishida is professor of intellectual history of the Japanese martial arts at Waseda University in Tokyo.

Together, they wrote a key monograph, in Japanese, called 'Aikido Coursebook', which describes the history of and many technical details about the Tomiki Aikido style. It was also translated into English and titled 'Aikido: Tradition and the Competitive Edge'.

Junanahon, the basic kata includes 17 basic techniques, with many variations, that are allowed in competition. The original self defense kata, includes a set of 50 weapons and empty-hand techniques.

The role of the **tournament in Tomiki Aikido** is to allow students to demonstrate their Aikido skills and to come together in friendship and harmony to learn from fellow Aikidoka. It recognises that both kata (choreographed moves) and randori (sparring) are essential.

Competitions take the form of tanto or toshu randori, and also enbu in which pairs (tori and uke) are judged on their kata.

Toshu randori is barehanded, and both aikidoka are expected to perform techniques on one another and attempt to resist and counter them. This is heavily influenced by judo randori.

In tanto randori, there is an attacker (tanto) and a defender (toshu). The attacker attempts to stab the defender with a training knife (usually rubber or stuffed) while the defender attempts, with any of seventeen basic aikido techniques, to throw or perform joint-locks on the attacker.

In both these forms of randori, the traditional separation between the performer of technique (tori) and the receiver of technique (uke) no longer exists as either of the participants may throw their opponent.

Many aikido instructors and students think that Tomiki Aikido goes outside of the teachings of Morihei Ueshiba because of the competitive training.

But, in my opinion, **many aikidoka intentionally resist techniques** in traditional dojo's. This is often done in a more subtle and conscious or subconscious way... but it is there all the same. Removing this resistance (ego) is one of the main aims in practising the art of aikido.

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MASTER MORIHEI UESHIBA OISENSEI THE ORIGINS OF AIKIDO

The Origins of Aikido began when Morihei Ueshiba was born in Tanabe, Wakayama Prefecture, Japan on December 14, 1883. He was a rather weak, sickly child and bookish in his inclinations.

At a young age his father encouraged him to take up sumo wrestling and swimming and entertained him with stories of his great-grandfather Kichiemon who was considered a very strong samurai.

Records show that Morihei Ueshiba trained in Tenjin Shin'yo-ryu jujutsu under Tozawa Tokusaburo for a short period in 1901 in Tokyo; Goto-ha Yagyu Shingan-ryu under Nakai Masakatsu from 1903 to 1908 in Sakai, and judo under Kiyochi Takagi 1911 in Tanabe.

However, it was only after moving to the northern island of Hokkaido in 1912 with his wife, as part of a settlement effort, that his martial art training took on real depth. For it was here that he began his study of Daito-ryu aiki-jujutsu under its reviver Takeda Sokaku, who **'opened his eyes to real budo'**.

The technical curriculum of aikido was undoubtedly most greatly influenced by the teachings of Takeda Sokaku and his Daito-ryu aiki-jujutsu.

Morihei Ueshiba spent a great deal of time training in Daito-ryu between 1915 and 1937. He received the majority of the important scrolls awarded by Takeda at this time including the Hiden Mokuroko, the Hiden Ogi and the Goshin'yo te. Ueshiba received his kyoju dairi certificate, or teaching license, for the system from Takeda in 1922.

Takeda had not yet implemented a menkyo license, or highest level of achievement license, into his system at this time. He also received a Shinkage-ryu sword transmission scroll from Takeda in 1922 in Ayabe.

He then became a representative of Daito-ryu, toured with Takeda as a teaching assistant and taught the Daito-ryu system to others.

From Aiki-Jujutsu to the Origins of Aikido

In the earlier years of his teaching, from the 1920s to the mid 1930s, Morihei Ueshiba taught the aiki-jujutsu system he had earned a license in from Takeda Sokaku.

His early students documents bear the term aiki-jujutsu. Indeed, Ueshiba trained one of the future highest grade earners in Daito-ryu, Takuma Hisa, in the art before Takeda took charge of Hisa's training.

The early form of training under Morihei Ueshiba was characterized by the ample use of strikes to vital points (atemi), a larger total curriculum, a greater use of weapons, and a more linear approach to technique than would be found in later forms of aikido.

Later, as Morihei seemed to slowly grow away from Takeda, he began to implement more changes into the art. These changes are reflected in the differing names with which he referred to his art, first as aiki-jujutsu, then Ueshiba-ryu, Asahi-ryu, aiki budo, and finally aikido.

As he grew older, more skilled, and more spiritual in his outlook, his art also changed and became softer and more circular. Striking techniques became less important and the formal curriculum became simpler.

In his own expression of the art there was a greater emphasis on what is referred to as kokyu-nage, or "breath throws" which are soft and blending, utilizing the opponent's movement in order to throw them.

Onisaburo Deguchi's Spiritual Influence

After Morihei Ueshiba left Hokkaido he came under the influence of Onisaburo Deguchi, the spiritual leader of the Omoto-kyo religion in Ayabe.

In addition to the effect on his spiritual growth, this connection was to have a major effect in introducing Ueshiba to various elite political circles as a martial artist.

The Ueshiba Dojo in Ayabe was used to train members of the Omoto-kyo sect. He was involved in the first Omoto-kyo Incident, an ill-fated attempt to found a utopian colony in Mongolia. Although he eventually distanced himself from both these teachers, their effect on him and his art cannot be overstated.

The real birth and origins of Aikido came as the result of three instances of spiritual awakening that Morihei Ueshiba experienced. The first happened in 1925, after Ueshiba had defeated a naval officer's bokken (wooden katana) attacks unarmed and without hurting the officer. Ueshiba then walked to his garden and had a spiritual awakening...

*"I felt the universe suddenly quake,
and that a golden spirit sprang up from the ground,
veiled my body, and changed my body into a golden one."*

*"At the same time my body became light.
I was able to understand the whispering of the birds,
and was clearly aware of the mind of god, the creator of the universe."*

*"At that moment I was enlightened:
the source of budo is god's love - the spirit of loving protection for all beings...
Budo is not the felling of an opponent by force;
nor is it a tool to lead the world to destruction with arms.
True Budo is to accept the spirit of the universe, keep the peace of the world,
correctly produce, protect and cultivate all beings in nature."*

His second experience occurred in 1940 when...

"Around 2am as I was performing misogi, I suddenly forgot all the martial techniques I had ever learned. The techniques of my teachers appeared completely new. Now they were vehicles for the cultivation of life, knowledge, and virtue, not devices to throw people with."

His third experience was in 1942 during the worst fighting of WWII, Ueshiba had a vision of the "Great Spirit of Peace"...

*"The Way of the Warrior has been misunderstood.
It is not a means to kill and destroy others.
Those who seek to compete and better one another are making a terrible mistake.
To smash, injure, or destroy is the worst thing a human being can do.
The real Way of a Warrior is to prevent such slaughter -*

it is the Art of Peace, the power of love."

In 1927, Morihei Ueshiba moved to Tokyo where he founded his first dojo, which still exists today under the name Aikikai Hombu Dojo. In 1942 he left Tokyo and moved to Iwama in the Ibaraki Prefecture where the term "aikido" was first used as a name for his art. Here he founded the Aiki Shuren Dojo, also known as the Iwama dojo.

During all this time he traveled extensively in Japan, particularly in the Kansai region teaching his aikido. The Aikido master died on April 26, 1969.

The Legacy of the Aikido Master

Master Morihei Ueshiba O'Sensei is remembered by his pupils as a master of the martial arts whose studies transcended technical matters to include a moral and philosophical view of the world based around harmony in the face of aggression.

Many stories exist about Ueshiba's martial skill. It is said for example that he was able to escape a tight ring of students that surrounded him with swords and attacked simultaneously. Many of these students would later say they had not even seen him go by them. Another story is that he was able to knock someone off their feet with the force of his kiai.

There is debate in the aikido world over some of these sensational stories; some dismiss them as myth generated around a genuinely brilliant but human martial artist, whereas others believe that Morihei Ueshiba truly achieved such feats.

To this day, Omoto-kyo priests oversee a ceremony in Ueshiba's honor every April 29th at the Aiki Shrine in Iwama. Ueshiba also had many uchideshi, or live-in students, many who have grown into great Aikido teachers in their own right.

Morihei Ueshiba regularly practiced cold water misogi, as well as other spiritual and religious rites. He viewed his studies of aikido in this light.

As a young man, Morihei was renowned for his incredible physical strength. He would later lose much of this muscle, which some believe changed the way he performed aikido technique.

Ueshiba was said to be a simple but wise man, and a gifted farmer. In his later years, he was regarded as very kind and gentle as a rule, but there are also stories of terrifying scolding's delivered to his students.

For instance, he once thoroughly chastised students for practicing jo (short staff) strikes on trees without first covering them in protective padding. Another time, as students snuck back into the dojo after a night of drinking and brawling, he smashed the first one through the door over the head with a bokken, and proceeded to scold them.

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AIKIDO MASTER KOICHI TOHEI

Koichi Tohei (1920-) is a 10th Dan aikidoka and founder of the Ki Society and its style of aikido, officially Shin Shin Toitsu Aikido (literally "aikido with mind and body unified"), but commonly known as Ki-Aikido.

He was born in 1920 in Shitaya ward of Tokyo. As a boy he was sickly and frail, leading his father to recommend Tohei for judo studies.

He trained hard and his body prospered, but soon after he began his pre-college studies at Keio University, he developed a case of pleurisy (inflammation of the lung). This forced Tohei to take a year off.

Tohei was distressed at the thought of losing his newfound strength of body and his means of training it, so he decided to replace his judo studies with **Zen meditation and misogi exercises**.

As with his judo studies, Tohei entered the training of the mind with fervor and soon excelled despite his serious health issues. After his recovery from pleurisy, of which the doctors could find no trace, Koichi Tohei became convinced that it was his efforts in training his mind and cultivating his ki that had helped him to heal.

This stimulated his later development of Kiatsu, a system of treating physical illness by pressing with the fingers and extending the ki into the ill persons body. Tohei describes this as "priming the pump" allowing the person to heal themselves.

After his fight with the pleurisy he returned to his judo studies, but they were not satisfactory for Tohei; he wanted more than just physical training and did not think that judo was the right art for him to practise, although he did continue with studying judo until he started with Aikido.

In 1940, when he was 19 years of age, his judo instructor, Shohei Mori, recommended that he meet with the founder of aikido Morihei Ueshiba. At this point Koichi Tohei was dissatisfied with judo and set off to see the master of this new martial art he had heard of.

According to Tohei himself, when he first met with an aikido instructor and practised some techniques at the Ueshiba dojo, he had doubts about aikido and its value to him. That changed however, when Ueshiba entered the Dojo and started to perform his techniques on the instructors.

Koichi Tohei was still not entirely convinced until Ueshiba asked him to step onto the mat and try to grab him. Tohei's attempts were unsuccessful, and after this personal demonstration by Ueshiba, he asked to enroll on the spot. Tohei would also continue to train his mind as well as his body with meditation, misogi and aikido.

Tohei trained with Ueshiba for six months before being sent as a representative (dairi) to teach at the Shumei Okawa school and the military police academy. This was before Tohei was ranked as either dan or kyu. Ueshiba would present Tohei with the rank of 5th dan after Tohei had begun his military service.

Koichi Tohei Sensei, like so many other Japanese youths at the time, was drafted into the Imperial army in October 1942. Tohei saw action in China and was stranded there at the end of the war until his repatriation in 1946.

According to Chinese records, Tohei's tendency to treat captured Chinese soldiers well led to Chinese authorities avoiding his unit when they attacked. Tohei is said to have left China with more soldiers than he started with.

In 1969 Tohei was asked by Ueshiba to accept the new rank of 10th dan, which Tohei accepted, after having previously refused the same offer. The top-rank in Aikido had been 8th dan, but the ranks were expanded by Ueshiba for practical as well as political reasons.

In 1953, Koichi Tohei was sent to Hawaii to introduce aikido. From then on, Hawaii became a center for the diffusion of Aikido in general and, later, Koichi Tohei's brand of Aikido in particular.

The Creation of the Ki no Kenkyukai

The events leading up to the split between the main Aikido-organization of Aikikai and Koichi Tohei were further fueled with the death of Morihei Ueshiba in 1969. His son Kisshomaru Ueshiba would inherit the title of Doshu. At the time of Ueshiba's death, Koichi Tohei was chief instructor of the Hombu Dojo, the headquarters of Aikikai, a title he would retain until his official split from Aikikai in 1974.

One of the major causes of the conflict arose from Koichi Tohei's emphasis on his principle of ki in

aikido. Tohei wanted aikido to focus on these principles, using practical exercises to both cultivate and test Ki in the daily aikido practice. He had already started teaching his new ideas during his own training sessions at Hombu dojo, but the majority of the other instructors would not.

There were some who agreed with Tohei's approach, but Tohei's actions were not welcomed by Kisshomaru and most of the senior instructors. They strongly encouraged him not to teach his principles and techniques in the Hombu Dojo. Tohei replied that he had the right to teach it outside Hombu Dojo, which he did.

But the tensions still remained among the senior cadre of instructors, who still did not approve of Tohei's focus upon ki. These brewing tensions together with Tohei's general dissatisfaction with the situation culminated in 1971 when he created the Ki No Kenkyukai, with the purpose of promoting the development and cultivation of Ki inside aikido, but outside the Aikikai "umbrella".

The years of conflict would finally cement Tohei's decision to break away from the Aikikai and teach his own 'ki' style of aikido. So, on the 1st of May 1974, Koichi Tohei officially left the Aikikai organisation to concentrate on his newly created Ki-aikido and Ki-society.

On the 15th of May, Tohei sent a letter in English and Japanese to the majority of the dojos both in Japan and abroad, explaining his reasons for the breakaway and his plans involving Ki-aikido and the Ki-society. This breakup came as a shock to many aikidoka throughout the dojos of the world. Tohei was well regarded by many instructors and students. He was seen as the foremost sensei of Aikido after Ueshiba's death.

This, in turn, led to several dojos breaking with the Aikikai and joining Tohei in his new style. Tohei's new objective was to coordinate all the dojos who joined him and incorporate them into the organisation of Shin Shin Toitsu Aikido: "Aikido with Mind and Body Coordinated".

This branch of aikido is still active today even though Tohei himself retired from the day-to-day business of the Ki-aikido section, and concentrates solely on the Ki-society and further personal development of ki.

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AIKIDO MASTER MICHIO HIKITSUCHI

Michio Hikitsuchi 1923-2004 was an Aikido master and the chief instructor of the Kumano Juku Dojo, in Shingu, Wakayama Prefecture, Japan, for about fifty years.

He first met Morihei Ueshiba - the founder of Aikido, as a child and studied many different martial arts. He was verbally awarded 10th dan by Ueshiba in 1969.

At the age of 9, he began studying kendo and later ken-jutsu, ju-jutsu, bojutsu and karate. Hikitsuchi trained extensively in jukenjutsu (bayonet) as a young man, and was highly skilled in both iaido and kendo.

When he was fourteen years old, he met master Morihei Ueshiba O'Sensei for the first time. Even though he was too young to study budo with O'Sensei, they made an exception for him.

Hikitsuchi tells of practising with Ueshiba, in which he cut off the tip of O'sensei's bokken. The piece flew off, and he searched throughout the dojo for it. Eventually, Ueshiba pulled it out of the folds of his kimono, praising him highly for his skill.

Months later, Ueshiba gave Hikitsuchi a scroll in bojutsu that was extensively illustrated by a famous artist, it was Ueshiba's written explanations of techniques. It was titled, 'Bojutsu Masakatsu Agatsu',

which means... True Victory is Self-Victory.

According to Clint George, one of Michio Hikitsuchi's former students who trained in Shingu for 15 years, "Shingu bojutsu" consisted of these levels...

Ikkyo — a fundamental solo form

Nikyo — a solo form that explored circular movement

Sankyo — a solo form that explored three dimensional, spherical movement

Yonkyo — Jiyuwaza — free, un-choreographed movement

Michio Hikitsuchi received his 10th dan from O'Sensei in 1969 .

Michio Hikitsuchi taught as chief instructor of Kumano Juku Dojo in Shingu, Japan until his death in 2004. The dojo was founded by O'Sensei in 1953.

Hikitsuchi traveled twice to the United States, and regularly to European countries, teaching at dojo's that had been started by his students.

American Aikido instructors who trained extensively under Hikitsuchi Sensei and the other senior instructors at Shingu include... Mary Heiny (Seattle), Linda Holiday (Aikido of Santa Cruz), Jack Wada (Aikido of San Jose), Laurin Herr (San Francisco), Tom Read (Northcoast Aikido), John Smartt (New School Aikido), Clint George, and Daniel Caslin (Aikido of Owensboro)

Hikitsuchi was described by other teachers in Shingu as 'an Aiki computer' because of his ability to recite virtually word for word the speeches O'Sensei had given. He also had extensive knowledge of Shinto Norito (chanting) and the spiritual teachings of the Kojiki--areas of personal emphasis by his teacher, the founder of Aikido.

Hikitsuchi Sensei's reverence for O'Sensei, and his message, was total.

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AIKIDO MASTER GOZO SHIODA

Master Gozo Shioda, (1915–1994), was a Japanese martial artist, Aikido teacher and the founder of the Yoshinkan style of Aikido.

Shioda was a student of judo while young, and after being easily thrown by Morihei Ueshiba after a demonstration, became his student in 1932.

He also studied aikijujutsu and became known as one of the most "fiery" or "vigorous" people of Aikido history. In 1961 he was awarded a 9th dan rank by Ueshiba.

Early years as an Aikido uchi deshi

His father was a keen judo practitioner who had his own dojo called the Yoshinkan as well. Shioda junior was a black belt in judo by the time he entered high-school.

He attended Takushoku University but left his studies in order to train as a full-time uchi-deshi at Morihei Ueshiba's Kobukan dojo (the site of the Kobukan is now occupied by the Aikikai Hombu Dojo).

This was the first official dojo of what later became aikido. At that time it was called aiki budo.

In those days, aiki budo was still a very hard martial art and training at the Kobukan was intense. It was this kind of training that Gozo Shioda loved and strove to preserve when he later founded the Yoshinkan.

He and other uchi deshi would often go around Tokyo at night picking fights with gangs in order to test out their skills, despite being forbidden to do so by Ueshiba.

In one incident, Shioda and a fellow deshi got into a fight with a gang of about 30 yakuza. He was able to defeat the gang by bringing down the leader first. He said it was an essential tactic in a fight against many.

As a soldier in the Imperial Japanese Army

Gozo Shioda trained under Ueshiba on and off for a total of around ten years. He was posted to China in 1937 as part of the Imperial Japanese Army. During this time, he had several opportunities to test his martial skills for real.

In one incident, he was drinking in a bar with an army friend of his in Shanghai when his friend got into an argument with a local gang member, which resulted in the gang member calling upon the other 3 members of his group to come to his assistance.

Shanghai was a very lawless place at that time and the Chinese gang were intent on killing the two Japanese soldiers. Shioda and his friend managed to get away briefly but were soon cornered inside a room.

In the ensuing fight, Gozo Shioda broke the leg of one of the gang members, the arm of another, and finished off another by punching him hard in the stomach, all using aikido techniques and principles.

He later described this incident as his "aikido enlightenment", and stated that you could only truly appreciate what aikido was about once you had used it in a life-or-death situation such as this.

Establishment of the Aikido Yoshinkan Dojo

Master Gozo Shioda returned to Japan after the war and after completing his formal aikido training, he began doing demonstrations of his art to police departments and army units. This laid the groundwork for him to open his own Yoshinkan dojo in 1955 in the Tsukudo Hachiman area of Tokyo.

Since then, the dojo has changed locations a few times but is now situated in Kami-Ochiai, Shinjuku, next to Ochiai station on the Tokyo Metro Tozai Line.

Yoshinkan aikido has spread around the world and there are now approximately 150 dojos affiliated to the IYAF, International Yoshinkai Aikido Federation, which is its central organizing body.

Several famous people have visited the Yoshinkan Hombu dojo, including Robert F. Kennedy and Mike Tyson.

The Yoshinkan style is known as being a hard and dynamic style concerned with the practicality of its techniques, but also remaining faithful to the ideals of peace and harmony laid out by the founder, Morihei Ueshiba.

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AIKIDO MASTER

MORIHIRO SAITO

Morihiro Saito (1928–2002) was a teacher of the Japanese martial art of Aikido, with many students around the world. Saito's practice of aikido spanned 56 years, from the age of 18 when he first met Morihei Ueshiba, aikido's founder, to Saito's death in 2002.

Morihiro Saito was born in Ibaraki Prefecture, Japan. Growing up in a poor farming village in the 1930s and early 40s, he recounted having the same interest in historical heroes such as Yagyu Jubei Mitsuyoshi and Goto Matabe as most other Japanese boys.

In the Japanese schools at that time, the martial arts of kendo and judo were taught to students, and Saito chose to study kendo.

In the years immediately following the end of World War II, the carrying of weapons of any kind, as well the practice of martial arts, was prohibited by the GHQ.

As a result, Morihiro Saito felt he should study some kind of unarmed self-defense technique, and began training in Shinto-ryu karate at the Shudokan.

After a short time, his work with the Japanese National Railways transferred him to Iwama, and he was forced to find other martial arts training. Thinking judo would be a useful complement to his kendo and karate skills, he began training at a judo dojo.

In the summer of 1946, however, Saito heard stories about an "old man doing strange techniques up on the mountain near Iwama." It seemed that people were confused about what martial art, exactly, this old man was practicing, but one said the man was teaching "Ueshiba-ryu Judo."

Meeting aikido's founder Morihei Ueshiba

By July of 1946, the GHQ-imposed ban upon the practice of martial arts had forced Morihei Ueshiba into an official "retirement" from practice for several years.

Ueshiba took this opportunity to seclude himself in the small town of Iwama, and was engaged in the practice of ascetic training (shugyo), and some believe that it was during this period that Ueshiba was perfecting the practice of aikido.

It was at this time, at the age of 18, that Morihiro Saito joined Ueshiba for training, which already included then live-in students Kisshomaru Ueshiba, Koichi Tohei, and Tadashi Abe.

This early training was quite brutal, but after persevering for several years, Morihiro Saito became one of Ueshiba's closest students. Much credit is given to the fortuitous work schedule Saito had with the Japanese National Railways, where Saito worked 24 hours on, 24 hours off.

As a result, Saito was often the sole training partner of Ueshiba, and had the unique opportunity to train with Ueshiba in the practice of the sword and short staff, which occurred early each morning before the other students arrived.

Aikido Training

Training at the Iwama dojo consisted of a great deal of farmwork. The life of the full-time live in students consisted of prayer each morning before sunrise, two meals of rice porridge each day, and training interspersed with copious amounts of work on the farm.

As a result of Morihiro Saito's 24 hours on, 24 hours off, position with the National Railway meant that he would train and live as a live-in student only every other 24 hours. Eventually, the other live-in students moved away, and Saito would train alone with Ueshiba.

Although other students such as Koichi Tohei trained with Ueshiba for more years than Saito did, Morihiro Saito's work allowed him to train almost as an uchideshi, for long periods as the only student.

From 1946 until Ueshiba's passing in 1969, Saito served as Ueshiba's assistant in a variety of ways at Iwama while his wife served Mrs. Ueshiba. During Saito's period as a deshi he taught classes in the

Iwama dojo.

Before his death Ueshiba gave Morihiro Saito the responsibility of carrying on the teaching at the Iwama dojo and also the position of caretaker of the Aiki Jinja located in Iwama.

Training methodology and philosophy

Saito's instruction of aikido is particularly remembered for its emphasis upon the basics of aikido, and especially upon the relationship between the armed and unarmed aspects of the art.

Kazuo Chiba, a live-in student (uchideshi) of Ueshiba at the Aikikai Hombu Dojo in Tokyo, recalled in particular the intensity of the training that occurred at the Iwama dojo...

" A large portion of the membership at Iwama Dojo consisted of local farmers, hard workers who spent all day in the fields. They had thick bones and great physical strength, combined with a peculiar local character known as "Mito kishitsu," a type of manliness close to gallantry.

Altogether, it was quite an opposite culture from Hombu Dojo in Tokyo. Because it is in the capital of Japan, Hombu's membership consists of white-collar workers, intellectuals, businessmen, politicians and university students.

Any members who came to visit Iwama Dojo from Hombu must have looked pale and weak from city living to Iwama members. Indeed, the Iwama students treated us from Hombu as such and challenged us vigorously.

It was a matter of survival for members from Hombu Dojo, including Hombu uchideshi like myself. And Saito Sensei was on top of that mountain, which we had to climb with all our might. "

Chiba also emphasized Saito's focus upon katai-keiko, or vigorous practice without holding back, which Ueshiba taught and Saito demonstrated in his methods of teaching and practice. Apparently, this rigorous training with Saito, which Ueshiba would often observe, also included intense conditioning exercises, as well as general farmwork that students at the Iwama dojo were expected to assist with.

Other students of Morihiro Saito attest to his commitment to carry on Ueshiba's legacy, and to follow and preserve Ueshiba's teachings as Saito had learned them. Saito believed that striking techniques (atemi) are a "vital element" of aikido, and also that the principles of swordsmanship formed the basis of aikido techniques. He also advocated training to cope with the attacks of other martial arts, such as the kicks.

According to Saito's son, Hitohiro Saito, Saito believed that the basis of all empty-handed, sword, and staff techniques was the mastery of aikido's basic posture (hanmi). Saito believed that once the correct posture was mastered, the next step was to develop a proper kiai (sometimes translated as "spirit shout").

In the beginning of the 1970s aikido students from outside Japan began traveling to Iwama to train under Saito. The kind of aikido that Saito's students do are often referred to as Iwama aikido or Iwama style.

For a period of time, some of Saito's student's in the West formed a dan ranking network of dojos called Iwama Ryu and could choose to receive their grades directly from Saito rather than from the Aikikai although Morihiro Saito never left that organization.

After his death, his son Hitohiro formed the independent Shinshin Aikishuren Kai. Some of the Iwama Ryu network dojos joined Hitohiro, while others chose to remain affiliated with the Aikikai.

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AIKIDO MASTER KISSHOMARU UESHIBA

Kisshomaru Ueshiba (1921–1999) was the son of the founder of the Japanese martial art of aikido, and became the international leader of aikido. He was born in Ayabe in Kyoto Prefecture on June 27, 1921 as the fourth child and third son of Morihei.

The founder was at the time living with his family near the main grounds of the Omoto-kyo Center in Ayabe where he was an active participant in the religion.

Morihei also trained a few students in a small dojo, known as the Ueshiba Juku, located inside his home. It was here that the famous Daito-ryu teacher Sokaku Takeda came and spent several months in 1922.

Morihei Sensei moved with his family to Tokyo in 1927 where Kisshomaru Ueshiba completed his education.

*"By around 1936 it had become my duty to take sword ukemi
for my father when he went places to give demonstrations.
I practiced a little kendo... and also old-style Kashima Shinto-ryu."*

In the 1938 training manual Budo, published by Morihei, Kisshomaru Ueshiba appeared in many of the technical photos as his uke.

After completing high school, he enrolled in Waseda University and he graduated with a degree in economics in 1942. It was also at this time, that the founder, who had retired to Ibaragi Prefecture, entrusted Kisshomaru Ueshiba with the operation of the Kobukan Dojo.

By that time, the dojo was nearly empty of students and Kisshomaru's duties were largely administrative. It was, parenthetically, also in 1942 that the term 'Aikido' was officially adopted in compliance with the policy of name standardization then being advocated by the Butokukai.

In addition to the loss of students to the war effort, the dojo building was itself in physical danger due to the bombardment of Tokyo. On one occasion while still a student of Waseda University, Kisshomaru, with the assistance of several neighbors, barely succeeded in saving the dojo from burning down in the fire-ravaged area of Shinjuku.

Immediately after the end of the war the practice of all martial arts was prohibited by the Allied Forces General Headquarters and Kisshomaru Ueshiba opened the doors of the dojo to some one hundred people who were left homeless in the wake of the devastating conflict.

He divided his time between Tokyo and Iwama during this period. When practice did resume in Tokyo on an informal basis, few students attended since the major concern of most people was simply survival. But by 1948, the Zaidan Hojin Aikikai, the successor of the Kobukai Foundation, was established and little by little the dojo revived.

With a wife, two children, and several hungry uchideshi to feed, Doshu was at that time employed full-time at a securities company and taught aikido classes in the morning and evening. His father remained ensconced in Iwama training a few close students, among them Morihiro Saito.

As practice in Tokyo gained momentum, Kisshomaru started to direct part of his efforts toward the spread of aikido to a public almost totally ignorant of the art. A major turning point was a large demonstration held in the Takashimaya Department Store in 1956, where for the first time senior instructors demonstrated along with the founder.

Kisshomaru Ueshiba authored his first book, appropriately titled Aikido, in 1957 and more than twenty others have followed at regular intervals. The growth of aikido continued steadily and dojos sprang up in cities and schools all over Japan. The name aikido began to be familiar to the general Japanese public who could by now at least identify it as a martial art.

The next major frontier in the dissemination of aikido lay outside of Japan. Kisshomaru began sending

young, talented teachers abroad to set up dojos and, though preceded by Koichi Tohei, he traveled to the U.S. in 1963.

By the mid-1960s, large numbers of trainees crowded the mats of the Aikikai Hombu Dojo, together with scores of foreigners who streamed to Japan to train at the mecca of aikido. The founder, although now in Tokyo much of the time, was already in his eighties and Kisshomaru Ueshiba and Koichi Tohei were the major figures at the dojo.

Following O-Sensei's death in 1969, a rift between the new Doshu and Tohei, who was head of the instructional staff, gradually developed, and the latter left the Hombu to establish his own school in 1974.

By the mid-1970s aikido had grown to the point that Doshu and the senior shihan of the Aikikai felt the time ripe to create an "International Aikido Federation." National federations were recognized in numerous countries and the overall organization came under the control of the Zaidan Hojin Aikikai. Doshu became busier than ever, his duties taking him to many cities in the U.S., Europe and even South America.

In 1977, Doshu's long-awaited book, Aikido Kaiso: Morihei Ueshiba was published by Kodansha and is generally considered the most authoritative work on his father's life. It was, moreover, around this time that his own son, Moriteru, began to be groomed as the "Third Aikido Doshu."

Doshu's approach to aikido emphasizes soft, rounded movements. In philosophical terms, Doshu himself eloquently summed up his thoughts regarding the art created by his father with these words...

"The movements of aikido are in perfect accord with the movements of the spirit. If one talks about spiritual matters or throwing his opponent without harming him after having struck and kicked him, it's not convincing. In aikido, we strengthen the body and mind through soft movements which are in harmony with nature."

Kisshomaru Ueshiba was extremely active and he gave frequent demonstrations and lectures both in Japan and abroad. He regularly taught at the Aikikai Hombu three days a week.

AIKIDO MASTER MORITERU UESHIBA

Moriteru Ueshiba is the grandson of the founder of the Japanese martial art of Aikido, and went on to become the international leader of Aikido.

Moriteru was born in Tokyo on 2nd April 1951. He is the Second son of Kisshomaru, grandson of Morihei, and third heir to Aikido.

In 1976 he was a Graduate of Meiji Gakuin University in Economics. In 1986 he was appointed Dojo-Cho or Director of the Aikikai Hombu Dojo.

In 1996 he Became the General Director of the Hombu Dojo, and in 1999 Assumed the title of Aikido Doshu.

He brings to this position an already full life of training and instruction. The Aikido world has high expectations that, under his leadership, Aikido will continue to grow and expand in fulfillment of O-Sensei's dream.

Moriteru Travels frequently to countries all over the world conducting seminars and giving demonstrations

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AIKI BUDO MASTER NORIAKI INOUE

Noriaki Inoue (1902- 1994) was a Japanese martial artist, who, with his uncle Morihei Ueshiba, was closely associated with the spiritual and technical development of Aikido. Inoue is the founder of Shinwa Taïdo, a martial art which he later renamed Shin'ei Taïdo.

He was the fourth child of Zensō Inoue, the head of the wealthy Inoue family of Tanabe, and of Tame Ueshiba, the eldest sister of Morihei. Much of Noriaki's childhood was spent in the company of Ueshiba.

He joined Morihei in a settlement expedition on the island of Hokkaido and studied Daito-ryu Aiki-Jujutsu with him under Sokaku Takeda.

He was also closely associated with the discovery by Ueshiba of the Omoto sect in Ayabe and his encounter with its spiritual leader Onisaburo Deguchi which had a decisive influence in Ueshiba's later philosophy.

Noriaki Inoue then actively worked with his uncle to spread aikibudo, the art derived from the daito-ryu that Ueshiba has perfected. In 1927, they settled in Tokyo, teaching at various locations until the construction in 1931 of Ueshiba's first permanent dojo, the Kobukan.

However, after the second Omoto incident (1935) when the military government suppressed the Omoto sect, a breach developed between Ueshiba and his nephew, and the two eventually separated.

While the original aikibudo has now evolved into aikido under Ueshiba, Inoue kept teaching his art as such until 1956 when he changed its name into Shinwa Taïdo and finally Shin'ei Taïdo.

He had little interaction with the Aikikai organization which followed the death of Ueshiba and continued teaching actively until his death. He considered himself a co-founder of aikido along with Ueshiba although that is disputed by the Ueshiba family.

Noriaki Inoue used many names throughout his life... Kitamatsumaru, Yoichiro, Yoshiharu, Seisho, Hoken, Teruyoshi, and finally Noriaki.

THE HISTORY OF SHINWA TAIDO

Shinwa Taïdo and Aikido, were in actual fact, one and the same for quite a number of years and both were taught under the name of Aiki Budo.

The people that most influenced Aikido also influenced Shinwa Taïdo. There has always been a tradition that Noriaki Inoue, the most senior student of Morihei Ueshiba was expected to become the next Doshu of Aikido.

The founder of Shinwa Taïdo, Noriaki Inoue was born in 1902, in Wakayama Prefecture into a wealthy family. His mother was the oldest sister of Morihei Ueshiba who also lived in Wakayama Prefecture.

Inoue's first experience with the martial arts was at the age of 10, when at the urging of his grandfather, he, his brothers and uncle studied judo.

At the age of 13 Noriaki Inoue became unruly, refused to go to school, and his teachers & parents couldn't control him. His father sent him to the northern island of Hokkaido to live with his uncle who had moved there several years earlier. According to Inoue, he was allowed to run wild and was well behaved by the time he returned to Tanabe, several years later.

His uncle, Morihei Ueshiba, (the founder of Aikido) was a serious student of the martial arts and had already studied judo and several other classical arts prior to this time. Inoue was present at Engaru when Morihei Ueshiba met Sokaku Takeda the headmaster of Daito-ryu jujutsu.

Ueshiba practiced there for ten days before returning to his home in Shirataki. Noriaki Inoue was repulsed by Takeda's mannerisms and refused to participate in practice and just observed. He did

however, practice with his uncle when they returned home.

When Ueshiba became serious about studying Daito-ryu jujutsu his father and Inoue's father got together and paid to build a dojo at Shirtaki. They then invited Takeda to come and teach and paid him a monthly stipend.

Noriaki Inoue did not know how much they paid, but both men were well to do and according to him the amount was generous. These Daito-ryu forms that Inoue and Ueshiba practiced and modified together were to become the roots of their respective arts.

According to Inoue, he and his uncle worked together at the modification of these techniques, and he was as much responsible for the final form. In Japan, there is a very strict code of social conduct, but within the family unit, this code is sometimes ignored. Even though publicly the uncle was considered the senior, when the two practiced together they dropped the formalities and acted as equals.

In 1920, Noriaki Inoue moved to Kameoka to study under the Reverend Onisaburo Deguchi. Ueshiba and his family moved there about a year later and he too became a convert to the Omoto religion. Deguchi realized that Ueshiba was exceptional and helped promote him and his art.

In 1922, Takeda 'visited' Ueshiba in Tanabe, a habit he was to repeat throughout his life whenever he needed money. The reverend Deguchi did not care for Takeda and suggested to Ueshiba that he change the name of the art from Daito-ryu Jujutsu to Aiki. He also gave some money to Ueshiba to give to Takeda so that he would go away.

According to Noriaki Inoue, he became upset with his uncle when hesitant to add the term 'aiki' to the name. Eventually the name was changed to Daito-ryu Aikijujutsu, but the fact that Ueshiba had doubts about changing the name, was one of the factors that contributed to the split between the two after the war.

Inoue acted as an assistant instructor to his uncle from the mid 1920's on, and from 1932 to 1935 he was a senior instructor for the Budo Senyokai, an organization setup by the reverend Deguchi to promote Ueshiba and his martial art. He taught mainly at Kameoka, Kyoto and Osaka. He also made trips and taught in Manchuria and Korea.

Several events occurred during this time period that further strained the relationship between Inoue and Ueshiba. There was a strained relationship between the royal family and the Omoto religion which sponsored Ueshiba.

This situation came to a head in what is known as the second Omoto incident. On December 8, 1935 Deguchi was arrested and convicted of disturbing the peace. The Omoto religion and all of its auxiliary organizations were ordered disbanded, all of its property was seized or destroyed and many of its members arrested.

Fear of being arrested forced Ueshiba to cut off all ties, but Inoue was the only person who did not cut his ties with the Omoto believers.

There was also a problem with who would be the next head of the organization. Ueshiba had three sons, the first two dying at an early age. Kisshomaru, the only surviving son, was showing no interest in the art and as late as 1935 had not started to practice.

Ueshiba had married his eldest daughter to Kiyoshi Nakakura and adopted him as his son, a common practice in Japan to extend the family line. After five years, Nakakura felt he would not be able to carry on the art and divorced his wife, thus nullifying the adoption.

Rightly or wrongly it was assumed that Inoue would be the next Doshu since he was a member of the family and certainly had the credentials to succeed his uncle. When Kisshomaru finally became serious and was named director of the Kobukan, it was doubtful as to whether he would succeed.

The final point of separation appears to be after the war when Ueshiba visited Inoue and told him that he had decided to call the art Aikido. Inoue had been teaching it as Aiki Budo for the previous ten years.

He continued to teach under the name Aiki Budo until 1956 when he changed the name to Shinwa

Taido, which later became Shin'ei Taido.

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AIKIDO MASTER KENJI TOMIKI

Kenji Tomiki (1900-1979) was a Japanese Aikido and judo teacher and the founder of the Aikido Shodokan, which is often referred to as Tomiki Aikido.

His ideas of Aikido resulted in a style that aims to combine the competitive excitement of Judo with the spiritual serenity of traditional Aikido. Kenji Tomiki was perhaps more suited than anyone else in history to combine the disciplines of Judo and Aikido.

During the 1920's and 1930's he studied intensively with both the founder of modern Judo, Jigoro Kano, and with Morihei Ueshiba, the founder of Aikido.

Kenji Tomiki became an 8th Dan in Judo and Aikido.

He was born in Kakunodate, Japan, the eldest son of Shosuke and Tatsu Tomiki. When he was about 6 years old he began using a wooden sword. At the age of about 10, he began training at the local judo club.

He was active in the judo club and, on graduating from school, was awarded prizes for excellence in both academics and physical education. In November 1919 he received his 1st dan in judo. After graduation he became ill and took three and a half years to recover.

In 1924 he entered the Political Economics Department at Waseda University. This was the golden age of the Waseda Judo Club and he was famous for his brilliant judo skills. He was the secretary of the Student Judo Association in Tokyo and had the pleasure of meeting Jigoro Kano of Kodokan who greatly influence him.

In 1925, the year he joined Morihei Ueshiba, he obtained 5th dan in judo. He was fascinated by Ueshiba's techniques and joined his classes. Kenji Tomiki had begun his lifelong aikido training.

In 1929, Kenji Tomiki represented Miyagi Prefecture in the first judo tournament held in front of the Emperor - this tournament became the All Japan Tournament the following year.

In 1931 he returned to his home town and took up a post at the Kakunodate Junior High School. He met Hideo Oba who began a lifelong effort to help Tomiki realise his budo ideals. Nine years later, he left and moved to Tokyo living near to Ueshiba so that he could study aikibudo.

From 1936 till the end of the second world war he lived in Manchuria where he taught aikibudo to the Kanton army and the Imperial Household Agency.

In 1938 he became an assistant professor at Kenkoku University in Manchukuo, and taught aikibudo as part of the regular curriculum and gave lectures on budo. He went on to be awarded the first 8th dan in aikido.

He began his research into modernising aikido, and every summer for the next 4 years he instructed senior grades at Kodokan on a committee that worked on techniques involving distance between the two participants.

After returning from a three year internment by the Soviet Union, he taught both judo and aikido for many years at Waseda University. It was there that he formulated and expanded his theories concerning both kata based training methods and a particular form of free-style fighting which would

put him at odds with much, but not all, of the aikido world.

In 1953 Kenji Tomiki, Sumiyuki Kotani and Tadao Otaki went to America as part of a judo delegation to instruct the U.S. Airforce in 15 states.

In 1954 he became a professor at Waseda University and led the university's Physical Education department. He published 'Judo Taiso'.

In 1956 he published a book in English called 'Judo with Aikido'... later called 'Judo and Aikido', which helped bring aikido to the West.

In 1958 he founded the Waseda University Aikido Club and became the club's first director. He published 'Aikido Nyumon' which is still in print today. He was making progress in his research into competitive aikido.

In 1964 he became head of the department coinciding with the start of a special course in physical education. He published 'Shin Aikido Text' (The New Aikido Textbook).

In 1967 he opened the Shodokan dojo as the first dojo exclusively for research into aikido. In 1970 he retired from Waseda University, published 'Taiiku To Budo' (Physical Education and Budo), and presided over the first All Japan Student Aikido Tournament.

The foundations for competitive aikido had been laid, and in 1971 Kenji Tomiki received the rank of 8th dan in Kodokan Judo.

In 1974 he founded the Japan Aikido Association (JAA) from an earlier organization of the same name to promote his theories. He called his style Shodokan Aikido and a honbu dojo, dedicated solely for the study of aikido, had been built in 1967 in Osaka.

In 1975 he became the Vice President of the Budo Society of Japan. In 1976 the Shodokan dojo was established in Osaka as the central dojo of the Japan Aikido Association with Tomiki as director.

In 1977 he visited Australia at the invitation of the Australian Aikido Association. In 1979 Kenji Tomiki died aged 79 years.

Kenji Tomiki is probably best known in the judo world for his influence in the development of Kodokan Goshin Jutsu kata. His work Judo, published in 1956, is considered a classic. The aikido appendix to the book may be the earliest English language text on aikido.

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AIKIDO MASTER MINORU MOCHIZUKI

Minoru Mochizuki (1907-2003) was a Japanese martial artist who founded the Yoseikan dojo. He was ranked 10th dan Aikido (IMAF), 9th dan jujutsu, 8th dan iaido, 8th dan judo, 8th dan kobudo, 5th dan kendo, 5th dan karate, and 5th dan jojutsu.

Minoru was born in Shizuoka, Japan, and was one of the direct students of judo founder Jigoro Kano, aikido founder Morihei Ueshiba and Shotokan Karate founder Gichin Funakoshi.

Minoru Mochizuki believed that the martial arts were distorted by focusing on separate disciplines and transformation them into sports.

So, he gathered major techniques of the Japanese martial tradition into a single clear structure. He led the development of his system from his home in Shizuoka, Japan, where his dojo, the Yoseikan, was

often visited by martial arts practitioners from all over the world.

His art is practiced in about 30 countries around the world, and the organization continues to grow and expand to more countries each year.

He died in Aix-en-Provence, France.

Minoru Mochizuki, began training in kendo at the age of five, at his grandfather's dojo in Shizuoka. Then he began Judo and joined the Kodokan in 1925 where he became an outstanding competitor.

Under the tutelage of Jigoro Kano, the founder of judo, Mochizuki became the youngest member of the Kobudo Kenkyukai - an organization for the study, preservation and development of classical martial arts - established within the Kodokan.

Here he practiced Katori Shinto-ryu, and in 1930, was sent by Jigoro Kano to study aikijujutsu with Morihei Ueshiba. He was the uchideschi of Ueshiba at the Kobukan dojo for a year before opening his own dojo in Shizuoka City in 1931. Minoru Mochizuki was awarded two Daito-Ryu scrolls by Ueshiba in June 1932 ("Goshinyo no te" and "Hiden ogi no koto").

Next, he spent eight years in Mongolia where he was named Second Governor, and was active as an educator and entrepreneur of projects to improve communications and irrigation. His idea of combating communism with the application of the principles of "mutual welfare and prosperity" and of "the best use of energy" of Jigoro Kano contributed to the development of his region.

His irrigation project was even completed after the Second World War by the Chinese authorities. Mochizuki was the first to teach aikido in the West when he traveled in France from 1951 to 1953 as a judo teacher.

He taught at his dojo of Shizuoka until nearly the end of the last millennium and spent the last years of his life in France with his son Hiroo.

Minoru Mochizuki created a complete system using elements of judo, aikido, karate, and Kobudo known as Yoseikan Budo. He appeared in the second Aikido Friendship Demonstration in 1986. He also wrote a book titled... Nihonden Jujutsu (Traditional Japanese Jujutsu).

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AIKIDO MASTER KANSHU SUNADOMARI

Kanshu Sunadomari is a Japanese Aikido master who founded the Manseikan Aikido style. He was born in 1923 in Kagoshima Prefecture, Japan and in his teens became an uchideshi (live-in student) of Morihei Ueshiba, the founder of aikido.

His live-in apprenticeship under O'Sensei took place during World War II, and he also spent a brief period at the Aikikai Hombu Dojo after the war.

On October 23, 1953 he gave the first public demonstration of aikido in Kyushu. The following January he opened up the Manseikan dojo at the Tetori Shrine, in the heart of Kumamoto City.

Kanshu Sunadomari spread the art of Aikido throughout Kyushu to cities such as Fukuoka, Kagoshima, Nagasaki, and Miyazaki. During this time, the number of practitioners rose to over 20,000 with over 3,000 people reaching black belt level.

In 1961, at the age of 38, **he received 9th Dan**, and dedicated himself to the teaching of aikido.

Kanshu Sunadomari comes from a family of devout believers in Omoto, the religion on which Morihei

Ueshiba based the spiritual foundations of aikido. The Sunadomari family maintained a very close relationship with the founder until his death in 1969.

Kanemoto Sunadomari, the elder brother of Kanshu, studied under the founder in the early 1930s and published the first biography of the Founder in 1969 entitled Aikido Kaiso Morihei Ueshiba.

An updated version of this book was later published under the title Bu no Shinjin. Fukiko (Mitsue) Sunadomari, the elder sister of Kanshu, was a close personal confidante of the founder until his death and was also a high ranking practitioner of aikido.

After Ueshiba's death in 1969, Kanshu Sunadomari founded his own independent style in Kumamoto City and began his further study of the spirit of aikido. In 1999, he renamed his style Aiki Manseido, which symbolized his conviction to help spread world peace by transmitting the spirit of the founder across the world through physical technique.

On January 11, 2008, Sunadomari chose to return to the name Manseikan Aikido to pay homage to the Founder and to re-emphasize his organization's dedication to the study and manifestation of the philosophy.

Practitioners of his style recite the Spirit of Aikido at the beginning each class. Practice in Manseikan Aikido consists of a set of flowing warm-up excersises, a number of paired movements that train taisabaki body movement, breath-power, practice of kihon waza basic technique, as well as paired sei no undo warm-down exercises.

Training also includes bokken (wooden sword) and jo (staff).

Kanshu Sunadomari is known for his emphasis on kokyu ryoku (breath power) and his extremely soft and powerful technique. He is widely acclaimed for his dynamic performance in the First Friendship Demonstration which was held in Tokyo in 1985 and became one of the most famous modern aikido demonstrations captured on film.

He has written several books about the art, and in 2004 his book Enlightenment through Aikido (Aikido de Satoru) became the first to be released in English translation.

Kanshu Sunadomari received instruction in the physical and spiritual aspects of Aikido directly from Aikido's founder, Morihei Ueshiba. In 1961, he received the rank of 9th dan directly from the founder and was appointed the head instructor of the Kyushu area.

In 1969, after the passing of the founder, he separated from the Aikikai organization and under the name of "Manseikan Aikido" began to independently pursue his study of the true spirit of Aikido.

Kanshu Sunadomari Sensei currently continues to teach his students directly allowing each and every one of them to experience his technique.

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AIKIDO MASTER RINJIRO SHIRATA

Rinjiro Shirata (1912-1993) was a 9th dan Aikikai shihan, and awarded 10th dan posthumously. He was born in Oyamura, Yamagata Prefecture, Japan, and was from a family of Omote Kyo believers. His mother practiced Aiki Budo at a dojo of the Budo Senyokai in Japanese-occupied Manchuria.

Rinjiro Shirata entered the Kobukan Dojo (hell dojo) of Morihei Ueshiba in 1933 as an uchideshi. He was well known for his modest character and exceptional physical strength, and became a top student.

Training at the Kobukan was very severe and tough, but Rinjiro and the uchideshi thought it was full of

joy. They would try techniques out on each other as hard as they could, but only after the general public session was finished and O'Sensei had left the training area.

This intense way of practicing certainly helped the uchideshi make good progress.

He travelled to Osaka with O'Sensei as his assistant, where he stayed and continued to teach. About 1936, Kenkoku University in Manchuria decided to include aikido in its curriculum and O'Sensei was appointed as an advisor. He recommended that Shirata become a professor there, but, the China Incident occurred and Shirata was called into the Japan Imperial Army, and spent the war years stationed in Burma.

Rinjiro Shirata resumed teaching Aikido around 1960 when he was in Yamagata, and in 1962, he received the **8th dan rank from Morihei Ueshiba**.

Shirata was a great support to the Aikikai and was **awarded 9th dan in 1972** by the 2nd Doshu Kisshomaru Ueshiba and is one of only a handful of people ever to have achieved this level.

He was also active in the International Aikido Federation from 1976, occupied several high posts and served on the technical council. He traveled to Honolulu in 1978 in connection with the IAF and to Chicago in 1984 at the invitation of Akira Tohei Sensei. On both occasions foreign students responded enthusiastically to his skillful, yet gentle approach.

Devoted to the spread of aikido and one of the strongest supporters of the Ueshiba family, Shirata was a regular participant over the years in major Aikikai sponsored events such as the All Japan Aikido Demonstration, the Iwama Taisai, and the Kagami Biraki at the Tokyo Hombu Dojo.

Shirata Sensei was among the most respected aikido teachers and was widely-known abroad through the book Aikido: The Way of Harmony by John Stevens, which he supervised and featured his techniques.

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AIKIDO MASTER SEIGO YAMAGUCHI

Seigo Yamaguchi (1924-1996) was a Japanese Aikido master who held the rank of 9th dan shihan Aikikai. He taught for many years at the Aikikai Hombu Dojo and travelled extensively worldwide during his career to promote the teaching of aikido outside Japan.

Seigo Yamaguchi was born in Fukuoka Prefecture in Kyushu, Japan. He had many brothers and one sister.

He read many books supplied by his father, who was the principal of a public school. His study of history, literature and philosophy in his early age helped form the foundation of his teachings.

He graduated from Denshukan, traditional high school, founded by YANAGAWA-HAN (Samurai clan) in Edo period and then entered an advanced school (now university), called Hiroikegakuen founded by Dr.Hiroike.

Between October 1943 and October 1945, he joined the army and actively participated in the Pacific War. He was at that time considering a career in the army, becoming a senior officer by 1949 when he was introduced by a friend to Morihei Ueshiba, the founder of aikido, and became one of his uchideshi in 1950.

In 1958-1960, he taught aikido to the military in Burma and after returning to Japan he became one of the senior instructors at the Hombu Dojo, where he taught on Monday evenings for decades. He also

taught at other dojo's and at a private dojo where he taught selected students.

At the Honbu Dojo he often conducted special seminars for advanced students. He sometimes gave lectures and lessons to the professional Japanese baseball teams, Universities and other private dojos. Among these dojos, Zoshukan, Tokyo, was the most important private dojo.

From 1977-1995, Yamaguchi organized seminars, and travelled to France, Germany, England, Brazil, Argentina, Uruguay and the USA to teach aikido. In 1990 video recordings of his budo were made in Paris, Oxford, Mannheim, and Munich in week-end seminars.

In 1992 he took part in the 30th AIKIDO Demonstration, Budo-kan in central Tokyo, Japan.

In 1996 Seigo Yamaguchi passed away at home, although he taught Aikido just two days before at the dojo. The funeral ceremony was organized by his family at Taisoji temple in Shinjuku and more than 1000 people came to the ceremony. Memorial demonstrations were organized at Kamakura, Meiji University, Nagoya University and Katsuta.

Yamaguchi Sensei had many direct students including Yoshinobu Takeda, Seishiro Endo, Christian Tissier, Philippe Gouttard and William Gleason. His son Tetsu Yamaguchi is also an aikido practitioner.

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AIKIDO MASTER KISABURO OSAWA

Kisaburo Osawa (1911-1991) was an influential Aikido master who taught for many years at the Aikikai Hombu Dojo and was a close advisor to Kisshomaru Ueshiba.

He was born in a small village called Kumagaya, Saitama prefecture, Japan. It was a poor but well known village because Kisaburo and two other young men were always getting into fights.

When he was 15 he went to to live in Tokyo and, had to work for a living, as his parents were poor and couldn't afford to give him an allowance.

He got pleurisy and was told by his doctors to take it easy, so returned to Kumagaya. Daily he worked hard, and walked along mountain paths to and from the village doctor, until he recovered. At this time he read many books on philosophy and socialism etc.

At 17 and working 8am-10pm he found the time to start practicing judo to help strengthen his body. He practiced every morning, as he was close to the dojo, until he was 25 when he earned the rank of shodan. In those days, it was harder to get shodan than it is now.

He was impatient and wanted to become strong quickly, and questioned whether judo was right for him. He tried many other arts including boxing.

He had to see a doctor who introduced him to Morihei Ueshiba, and even though O'Sensei was teaching martial arts mostly to famous people, Kisaburo Osawa entered the Kobukan dojo.

Up until his practise with Morihei, when he saw people being thrown around easily in the old action movies he thought it was not possible. He knew in judo it was hard enough to deal with just one person.

Kisaburo Osawa wanted to become physically strong, so began his Aikido training, and as he continued to improve his aikido skills and mature he realised the meaning of the word 'strong' had changed for him.

He became one of the most important and influential aikido teachers during the 1950s and 1970s, and was director of the Aikikai Hombu Dojo for many years until 1986 when he was replaced by Morihei's grandson and present doshu, Moriteru Ueshiba. **He held the rank of 9th dan.**

Kisaburo Osawa traveled abroad on many occasions beginning with a 1974 trip to USA. He was one of the major decision-makers within the Aikikai for both foreign and domestic matters.

He served as an adviser to Kisshomaru Ueshiba and was one of the senior instructors of the Aikikai, where he taught one class a week. His style of aikido was known by his slow circular movements.

His son, Hayato Osawa (1951-) is currently a prominent Hombu Dojo shihan holding the rank of 7th dan.

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AIKIDO MASTER BANSEN TANAKA

Bansen Tanaka (1912-1988) was a 9th dan Aikikai Aikido master and one of the pre-war student of aikido founder Morihei Ueshiba.

Tanaka was a judo student when he first met O'Sensei in 1936. Eager to learn about aikido, he set up a dojo in Osaka, Japan for Noriaki (Yoichiro) Inoue, who was an early student and nephew of Morihei.

He followed Inoue and Ueshiba's teachings until 1939 when he was drafted to go to war. His aikido skills secured him a position as a bodyguard in the army. He returned to Osaka a year later and continued practise.

Morihei Ueshiba, who often gave courses at the Sonezaki Police Office in Osaka, contacted Tanaka in 1951 and told him to gather together those who used to practice in the old days and gave a demonstration.

While talking with O'Sensei he suggested that he build a dojo, which was completed at the end of 1951.

He accompanied Ueshiba to Iwama for several weeks, where he trained 4 times a day. This was during the construction of the Osaka Aikikai Dojo, which had the nameplate 'Ueshiba Morihei', which pleased O'Sensei.

By the time he returned from training in Iwama the building had already been completed. After the opening ceremony in early 1952, O'Sensei stayed and taught for about 18 months. Since his wife was in Tokyo he often returned home during this period.

At that time there were often people who went to the dojo to challenge them, but never when O'Sensei was there. Bansen Tanaka stated that he was never beaten by anyone because he felt a great responsibility for his dojo, and O'Sensei told him never to give a visitor a chance to attack.

Around 1960 the number of students began to increase rapidly. Including school clubs he had about 48 dojos, many of them in Kyoto. Bansen Tanaka didn't teach at all of them and had trained instructors.

Nearly all of his Aikido movements were circular, and he focused on spiral movements with the hips kept low, which he said were most important. Bansen Tanaka, remained the chief instructor of the Osaka Aikikai Dojo until his death in 1988.

Yukio Kawahara, technical director of the Canadian Aikido Federation, Higuchi Takanari, chief instructor of the Kyoto Renmei Dojo, Seiji Tomita, founder of the Ban Sen Juku school in Belgium and Ishu

Ishiyama, chief instructor of the Vancouver West Aikikai Dojo were all his students.

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AIKIDO MASTER KAZUO CHIBA

Kazuo Chiba (1940-) is an Aikido master from Japan who has spent many years teaching in the USA. He is an **8th dan in the Aikikai aikido organisation**, and the founder of the San Diego Aikikai dojo in California. He is also the founder of an international aikido federation known as Birankai International.

In the aikido world, Chiba is sometimes known as a representative of the 'hard' side of aikido, with a focus on weapons training.

In May 2006, he announced his gradual retirement from seminar-style training, which often includes travel, and wants to spend time with his family.

Kazuo Chiba was born February 5, 1940 in Tokyo. At 14 years of age, he began serious judo training at the International Judo Academy.

He began studying Shotokan karate at 16. Dissatisfied with the martial arts he began searching for an art that would serve his needs.

In 1958 he found aikido and began 7 intensive years of live-in study as an uchideshi with aikido founder Morihei Ueshiba, at the Aikikai Hombu Dojo alongside Yoshimitsu Yamada and Mitsunari Kanai. During this time, he also studied iaido.

By 1960, Chiba earned the rank of 3rd dan, and was assigned to Nagoya to establish a branch school and serve as its full-time instructor. In 1962, he earned 4th dan and began teaching at the Hombu Dojo.

Within three years, during which he taught at Kokugakuin, the Self-Defense Force, Kogaku Kan and Aichi Daigakuin universities, Kazuo Chiba completed his training as uchideshi, and earned 5th Dan.

Kazuo Chiba became a professional aikido instructor and moved to Sunderland, England, in 1966, and was appointed official representative of the Aikikai for the UK. There he formed the Aikikai of Great Britain, which later changed its name to the British Aikido Federation.

In 1970, he received 6th dan and was awarded the title of shihan. Also, in an effort to unify instruction, he introduced a Fuku Shido-in and a Shido-in system where he taught his senior students a basic teaching curriculum to pass on to their own students.

Kazuo Chiba, also began to introduce training in the use of the Jo staff and Ken sword as taught by Morihiro Saito. His grading syllabus in 1974 made aiki weapons essential for higher ranks.

During his stay in the U.K., Chiba also invited many of his contemporary instructors in Europe to conduct seminars in the U.K. He also traveled widely to other European nations to instruct.

In 1975, leaving Minoru Kanetsuka as his successor, he returned to Japan to serve as Secretary of the International Department at the Hombu Dojo. He played an active role in the creation of the International Aikido Federation, and was appointed Assistant General Secretary of the IAF in 1976. During this time he also studied zen meditation in Shizuoka.

In 1981, Chiba accepted an invitation from the United States Aikido Federation to move to San Diego, California, where he formed the San Diego Aikikai. Currently he is Chairman of the Teaching Committee of Birankai International which also includes training in Batto-ho/Iaido.

He is particularly well known for his powerful technique.

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AIKIDO MASTER ANDRE NOCQUET

Andre Nocquet (1914–1999) was a French Aikido teacher who held the rank of 8th dan from the Aikikai Hombu in Japan. He was among the first non-Japanese students to practice the art.

Nocquet studied Greco-Roman wrestling as a young man, and started practicing Jujutsu in 1937 with Israeli professor Moshe Feldenkrais. Later Mikonosuke Kawaishi came to Feldenkrais's dojo to teach and Nocquet became his student.

Tadashi Abe went to France and stayed for several years. He also spent time in Italy, UK, etc. His aikido was very hard and linear, and not circular. Abe always kept a photo of Ueshiba Sensei with him, and said that it protected him from harm. He became a great friend of Andre Nocquet and taught him Aikido.

In 1955, Andre Nocquet was encouraged by Tadashi Abe to travel to Japan to see Morihei Ueshiba and study at the Aikikai Hombu Dojo.

He stayed for nearly three years as an uchideshi (live-in student) living a humble, severe life learning at the feet of the master, sleeping on the tatami, and eating Japanese food. This was a difficult time for him as a westerner as there were virtually no other non-Japanese practicing aikido at the time.

Nobuyoshi Tamura and Masamichi Noro took up residence there, and Nocquet and Tamura, both of whom held the rank of first dan at the time, trained extensively together. They got up at 5 a.m. every morning and worked in the dojo & Mrs. Ueshiba, the wife of Kisshomaru, would prepare breakfast for them.

One day Andre asked Ueshiba Sensei if Aikido is a religion, as he was always praying. He thought his reply was an amazing response...

*"No, that's not true. Aikido is never a religion, but if you
are a Christian, you will be a better Christian because of aikido.
If you are a Buddhist, you will be a better Buddhist."*

When Andre Nocquet saw O'Sensei's way of working and his amazing mastery of everyone, he thought how extraordinary he was, and very different from other people.

He said that if there is no spirit and heart in aikido it merely becomes a physical exercise, which is the reason that there is no competition. It was clear that technique is important, but it is still secondary.

In 1958, Andre Nocquet traveled to the USA to give seminars and demonstrations to special self-defence instructors of the Fresno Police department. He returned to France, and practiced alongside Tadashi Abe. In 1959/60 Abe returned to Japan, leaving him to teach aikido in France.

He was asked to do research at the National Library on the Martial Arts of the western European countries since the 15th Century in order to make a comparative study with Japanese Techniques. He submitted a report to the Japanese Ministry of education through the Japanese Embassy in France.

In 1962, Andre Nocquet received from Morihei Ueshiba Sensei, the title of general representative of the World Aikido Headquarters for France.

In 1971, with the assistance of several foreign teachers, he established the European Aikido Union. He

conducted courses for the National Parachutist Union, and the National Police, and demonstrated the principles of combat at the St-Maixent Military School.

Over the course of several years, Nocquet gives lectures in France and Europe on the spirit of non-violence, stressing the theme of International assistance and friendship.

In 1982, Nocquet as President of the European Aikido Union is named Knight of the National Order of merit for exceptional services rendered to the Ministry of Youth and Sports.

In 1985, Nobuyoshi Tamura and Andre Nocquet Sensei meet in order to establish the basis for the unification of Aikido in France.

In April 1990, Nocquet returns to Japan after an absence of 33 years to present Aikido Doshu Kisshomara Ueshiba a Gold Medal on behalf of the French Ministry of Youth and Sports.

He wrote - O'Sensei, Morihei Ueshiba, which is a collection of reflections on the philosophy of the founder of aikido, and includes 80 photos.

He also wrote Aikido: Heart and Sword which includes info about the teachings of O'Sensei, and the basis of the spirit of Aikido.

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AIKIDO MASTER TERRY DOBSON

Terry Dobson (1937-1992) was an American Aikido pioneer, aikido teacher and writer. He is one of the few Western aikido practitioners who studied directly under the founder of aikido, Morihei Ueshiba.

Terry was born in Cambridge, USA to a wealthy family that moved to New York City in 1940. He was raised by his alcoholic mother and stepfather, and did not meet his real father until his late teens.

He went to two well-known private schools, where he excelled at football. After receiving a scholarship to play, he quickly dropped out and trained for a summer with the New York football giants under Vince Lombardi.

He was a U.S. Marine doing helicopter maintenance during the Lebanon crisis of 1958, and attended New York University. In 1959 he traveled to Japan to assist in rural development and teach English.

During a visit to Tokyo, he witnessed a demonstration of the little known martial art of Aikido on an American military base in Yokohama. He instantly fell in love with the art and six months later was asked by O'Sensei to become an uchi-deshi (live-in student).

Terry Dobson entered the Aikikai Hombu Dojo and trained as uchi-deshi until his marriage in 1964. He was one of only two non-Japanese to enjoy this privilege during that early era, the other being Andre Nocquet. He continued to train at the Hombu Dojo until 1969.

Terry Dobson was riding on a train in Japan, when a drunken man boarded. The man was violent, aggressive, and a real physical threat to the other passengers, whom he pushed around and bullied.

Dobson had been intensively training in aikido daily for three years, and was eager to put that practice into 'real' action. Although he knew his teacher had said that aikido is the art of reconciliation, and that even wanting to fight means that you've already lost touch with the Universe.

Just as he tried to get the drunk to attack him, a little old man interrupted by calling out joyfully to the drunken man. In a cheerful manner, the little old man started talking to the drunk, asking friendly

questions.

Soon, the drunk's nasty exterior had melted away. He was weeping, explaining his wife had died, that he'd lost his job and his home, and that his life was a total wreck and that he was terribly ashamed. The would-be attacker had been brought to peace, without a single martial arts move.

Dobson realized that what he had witnessed was real aikido in action. What he had wanted to do... vigilante-style, self-righteous justice was not aikido. What the old man had done, though, was aikido as it was meant to be... humble, gentle love, bringing peace and healing.

In 1970 Terry Dobson returned to the U.S. where he gave seminars around the country and co-founded (with Ken Nisson) Bond Street Dojo in New York City and Vermont Aikido in Burlington, Vermont. In 1979 he moved to San Francisco and became involved with Robert Bly's men's movement, while still teaching aikido as a visiting sensei.

In 1984 he became ill and moved to Vermont to recover. His teaching trailed off and eventually stopped as he became weaker and weaker. After a change in medication his health improved and he started teaching again.

Though not fully healthy, he flew to California to give a Men's Conference and teach aikido in 1992. After teaching a class in San Francisco, he fell into a coma. On August 2, 1992, he died in an ambulance in Inverness, California of a heart attack. Terry Dobson said...

*"I consider myself a technician.
I'm not a guru. I'm not a leader. I have no followers. I want none.
I'm a technician. I'm like a mechanic.*

I'm working on the transmission of ki, of intention. I'm heir to a legacy that comes down from many generations of Japanese warriors regarding point, or presence, about being centered under fire. I'm not the repository for the entire sum of knowledge on the subject, but I have been close to some good teachers and I do know something about it."

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AIKIDO MASTER ROBERT NADEAU

Robert Nadeau personally studied with Morihei Ueshiba - the founder of Aikido. He is a key figure in the growth and development of Aikido in the USA.

He started his martial arts training in the 1950's, studying Judo, Karate and defensive tactics as a police officer in California, and in the US Marine Corps. He also studied yoga and bodybuilding.

He began studying Aikido in San Francisco with Bob Tan around 1960/61. He found a practice that related mind and body in a way he had not found in other arts.

One of Robert's family met a fantastic psychic, so he went to see this lady, and they got on really well. She said without any prompting...

*"You're going to the Orient to meet
a little old man with a white beard who is very powerful.
He's going to teach you many things."*

In 1962 he left police work and moved to Japan to study with Morihei Ueshiba. He once asked O'Sensei a philosophical question, which he must have liked, because he invited him to come and talk any time.

During his years in Japan he received personal instruction from the founder in the spiritual, philosophical and energy aspects of Aikido.

While at Hombu Dojo he trained with all of the teachers and many students including O'Sensei and Sensei's... Ueshiba, Yamaguchi, Arikawa, Osawa, Tohei, Tada, Yamada, Kurita, Sugano, Kanai, Saotome, Chiba, Ichihashi, Tamura, Sasaki, Morihiro Saito etc.

Robert Nadeau took private lessons from Koichi Tohei that would often turn into small group classes with someone like Seiichi Sugano joining in and Frank Doran when he was visiting. He also spent some time with Donn Draeger, Terry Dobson, and a famous tai chi teacher named Wang Shu-Chin.

Robert Nadeau returned to America in 1964/5 to teach in Mountain View, California, and also founded schools in San Francisco and San Jose. He made return trips to Japan in 1966 and 1967, and a planned a trip in 1969 was cancelled when O'Sensei died.

In the 1970's his work brought Aikido concepts into the fields of psychology, bodywork, business, sports, art and many other areas.

This included numerous seminars at the Esalen Institute and other personal growth centers across the country and abroad. His work is featured in more than a dozen books by well-known authors including... Michael Murphy (founder of Esalen), George Leonard and Dan Millman.

On a further trip to Hombu dojo, Japan in 1998, Robert Nadeau Shihan was recognized by the founder's son, Kisshomaru Ueshiba, for his contribution to the spiritual focus of Aikido.

He has trained or influenced several generations of Aikido teachers in America, Europe, Russia, Israel and New Zealand. His approach to martial arts training transcends technique which gives students useful tools to aid in self-transformation. He is particularly interested in the spiritual aspects of the art, using Aikido as a process of expanding consciousness.

Robert Nadeau Shihan co-founded the Aikido Association of Northern California (AANC) and the California Aikido Association (CAA), which is affiliated with the Hombu Dojo, World Aikido Headquarters, Tokyo.

He is currently ranked seventh dan and was awarded the title of Shihan (master teacher) by Moriteru Ueshiba, Grandson of the Founder. He teaches at City Aikido of San Francisco, Aikido of Mountain View and Aikido of San Jose. He also teaches seminars around the world.

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AIKIDO MASTER ROBERT FRAGER

Robert Frager has been training in the martial arts for over 50 years, and practicing Aikido since 1964.

He personally trained with the founder of Aikido, Morihei Ueshiba, while living in Tokyo, Japan in the mid sixties, and **currently holds the rank of 7th dan.**

Dr. Frager is renowned for his pioneering work in the field of transpersonal psychology and for his role in establishing an educational institution dedicated to this emerging field of research and practice.

Robert Frager is a Harvard-trained psychologist, the past president of the Association for Transpersonal Psychology and the founder of the Institute of Transpersonal Psychology, where he is Director of the Spiritual Guidance program and professor of Psychology.

He is also a Sufi teacher, or sheikh, in the Halveti-Jerrahi Order, in which he was initiated by Muzafer

Ozak. He currently leads a dergah in Redwood City, California as Sheikh Ragip al-Jerrahi.

He attended Reed College, Portland, Oregon, USA, from 1957-1961, and earned a B.A. in Psychology.

Robert Frager went to Harvard University, Cambridge, Massachusetts, United States, from 1961-1967, and earned a Ph.D. in Social Psychology.

He became a fellow of the East-West Center, Honolulu, from 1963-1965, and a research fellow of Keio University, Tokyo, from 1967-1968.

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AIKIDO MASTER STEVEN SEAGAL

Steven Seagal was born in Lansing, Michigan on April 10, 1952, he is a man of diverse character whose spiritual beliefs and humanity are woven into every aspect of his life.

A son of a Math teacher and a Medical Technician, Steven's humble childhood was underscored by a fascination with the Martial Arts and the blues.

At the age of 17, Steven Seagal headed for Japan to immerse himself in Japanese culture and to learn Aikido and Martial Arts from the masters.

Beyond his incredible skill as a **7th Dan Aikido Master**, is the spiritual enrichment Steven gained learning Buddhism, the art of meditation and Zen mastery.

Steven speaks fluent Japanese and is proud of the respect he has earned in Japan and throughout many parts of Asia. His Japanese name is Take Shigemichi.

He lived and learned Japanese culture for over 15 years and his spiritual beliefs play a big role in his life. It is what has guided him to become a Martial Arts expert, a beloved actor, and distinguished musician.

Most importantly, it is his genuine care for others that drives him to give unselfishly of his time and financial support to many charities across the world, including needy children around the world, the environment, animal rights, and AIDS projects.

Most of us know Steven for his roles as an action hero with an acting career that was launched from his Los Angeles Dojo in the late 80's where he taught Martial Arts to the likes of Sean Connery, James Coburn and the famed talent agent, Michael Ovitz.

It was Mr. Ovitz who paved the way for Steven to co-write and star in his first and hugely successful action film "Above the Law" in 1988 and from there it launched a career of over 20 movies and \$2 billion at box office.

Steven immerses himself in his work on the screen, writing, producing, directing and acting. His films include box office successes such as Hard to Kill, Under Siege, Executive Decision, Glimmer Man, and Exit Wounds to name a few, all are well regarded for their fast paced action.

Today, Steven continues to put out movies, but one of the most treasured aspects of this diversely talented man is his music. He is a proficient blues artist and has honed his guitar skills, playing his music with some of the greatest blues legends to walk this earth.

BB King, Bo Diddley, John Lee Hooker and his greatest influence, Clarence "Gatemouth" Brown, who recently was taken from us as a result of injuries suffered in Hurricane Katrina, are all among those

who Steven has jammed with and also shares a common bond - the blues.

Steven is a purist when it comes to the blues and he remains true to its roots which is evident in his latest release, "Mojo Priest", recognized as one of the best blues albums to surface in many years. Steven's first album, Songs from the Crystal Cave, was a top seller in European markets and features a combination of styles including blues, pop, jazz and reggae, with a classic harmonica solo by Mr. Stevie Wonder.

Steven Seagal is committed to Asian philosophies and religion. As a Buddhist, Zen teacher, and healer, Steven lives by the principles that the development of the physical self is essential to protect the spiritual man. He believes that what he does in his life is about leading people into contemplation and enlightenment.

Steven Seagal is a versatile talent and an intricate human being, whose passion, selflessness, integrity and character are embodied in his work. He has been recognized by Tibetan lama Penor Rinpoche as a reincarnated Tulku 'Chungdrag Dorje'

*Get step-by-step, practical tips that will put You on the fast-track and **boost YOUR Aikido skills**. This is an absolute gold-mine and massive collection of knowledge and wisdom. For full details visit...*
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PART TWO

HEALTH PAGES

HEALTH & FITNESS

All of us have known times when we have felt totally relaxed, vibrant, alive and aware of the Connection with our environment. But for most people, these times are too brief... enjoyed while on holiday, the benefits soon fade.

The main causes of dis-ease are environmental pollution, hectic lifestyle, negative thought patterns, poor breathing, drinking and eating habits, lack of beneficial exercise and an inability to really relax...

Caused by the way we choose to live our lives!

The human body is a marvelous factory that requires constant attention. You must put the Pure Organic Elements in or suffer the results. What you breathe, drink and eat is directly related to your levels of health and how you think, feel and act.

In society the tendency is to alter nature's products before we eat them. This is a big mistake as nature supplies food for us in its purest state. So you must agree that the purer the air, water and food you consume, the better your level of health and fitness will be.

Appealing only to the taste buds is certainly an incorrect approach to one of the most vital issues of health and fitness. When the appetite is stimulated by great varieties of food, we are usually "tempted" to eat to satisfy taste rather than hunger.

Each day You have a choice - build a healthy, youthful and aware future or allow the destruction of your health by the inertia of daily living.

Whether You are researching health and fitness, the art of aikido, martial and healing arts, natural and alternative health, or any of the vast variety of spiritual paths, there is ONE underlying core principle...

Attention to Correct Breathing!

Being aware of your body means having your full attention in the body and living through the body. Most of the time our energy is in our heads as thousands of thoughts per day.

When fully aware of your body, you relax and breathe easy, movements are free and co-ordinated, your perception is keen and you are charged with energy and vitality... vital life force power.

Why is Body Awareness so Important?

Becoming more aware of your body relaxes your mind and re-awakens your senses. As you learn to stand and move in a more grounded way, with a strong sense of centre, your confidence grows and you cannot easily be thrown off balance physically or mentally.

With mind and body sharing equal awareness you experience harmony, feel more positive and alive and energy flows freely throughout your being.

Your body is intelligent and you can learn to understand its language and use this knowledge to stay relaxed and in tune with yourself.

If you are deaf to the messages the body transmits, you risk allowing stress into your life. When stress develops past a level you can tolerate you become weak.

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AIR, OXYGEN AND DEEP BREATHING FOR PURIFICATION AND INNER CLEANSING

The first essential for life is air and the moment we cease to breathe, the physical body begins to decay. Breathing is the basic root of existence, and as such must have prime consideration in any health problem.

We are generally aware that mountain or sea air makes us feel good and can promote healing, so it is surprising that we do not give more attention to it.

There is a vital life force flowing through you, wanting to balance, heal and give life. You must make its channels clear to allow it to do its work. Through breathing you gain this vital life force, which is also known as Ki, Chi, Prana, Energy, Magnetism etc.

Breathe deeply and relax... the time to relax is when you don't have time to!

Air Purification... The Reality

In traditional Japanese arts, proper breathing is taught as an essential and fundamental factor of concentration. Oxygen contains the energy and life from the universe, which your lungs receive.

The life energy contained in the oxygen is transformed into human energy. Breathing in takes in supplies of vital life force and breathing out spreads this energy throughout your body.

You can learn to breathe more slowly... 5 or 6 deep, calm breaths per minute which, with regular practise can become a good habit, particularly while you sleep. Deep breathing will purify your blood.

One of the most beneficial methods of breathing is deep rhythmical inhalation & exhalation through the

nose. 10 - 15 minutes of deep breathing upon arising and before retiring will be most beneficial, but any time throughout the day, will help you reduce stress and tension.

Natural Ionisation **for Clean Air**

During this period of the earth's history, humankind have caused an imbalance in nature which is harmful to the planet's eco-system. This live-now and suffer-later attitude is creating problems for future generations.

We all regularly need to go out for a 'Breath of fresh Air', which relieves us from the stuffiness of an overheated or overcrowded room.

Why does mountain or sea air make us feel good and promote healing ? Why does the weather affect our mood ? One of the answers lies in its electrical state and its positive and negative ionization.

In our "modern lifestyle", we have created an environment that virtually eliminates negative ions from our atmosphere. Pollution such as : car exhausts, air-conditioning, smoking, fluorescent lighting, electrical equipment, and the tons of chemicals pumped out by industry.

Negative ions are one of nature's natural cleansers which aid in the destruction of airborne bacteria, and clears dust, pollen, allergens, smoke and other particles in the atmosphere.

Negative ions increase our capacity to take up oxygen and can improve our ability to deal with asthma, bronchitis, catarrh, and the common cold, insomnia, migraine, eczema, headaches, tiredness, depression etc.

You can protect yourself from pollutants through the use of organic foods and environmentally conscious products.

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DRINK PURE WATER AND VASTLY IMPROVE YOUR HEALTH

Most of the planet is covered with water and the human body is 75%, so it is vital for good health. It is the second essential for life, transports nutrients and oxygen around the body, builds tissue and turns food into energy. It also collects waste material for removal via the kidneys, bladder and skin.

Every living cell requires fluid, air and nutrients... the purer it is, free from pollutants and chemicals, the more toxins can be let into it for removal from the body.

It refreshes the body, revitalizes the vital organs and raises the energy levels. Drinking enough helps prevent urine infections, kidney stones and bladder cancer.

Recent studies suggest we should drink about 2 litres daily through drinks and food. We should also adjust our intake as required, when we use more energy through mental and physical activities etc.

Tea, coffee and alcohol can cause dehydration that leads to tiredness, poor circulation, slow metabolism, high blood pressure, headaches, dizziness, aching joints, dry skin, poor immunity, stress, and weight gain.

THE BAD NEWS

Human and animal waste materials, agriculture's fertilizers, pesticides, herbicides and fungicides all cause contamination. "Modern" industry causes the most serious pollution problems as all public and

industrial sewage finds its way back to us.

Where do all the life destroying chemicals that we pour down our sinks, toilets and drains actually end up ? Millions of tons of poisonous material go from our homes each year to the rivers, seas, back to reservoirs, and finally into our water and food supply.

Also consider the network of old pipes that delivers water to our taps and the variety of metals it picks up along the way, such as... iron, copper, brass, lead, chromium, fluoride, chlorine etc.

Inorganic substances can be harmful in small amounts : arsenic, lead, aluminum, mercury, copper, calcium, magnesium, iron etc. These materials can accumulate in the body and may be related to problems with... digestion, kidneys, arthritis, rheumatism and hardening of the arteries.

Isn't it time we give top priority to cleaning up the mess in our own backyards. Perhaps "they"... Governments, Industry, United Nations etc. would tell us of the dangers (if they knew).

New approaches to solving pollution problems are constantly presented but the cost and practicality stop implementation on a large scale. It now seems an impossible task of delivering pure water to our taps, so each individual must solve the problem within the home where it becomes our own personal responsibility and choice.

Inner Cleansing For... Health and Longevity

In the past few decades a number of purification techniques, designed for home use, have been developed and used on a large scale. These are many and varied and often come down to personal choice.

Natural Mineral

Natural mineral water emerges from under the ground and flows over rocks before it is collected, which means it has a higher content of minerals. It must come from a protected source to be considered pollution free.

Spring

Spring water is collected directly from a spring that rises up from the ground and must be filtered and bottled at the source. It must meet the same hygiene standards as natural mineral.

Tap

Tap water comes from rivers, reservoirs and bore holes. It is treated to remove bacteria, heavy metals, pesticides and residue. It contains chlorine and other disinfectant chemicals which may have undiscovered long-term effects on health. It is monitored to ensure it is within "safety" limits.

Filtered

The filtering of water is usually achieved using carbon filters and reverse osmosis filters. This leaves the water similar to rain, but relies on the effectiveness of the system, which must be carefully monitored.

Distilled

Distillers simulate the natural cycle by boiling water to leave contaminants behind. The steam is then condensed and collected for use. Considered to be the most effective method of purification available, producing virtually pure H₂O. It is a blood purifier that helps keep the body cells free from accumulated waste products and preserves health and longevity.

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OPTIMUM NUTRITION FOR YOUR HEALTHY LIFESTYLE

Today after a brief detour into science and inorganic medicines, humankind is once again being directed to the proper use of food to restore to abundant health a dis-ease ridden world.

To get good nutrition in Your diet it is necessary to eat only Organic Food... You Are What You Eat! What you eat is directly related to how you think, feel and act and the body is a marvelous factory that needs constant maintenance.

Food provides the energy and essential nutrients for the body - carbohydrates, proteins, fats, minerals, trace elements, and vitamins.

The correct balance of nutrients is most important in preventing the development of dis-eases, some of which can be life threatening.

A diet consisting of essential nerve-building vitamins, blood-building minerals, gland-stimulating protein, hormone-nourishing unsaturated fatty acids will give you optimum nutrition and good health.

It is absolutely necessary to recognize the ill-effects of refining, processing, over cooking and the convenience packaging of our foods. If you eat junk-food your standards of living and thinking will drop.

One reason many people are tired is because the food they choose to eat cannot be digested and absorbed. Instead it becomes waste matter that turns into toxins and poisons causing a lack of energy.

Your standard of life - how you act and think is directly related to the nutritional quality of your foods. Your body consist of the foods you consume and a healthy body can only be built from pure quality ingredients.

Enzymes offer a key to longevity as they aid in the digestion and absorption of food. Sun ripened raw fruits and vegetables, raw nuts and seeds, sprouted seeds, dried herbs will give you more energy and vitality.

All the cells in your body are constantly changing - they grow, live then die. The changeover of cells within your body gives you the ability to re-generate healthy tissues, by changing your living and eating habits.

The Japanese people tend to eat a lot of raw fish, vegetables and fruits which brings general good health and longevity. This type of diet can revitalize the entire system. (It is never advisable to eat raw fish unless prepared by a skillful chef who can eliminate the parasites).

Raw organic fruits and vegetables are a pure, natural source of nutrition and full of essential goodness. Fruit is a natural cleanser and vegetables build and revitalize the body and mind.

It is recommended that all intake of food be Organically grown. If this is combined with quality supplements then we can be sure to absorb more of the nutrients the body needs on a daily basis...

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EXERCISE FOR YOUR HEALTH, FITNESS AND WELL-BEING

Human beings in their original state of living, had an abundance of exercise out of doors and were compelled to find food, prepare it, raise crops, build houses and gather fuel to live in simple comfort.

As they became more 'civilised' they delegated certain duties to others and confined themselves to limited activities. Today many of us do practically no physical work, while others only do physical work.

Everyone should take some exercise on a daily basis as part of a healthy lifestyle. The normal healthy body is nourished if it is used, if not, it will become weakened.

Long walks away from the stress of modern society are excellent. The woods and forests, streams, rivers and beaches, over hills and mountains... nature waits patiently for us to realise her amazing benefits.

The Yoga adepts focus the mind on their training routines, using it in connection with their bodily movements. This increases the benefits as the supply of vital energy is drawn to the exercised part.

You should put life and interest into your workout and avoid listless mechanical training with your mind elsewhere. If you have fun and enjoy it you will obtain the maximum benefit and glow with Vitality.

These 5 Tibetan Rites are an excellent form of Yoga to completely rebalance the energy centres (chakras).

It is very easy to learn, efficient, effective and only takes 15 mins a day to perform. More info here...
Tibetan Yoga Exercise

Exercise and Fitness Training is the Way Forward

What is Exercise? It is a process by which the cells of the body are placed under controlled stress, and stimulated to reach a degree of metabolic efficiency. It increases your vigour, strength and vitality.

Most forms are good at stimulating particular body tissue, but leave aside the strengthening of others. An efficient form of training will be one which reaches Every cell of the body.

The key to a good workout is oxygen intake and the goal is to increase your aerobic capacity, which is the amount of oxygen your body can process within a given time. This is related to your ability to breathe deeply which ensures oxygen is carried by the bloodstream throughout your body.

There are thousands of fitness systems but according to research done by the North American Space Agency (NASA) - the power of simple bouncing is the most complete system, declaring it to be the most efficient form of exercise yet devised.

Aerobic Rebounding (mini trampoline) vibrates every cell in the body. It increases muscular strength and stimulates lymphatic elimination of cellular toxins and waste materials. It also increases skeletal strength and enhances learning ability and of course its Great Fun.

TIPS FOR YOUR SUCCESS

As you perform your individual routine, there are certain simple techniques you can use to get 'Maximum Benefits from Minimum Effort'.

Deep Breathing is an essential part of a good routine. Zen meditation, relaxation and deep breathing will deliver the quality and amount of oxygen to really benefit your health.

Drink Water and plenty of it, as part of your daily routine. Pure water flushes the toxins from your body and is a vital part of a healthy lifestyle.

Focus Attention and concentration on what you are doing and the benefits will multiply. This can be applied to whatever you are doing and develops will power, mind power and discipline.

Mental Awareness is the level of awareness you have for your surrounding environment. A relaxed awareness will allow you to tune-in to see negative events developing, giving you the chance to avoid them.

Aikido is a Japanese Martial Art based on non-violence and evasive movements. An excellent fitness workout for self defence. There are millions of practitioners across the globe... Aikido - Way of Harmony

EXERCISE FOR HEALTH **THE RIGHT PATH FOR YOU**

As you work-out it is important to warm-up before stretching all of the major muscles of the body. This way you can avoid potential injury.

To improve overall flexibility all stretching should be done slowly without bouncing. Hold the stretch for 10 seconds as you relax and breathe out. This will ensure you benefit your health and not injure it.

The best exercise routine for You is one that interests and inspires you to put your mind and body to work... as ONE. This will also help you to relax and ideally be a form that can be practised in your environment, outside, or wherever you stand on the planet. Good forms of exercise are...

Walking, Running, Swimming, Stretching, Yoga, Tai Chi, Qi Gong (Chi Kung), Aikido, Martial Arts, etc. depending on your particular preference.

The ancient Chinese system of Qi Gong is a natural way to balance and boost the energy centres. It involves deep breathing relaxation and a focused mind. For health and longevity try... Qi Gong

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RELAXATION AND DEEP SLEEP ***FOR YOUR PEACE AND CALM***

Most of us counter-act the benefits of deep relaxation and sleep by using soft mattresses, watching television, and eating before retiring etc. If You are using energy for digestion or processing thoughts, you are not using it to repair and recharge your vital life-force energy while you sleep.

There are 3 levels of sleep which are repeated in a cycle 4 or 5 times each night. The first is shallow sleep where the heart beat drops, breathing becomes slow and regular and the body is liable to toss and turn.

This is followed by a period of deep sleep, where both muscles and brain are relaxed, growth hormones are released and protein production is increased, the body is repairing itself and dead cells are replaced.

Next a period of sleep where electrical activity of the brain increases and the breathing and heart beat become irregular. It is at this level that we dream, which is indicated by rapid eye movement (REM).

Rest and relaxation can be gained by lying immobile without sleeping, we sleep apparently to dream.

If you cannot sleep do not worry, breathe deeply, rest and relax. It is likely that during the sleep you do get, your brain fulfills its dreaming requirements.

Learning To Relax...

To Boost Your Vital Energy

Can you learn to instantly relax and restore your energy - anywhere, at anytime in just a few minutes ? Yes - if you use the methods and secret techniques of Yoga developed by Indian and Tibetan Masters and Adepts.

Here's a quick and easy exercise for You to try...

Settle yourself in a comfortable position, sitting or lying down. Close your eyes and breathe deeply in through your nose and out through your mouth. Contract and tense all of your muscles for 1-3 seconds, then release, relax and just let-go. Do this several times and feel the tension flow out through your heels into the depths of the earth.

To improve the benefits of this simple exercise...

Visualise and imagine yourself in Your ideal relaxing environment...

by the sea, a flowing river or stream, in a forest or wood, at the foot or peak of a mountain, waves breaking on the shore, a garden full of colour with the scent of flowers etc...

Breathe in the pure air, healing colours and beauty of your surroundings, and allow this energy to spread throughout your body and mind. Then as you breathe out let the stress and tension flow out through your heels into the depths of the earth.

To boost the benefits of this simple routine...

Begin and end each relaxation session by gently stretching your body. This recharges and revitalizes your physical and mental vital life-force energy. Take the benefits of this routine further to finally achieve restful sleep and relaxation by including a daily exercise routine...

DEEP SLEEP AND TOTAL RELAXATION

When you have slept well you awaken with renewed energy and have a more positive outlook on the day ahead. It is so important to develop correct sleep and relaxation patterns to put you in harmony with nature and the natural flow of vital life-force energy.

You can determine what is natural by observing that you are energetic after sunrise and tired and passive after sunset. So nature tells you to arise at sunrise and retire at sunset for maximum benefits.

This is not possible for many people as we have developed artificial habits in our busy complex lives in 'modern society'.

It really is essential to arrange your lifestyle and become more sensitive to your individual needs. You must learn to respect your internal rhythm and remember the hours before midnight are the most valuable to replenish vital energy for quality sleep and relaxation.

Doctors and physicians know that nervous problems of tension, anxiety, irritability, anger and many other forms of extreme emotions stop us from being relaxed and at ease. If we are not at ease, then in time we will experience dis-ease... allowing the energy to trickle away in a constant stream with the resulting wear and tear on the nervous system.

If you clench your fists, chew gum, drum repeatedly, frown and generally express your mental states in physical action you are wasting your energy.

This can be seen in all aspects of our 'modern society'... people are too busy leading complicated lives. This puts a drain on energy resources and effects quality of life, leading to dis-ease, illness, and shortened lifespan.

Breathe Deeply and Relax... **Let-Go of Tension and Be Healthy**

Most people who have mastered the ability to relax are usually active, vibrant and full of energy. The difference is that they do not waste energy. Every action, mental or physical, conscious or

unconscious uses up a certain amount of vital life-force energy.

If you have not built up reserves of energy then you can become weakened, tired and drained. Good sleep and relaxation will help build these reserves. When the muscles and nerves are at rest the mind and body become calm and energy is stored for future use.

A good example of this can be seen in the animal world and particularly the cat family. This is an animal relaxed but ready for instant action... followed by instant relaxation again, there is no tension or waste of energy.

Thought takes form in action so what you think about you become. your actions have a reaction upon your mind, so it is necessary to cultivate and develop a calm and peaceful mental attitude.

Freeing yourself from worry, tension and strong emotions like anger can be achieved by looking directly and consciously at the fear involved. You can take control of the present moment, breathe deeply, relax and let-go.

When we are calm and relaxed it becomes easier to focus, concentrate and achieve our goals... the time to relax is when we don't have time to.

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EASILY INCREASE YOUR MIND POWER TO REACH YOUR DREAMS, DESIRES AND LIFE GOALS

Is it possible that you may be part of a large experiment and your mind power is controlled and manipulated by Governments and Corporations. Vast amounts of money spent on marketing suggests that you are under a continuous threat of many subtle mind control techniques.

You are responsible for your own physical and mental health and must take control or be controlled. Once you have taken control of your thoughts through disciplined mind power, You will be free of subtle controlling techniques used in 'modern society' today.

There are principles and laws of nature that can attract positive energy to you. You can speed up the process of transforming your mind by working directly with your subconscious... this is true mind power.

Have you heard of '**The Secret**', a powerful message that is spreading around the planet? It is all based on the Law of Attraction that states that You become what you think about. Whatever thoughts and feelings You focus on... you will become!

This idea has been around for centuries and is used by almost all successful people in life.

So it follows that if you want to be successful and reach your dreams, desires and life goals, You have to apply the secret in your life. Preview it Now...

Mind Power Your Success Tips

- 1** - Make a list of desired goals in order of importance...
imagine them complete and list, in detail, the necessary steps to get there.
- 2** - Read the list at least three times every day. Meditate and visualise your success. Be open and flexible to the subtle signs and relax.
- 3** - Take massive action towards your goals is the key to your success.

4 - Bursts of energy with hard thinking/instant action/honest effort.

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COMPLEMENTARY AND ALTERNATIVE HEALTH OFFERS YOU MANY DIFFERENT PATHS TO HEALTH

More and more people are choosing complementary and alternative health, rather than relying on their Doctor to step in with a cure when something goes wrong. We now recognize that we can influence our health by making an improvement to our lifestyle... a better diet, more exercise and reduced stress.

Most natural therapies and complementary medical treatments have evolved from ancient healing traditions. Some are the result of inspiration, innovation and the dedicated work of healers.

Herbal remedies have been in use since prehistoric times. Chinese and Tibetan medicine, and essential oils were used in ancient Egypt and manipulative therapies have been used for centuries.

The worldwide influence of alternative health has encouraged Doctors to take a more holistic approach to health and well-being.

Some bad news on Your path...

We breathe air that is full of fumes, drink water full of chemicals and eat food grown in polluted soil. Add the stress of modern day living and the fight to possess more and more material goods, can we be surprised that our health is in a chronic state.

In reality Your life is in Your own hands... You must take responsibility for Your health and well-being!

Energy can be re-balanced in a variety of ways as seen by the numerous alternative health therapies available to us today. Before looking for a therapy or therapist it is wise not to over-look the healing power of nature.

NATURE'S HEALING ENERGY

Our world is changing, our needs, beliefs, expectations and definition of reality. Many people today are searching for new mental, physical and spiritual philosophies on how to live. Alternative thought and alternative health remedies are increasingly used to supply lifestyle answers.

We look far and wide for the solutions to our individual health problems, but eventually we will see that the answers are much closer to home. Sometimes the most powerful tools at our disposal are so simple that we have a tendency to over-look them in search of more complex answers.

You can positively affect Your energy levels quickly and simply by putting more 'Oxygen in your Lungs'. This is easy to do as you CAN consciously control your breathing resulting in... More Energy!

You can also drink plenty of water, exercise daily, eat organic fruit and vegetables and take the time for good sleep and relaxation. This powerful combination of methods will Boost Your vital energy.

Healing will come when the vital life force is balanced by strengthening and vitalizing the blood and sending positive or negative vibrations directly to the dis-eased cells of the body via the autonomic nervous system.

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PRACTISE THE ART OF ZEN MEDITATION FOR RELAXATION, PEACE AND CALM

Zen meditation is a form of mental stillness and calm. It is not a religion but a system of living, a method for attaining complete release from the controls of the physical world.

Sitting still in meditation is a practise which allows your mind to become quiet and relaxed. You'll gradually become aware of your surrounding environment.

Success is achieved when reasoning is stopped, this is where the experience and development of intuition may become your true reality.

This approach to meditation is through silent sitting until the mind becomes empty. The essence is the dimension of thought without any individual consciousness. Important principles are correct posture, breathing, relaxation and attitude of mind.

In zen meditation, as in budo, the first level of training is on the conscious use of willpower to act on the principles involved. This period often lasts 5 - 10 years.

The second level of training is concentration without consciousness, where the student is at peace. This is when the student receives knowledge and becomes an assistant master.

The third level the spirit achieves freedom and the student is in a position to become a master in his own right. These 3 stages are identical in zen and budo and take much discipline and patience.

Zen Meditation **In Seiza (kneeling)**

Zazen is beyond thought, it is pure thought without any personal consciousness, balanced and in harmony with the universe.

Conscious thinking is important in everyday life, but sometimes it is possible to act without consciousness or ego. The action takes place by itself before any conscious thought - it is pure action - the essence of zazen.

Seiza with zen aims at the perfection of the human being. The extra achievement of health and longevity are secondary factors.

Follow the universal laws of spirit and nature using posture, relaxation, breathing, self-discipline and patience. The basic method involved is...

- 1 - Sit still, spine straight, chin pulled in, relax down.
- 2 - Breathe gently and deeply, exhale longer.
- 3 - Relax and let go, dropping energy down.
- 4 - Keep mind on the hara, the centre of gravity.
- 5 - Focused eyes, limited blinking.

Whether you are studying the art of zen meditation, aikido, martial/healing arts, natural/alternative health, or any of the vast variety of spiritual paths there is ONE underlying core principle...

Attention to Correct Breathing...

Yes now, breathe deeply and RELAX, just for a moment, You deserve it...
The time to relax is when You don't have the time to!

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MEDITATION IS YOUR PATH TO A FOCUSED MIND

The art of meditation is a way of slowing down, looking within and becoming peaceful and calm. This gives you a feeling of well-being and helps you to connect with the spiritual part of yourself.

Sitting quietly in silence has healing qualities and allows you to become comfortable with yourself.

The first stage is to focus and concentrate on one thing... breathing, a candle flame, your ideal self etc. After a while stage two takes you beyond the noise and concerns of your conscious mind. Thoughts become slow and your subconscious mind is activated. This with patience lead you to the third stage, contemplation where your mind is free of conscious thought and becomes more creative.

Designed studies of the general effects of meditation have shown it produces a physiological state of deep relaxation and mental alertness. Constant daily practise can lead you to Peace, Serenity and Confidence.

The practise of contemplation has a therapeutic value which teaches you how to shape your life for real inner harmony. It can aid you in breaking down rigid mental patterns and through a process of focused energy, allows you to totally relax.

Meditation and Purification A Profound Awakening

One common practise that remains in all of the martial and healing arts of the East is meditation. Many Masters and Adepts have been known to spend months, even years in solitary mountain retreats in contemplation.

In Japanese Shinto tradition a yearly universal purification ritual known as 'Misogi Purification', includes sitting calmly under waterfalls, in fast running ice-cold water to clear the body and mind of toxins.

The secret of contemplation is learning how to Focus your Mind on a single thought regardless of environmental noise and other influences that may distract you. Ideally it should be practised in a quiet place... near a mountain, forest, by the sea, lake, stream or river.

Early morning and just before retiring are the best times to practise on a daily basis. Morning prepares and focuses you for the day ahead and evening ensures sound, restful and healthy sleep.

Zen or Yoga breathing techniques can be most beneficial to your practise that helps balance your vital energy centres... chakras.

For original and unique information and resources on Yoga, Chakras (energy centres), Spiritual Healing, Herbal Remedies, Mantras and Chants, Acupressure, Reflexology, Music Therapy, New Age Music, Organic Food, Sound Healing, Zen and much more, visit... Alternative Health

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THE POWER OF YOGA TO BOOST YOUR ENERGY LEVELS

The art of yoga is one of the oldest practises in the world. It provides a system of physical and mental discipline to improve strength, stamina and flexibility, while calming the mind and relieving stress.

The practise promotes health and well-being through body postures and concentrated breathing techniques. Zen meditation is often included to silence the mind improving focus and concentration.

Hatha yoga deals with the physical, which is an excellent foundation to build upon. A sound, strong, healthy body is necessary for you to do your best work and study. It can be practised on a daily basis to make real improvements to your health.

With the use of mantras and chants you can truly become balanced and in harmony with nature. The discipline has become very popular in the West for its spiritual aspects and relaxing effects. It has been used to control pain, stress and related illness.

Yoga can be divided into several branches and the best known are : Hatha, Raja, Karma, Gnani. Hatha yoga is the branch of Yogi Philosophy which deals with the physical body, its care, well-being, health, strength and more. It teaches a natural way of living.

When confronted with a choice of methods, plans, theories, ask yourself 'what is the natural way' to a healthy body, which is the temple for the spirit.

The Science of Yoga and the Seven Principles

Some of the subjects covered in hatha yoga are... Vital life force energy, study of the body systems, nutrition - prana absorption from food, internal and external cleansing, breath control, control of the involuntary and instinctive mind, pranic energy - exercises, relaxation, solar energy, sleep - nature's restorer, regeneration and revitalization, and mental attitudes.

1 - The physical body is the temple of the living spirit and should be cared for to make it a useful instrument. The body should be kept in good health and trained to obey the orders of the mind.

2 - The astral body has been known to many ancient people and is composed of matter of a finer quality than the physical body and is its exact counterpart and can be separated under certain conditions.

3 - Prana is universal energy and found in all forms of life. It is used in magnetic healing, mental healing, absent treatment etc. Prana can be increased and transferred by willpower for healing using the breath.

4 - The instinctive mind carries out the essential body work of repair, replace, change, digestion, assimilation, elimination, breathing ... all below the plane of consciousness. This is where your animal fighting spirit comes from and must be controlled by the intellect.

5 - The intellect distinguishes man from brute and brings reason, logic and willpower. This is a mental awakening and gives you self-consciousness - the I principle allows your higher nature to always be on guard.

6 - The spiritual mind is the super-conscious mind and many people are aware of a higher 'something within' which leads to noble thoughts, desires, aspirations, deeds, kindness, humanity, justice, and mercy etc.

7 - Spirit is the divine spark, your inheritance from the divine power. A drop from the spiritual ocean, a grain of sand from the shores of the infinite, a particle of the sacred flame. The harmony of God.

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LEARN HOW TO BALANCE YOUR CHAKRAS AND ENERGY CENTRES

Chakras are found next to each hormonal gland and when vital life energy is pushed through the body it invigorates all of your body cells.

Corresponding with your physical body is an energy body which has seven major energy centres or chakras. Each one has an effect on your physical, emotional and psychological needs.

The balancing act is a challenge as some days we soar and other days we are knocked flat. True balance must be reached for each and every day.

The Key to Success is to have a plan of action, an awareness of your needs, desires and life goals and to remain calm, centered and balanced.

When your seven chakras are in balance, life become a challenge, exciting, fulfilling, more productive and satisfying. The best gift you can give your loved ones and the planet is to be a happy, harmonious and balanced human being. A positive example to others.

Boost Your Vital Energy Centres with the Seven Major Chakras

The **1st chakra** vibrates with the colour red, located at the base of the tailbone and is where your personal power and well-being are centered. It provides a firm foundation and its main role is to meet your needs for survival - eating, shelter, warmth, comfort and security. If balanced you feel calm, strong and confident. When out of balance you may feel weak, insecure, isolated, self-conscious, and anxious.

The **2nd chakra** vibrates with the colour orange, located in the lower abdomen and is where your passion and vitality are centered. It provides emotional and sensual well-being and meets your needs for pleasure - good times, good food, good sex, romance and creativity. If balanced you feel sensitive, beautiful and creative. When out of balance you may avoid, control or ignore your feelings and can lead to addictions and depression.

The **3rd chakra** vibrates with the colour yellow, located in the solar plexus and is where your intellect, courage and integrity are centered. It provides physical energy and meets your needs for self-control, self-direction and personal will. If balanced you feel worthy, confident and decisive. When out of balance you may feel a fear of rejection, disapproval, abandonment, depression or suppressed anger.

The **4th chakra** vibrates with the colour green, located in the centre of the chest and is where your compassion, forgiveness, generosity and love are centered. It provides the ability to feel joy and meets your needs for affection, warmth, and friendship. If balanced you feel care about how you affect others. When out of balance you may feel critical, suspicious, defensive, paranoid and unable to be intimate.

The **5th chakra** vibrates with the colour sky blue, located at the back of the neck and is where your communication, creativity, and connection are centered. It awakens the truth and meets your needs for open and balanced communication. If balanced you feel able to speak and listen with clarity and have an ability to connect. When out of balance you may feel anxious, frustrated or angry.

The **6th chakra** vibrates with the colour indigo blue, located in between the eyes and is where your intuition, imagination and visualisation are centered. It provides a bridge between dreams and reality and meets your needs for knowledge and wisdom. If balanced you feel energetic, fluid and spiritual. When out of balance you may feel a low self-image, think too much and be controlling and tense.

The **7th chakra** vibrates with the colour violet, located in the top of the head and is where your

highest spiritual consciousness is centered. It provides a focus on the spiritual meaning of God and the universe and meets your needs for becoming a bearer of light and truth to the world. If balanced you feel the courage to break with convention and overcome objections. When out of balance you may feel an absolute lack of faith in God, the universe or life itself.

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EXPERIENCE SPIRITUAL HEALING FOR BALANCE AND HARMONY

You will know when you have experienced Spiritual Healing. You will be relaxed and at ease with yourself, revitalised, full of energy and belief in yourself.

Everything on this planet (including you), is made up of particles of energy. This energy is the life force of the whole universe. As people, we are all linked together, to our environment and to the universe.

You have a soul which is your real self, and the body is the earthly temple. You are here for the purpose of gaining knowledge and experience, developing virtues which you lack and advancing towards perfection.

Energy follows thought and by gradual withdrawal of soul from outer world activities you can change the nature of your being in your search for healing & truth.

You can move from the outer life which pursues habitual movements and a mass of physical activities, to the inner, silent, observing world. The benefits you can gain from this are wisdom, power and freedom.

Experiencing spiritual healing, gaining knowledge and self-discipline will flood all levels of your being with an energy that can make you whole again. This energy vibrates at different speeds, creating many manifestations in all planes of existence, physical, emotional, mental, memory, and spirit worlds.

You should always check the skill of a spiritual healer... seeking testimonials and references or simply ask your health advisor or General Practitioner for referrals to a registered and qualified practitioner.
Spiritual Healing Studies

Everyone has a spirit that can be refined, a body that can be trained in some way, and a suitable path to follow. You can create peace in your life and apply the Art of Peace to all beings that you encounter on your path.

You can understand who you really are, let go of the fear of death, worry less, and invite more love into your life. This will fill you with energy and allow you to drop undesirable habits.

There are 2 paths in the lower worlds - **love or power (ego)**. Most opt for power, the breeding ground for all ills from the '5 passions of the mind'... lust, anger, greed, attachment and vanity. Power takes and love gives.

The key to spiritual healing is Love energy, which has the power to bring liberation in this lifetime. You can experience this if you dedicate some time to daily spirit exercises in order to build up your spiritual stamina.

Contemplation of the secret inner worlds is the answer and the search is within. If you put your spiritual life before your physical life then you will have a key to unlock the door to spirit, which opens inwards.

The spiritual life is an active life where **you become the knower** by doing. Spirit shows up in

goodness, fair play, a ready ear, tranquility, calm, and love for all living beings. A more detached inner life means that if your plans don't work out as you think they should, life won't crush you.

A crisis is an opportunity in disguise and no matter what life throws at you there is a way to roll with that energy. This means that obstacles can be stepping stones to spiritual healing and enlightenment.

Look for the silver lining in your clouds, maybe there is some reason for what happens. What is the spiritual lesson to be learned. Only love can find a way to open the heart and reach out to circles beyond the one's where you currently reside.

A living master is not someone to worship, but a guide to be respected, loved and honored. Real learning **comes from within yourself** and from your life experiences. Those who follow a direct path to God take nothing for granted, as they must prove it for themselves.

You are the creator of your life and by taking responsibility for your actions, and learning from your experiences you earn wisdom, power and freedom. Different spiritual exercises can be tried until you find the ones that get through your barriers and resistance.

In time, after you have built up spiritual stamina, you will be liberated from being a victim and discover that self-responsibility is not a weight to be carried, but a key to spiritual healing and liberation.

What method do you use in your approach to God... Be a host to God or a host-age to your ego.

- 1 - Prayer is telling God and actively asking for change.
- 2 - Meditation is waiting for God and passively awaiting illumination.
- 3 - Contemplation is actively listening to God and the higher worlds.

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BOOST YOUR HEALTH AND VITALITY WITH NATURAL HERBAL REMEDIES

Since ancient times herbal remedies have been used by spiritual adepts and medical practitioners for their remarkable healing qualities and to soothe body & soul.

After a brief detour into inorganic medicines, humankind are once again being directed to the proper use of herbs, "God's medicine" to restore to abundant health a dis-ease ridden world.

Herbalism is the oldest form of medicine, recorded in many ancient cultures up to 5,000 years ago. The use of herbs were included in the medical philosophies and treatments of the Far East, Middle East and into the ancient worlds of Greece and Italy.

Herbal remedies have also spread through Europe and find many similarities with the Native Americans, and ancient tribes depended upon them for their survival.

The wisdom of herbs and plants was handed down through the ages from generation to generation. There is abundant use of herbal remedies in the West, backed up by modern day scientific study.

Human beings from all over the world are beginning to take responsibility for their own health by looking at alternatives to 'conventional medicine'. The power of herbal remedies can prevent illness and dis-ease and restore harmony to the mind, body, spirit and they are a key to longevity.

**Use Herbal Remedies to
Boost Your Health Levels**

Modern drugs use herbs in a synthetic way that tend to cause many side-effects. This has led scientists back to the herb and plant kingdom and to herbal remedies in general. A natural alternative or complement to conventional medicine is the abundant use of herbalism as nature intended, backed by thousands of years of research and study.

There are more than 350,000 known herbs, plants and herbal remedies available, all with extensive properties that require expert advice for diagnosis and treatment. Alternatively, you can take responsibility for your own health and well-being by making a study of the subject yourself.

Herbalists are interested in holistic treatment, which includes every aspect of the physical, emotional, mental and spiritual to ensure the correct herbal remedies are used to suit the individual.

They discuss diet, lifestyle, medical history, allergies, habits etc. This gives the therapist a complete picture for correct diagnosis and treatment.

Dis-ease and illness come from an imbalance of vital energy usually caused by stress, pollution, chemicals, and poor lifestyle. When symptoms occur we have an indication that the body is trying to heal itself.

Herbs **The Magic Healers**

The following list is for information purposes only, we Recommend you visit a highly qualified master herbalist for diagnosis and treatment...

Amulet herbs are carried by the individual for healing and luck.

Antithelmintic herbs rid the body of parasites and intestinal worms.

Aromatic/Carminative herbs clear stomach and intestinal gases.

Astringent herbs are used to contract the tissues of the body.

Dyes/colouring herbs used by ancient tribes and modern industry.

Diuretic herbs used to flush out the kidneys.

Expectorant herbs used to remove excess mucus.

Laxative herbs to stimulate intestines and bowel movement.

Nervine herbs to soothe the nerves and help relaxation.

Purgative herbs have a stronger effect than laxatives.

Tonic herbs to promote nutrition and tone up the stomach.

Man's desire for better health leads him to begin to pinpoint those few herbal remedies that can give special help. There are a few herbs that have been designated as **miracle herbal remedies...**

Goldenseal should be placed at the top of any list. It aids digestion, is a detoxifier, tones up muscular strength, heals wounds, fights infection and dis-ease. NOT for long term use.

Red Potato is used for healing abrasions, wounds, burns, sunburn. Drinking fresh raw juice gives you important enzymes and vitamin C.

Pimiento is a sweet pepper, that helps to build a strong heart and circulation, helps longevity. It is said we are as " pure as our arteries " and pimiento purifies for renewed vigour.

Kola Nut is effective for many stomach problems, where many health problems originate.

Kelp is a common seaweed which contains every vital mineral required for sustained good health and

builds brain power.

Licorice is good for chest and lung complaints, coughs, colds, influenza, and all mucus conditions. It is also a marvelous blood purifier.

Alfalfa when sprouted is rich in minerals and organic salts. Excellent for regained youth and longevity.

Hawthorn treats heart dis-ease and problems. It is also a diuretic, astringent and tonic.

Celery is good for improving muscular condition, aids restful sleep and calms nerves. It is also good for rheumatism, gout, gas and colic.

Asparagus helps various heart conditions and kidney, bladder and gall bladder ailments.

Parsley is excellent for general health, oxygen metabolism, kidney and bladder irritation, cystitis, swollen glands and colic.

Papaya is excellent to aid digestion. It destroys intestinal worms and is a good blood clotting agent.

Spearmint regulates the PH balance of alkaline and acids. Useful for allergies and sensitivities, regulates gland function, and is an antibiotic with pain relieving qualities.

There are many other herbs with good qualities, but the above list will put you back on the road to balance, harmony and real health. Other **excellent health giving herbs** are...

angelica, anise, basil, camomile, comfrey, dandelion, garlic, frankincense, myrrh, hyssop, guarana, ginseng, carob, goldenrod, rosehip, clove, elder, saint-johns-wort, shepherds purse, valerian, passion flower, balm, balm of gilead, vervain, sage, fenugreek, chicory, fo-ti-tieng, etc.

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YOU CAN USE ACUPRESSURE POINT MASSAGE FOR HEALTH, HEALING AND WELL-BEING

The art of acupressure can help You restore a sense of perspective by examining a method of self-help.

It can stimulate your interest in an alternative approach to personal health care. This develops an awareness that healing is self-generated and creates an initiative of self-responsibility.

It presents an alternative method for **dealing with many of your health problems** and symptoms by using universal principles of healing. Acu-point massage relies on the stimulation of specific points on the body that become tender when your energy flow is blocked.

The nature of vital life-force energy (ki, chi, prana etc.) is to flow smoothly and harmoniously throughout your body and an infinite number of situations can occur in which this energy is blocked.

The acupressure points, when stimulated can help to adjust your vital energy to once again flow freely. If you liberate your natural talents and go with the flow, you will have unlimited energy.

Explore the path-way of personal responsibility with a survival kit which is self-contained in knowledge and can be used anywhere at anytime. This is real health assurance that puts power back into your hands.

**Acupressure Point Massage is the
Natural Path to Self-Health**

Point stimulation can bring instant relief from almost any minor and many major symptoms which affect the human body. It can be extremely effective and easy to learn. The main emphasis is on a handful of basic pressure points close to the feet and hands. It is particularly beneficial for those who suffer from headaches, tension, anxiety, and stress.

Acupoints are based on techniques that have been in use throughout Asia for thousands of years. Generally speaking, the emphasis in the Orient is on maintaining health and longevity before healing becomes necessary.

The application of pressure on certain vulnerable points on the body can be used to heal or harm. Martial Artists have favored this form of healing for its simplicity, using key points on the body for attack as well as to promote the flow of energy and strength.

Central to all healing and of utmost importance is the control of vital life energy, also known as ki, chi, prana etc. This energy can be controlled through the use of external stimulation like acupressure.

It is an imbalance of the Yin/Yang forces flowing through the 12 meridians of the body that causes illness and dis-ease. When an organ becomes blocked or sluggish the acupressure point stimulation will repair the flow of essential energy to rectify the problem.

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REFLEXOLOGY FOOT MASSAGE FOR BALANCE AND HARMONY

The art of reflexology can be found in the healing methods of many ancient cultures. It is a holistic therapy based on the idea that all illness and dis-ease are caused by our thoughts and lifestyle.

Your feet connect you to the earth and with the use of modern footwear you have become disconnected. Massage using reflex therapy simply stimulates your body's natural ability to heal itself.

A healer using reflex therapy or reflex zone therapy, concentrates on the reflex areas of your hands and feet where the nerve endings are close to the skin and more accessible to massage. Stimulation of these reflex points will release any blockages of energy, toxins, poisons, stress and tension which improves your blood circulation.

Each reflex area on your feet directly corresponds to the location of the organs in your body. These same points can be found on your hands.

An effective method of massage is to **walk barefoot over rough terrain** which will stimulate the reflexes and improve the circulation throughout your body.

This will also gives you exercise and fresh air, a combination of powers that allows the natural life-force to bring renewed vigour to every part of your being.

Reflexology Foot Massage is
an Ancient Healing Technique

The art of reflex zone therapy was first introduced in the West by William H. Fitzgerald in the early 20th century. He discovered that pressure applied to certain parts of the body had a healing effect. He went on to develop a map of the body on the feet and reflex zone therapy was born.

His studies were continued by Eunice Ingham who believed that all parts of the body could be treated by applying pressure to the feet. Reflexology is healing and therapeutic because it uses touch and massage to aid deep breathing, relaxation and healing.

In reflexology, the body is divided into 10 vertical energy zones that run from the feet up through the body to the head and down through the arms to the hands. All of the organs in a zone can be healed by massaging specific areas on the feet and hands.

Most reflexologists concentrate on the feet and are able to feel which areas are out of balance by the level of response of the patient. These painful areas are then eased by the application of pressure.

A consultation with a reflexology therapist will include detailed questions about general health and lifestyle as well as an examination of the bare feet. Treatment is applied by pressure to specific points to stimulate the body and restore harmony.

The number of sessions required will vary depending on the nature of the particular problem and how long it has been experienced. Many common disorders have been found to respond well to reflexology, although there is no 'scientific' evidence that these energy lines exist.

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PURE ORGANIC FOOD... YOU ARE WHAT YOU EAT!

Organic food has been the basis of the human diet throughout history. In the 20th Century we began to be subjected to man-made chemicals in our food.

The foods you eat **give you the energy for optimum health**, if they are pure and of the right quality. Healthy eating is a key to well-being and you can boost your vitality and well-being with natural food.

Organic food is free from chemicals, it purifies and feeds the cells of your body. It has up to 26% more dry matter and less water than foods that are sprayed with pesticides and grown with chemical fertilizers.

Yes, it is a bit more expensive, but in reality organic food should be part of a healthy lifestyle and not seen as a luxury. Eating non-organic food will be much more costly in the long run for your health.

You can avoid consuming chemical cocktails that effect you, your family and your environment, by using organic foods. By choosing organically grown foods, you can vastly improve your health and well-being.

All organic foods and products grown or made in the UK must carry a 'Soil Association' certificate. This proves the safety and purity of the product.

" Healthy soil, healthy plants, healthy people "

**Lady Eve Balfour,
founder of The Soil Association, 1946.**

The UK Government Organic Action Plan is to double the proportion of UK organically grown food from 35% to 70% of the total UK retail market by the year 2010.

*" It has been estimated that eating at least 5 portions
of a variety of fruit and vegetables a day could reduce
the risk of death from chronic diseases such as
heart disease, stroke, and cancer by up to 20% "*

Department of health, UK.

Real Health, Vitality and Longevity
The Way Forward

Labelling on our foods are rather misleading and do not tell us the whole story. Unless you eat only organic food, you are consuming traces of pesticides that build up in your body causing ill health and dis-ease.

The first family of pesticides were organochlorines that proved to be toxic and unbiodegradable, and most were banned in Europe. These were replaced by organophosphates, and in the UK over 25 tonnes of pesticides are sprayed on crops every year.

Many of these compounds are known to be carcinogenic, linked to birth defects, affect fertility and are toxic to the brain and nervous system. Exposure is linked to many health conditions... depression, poor memory, aggression, parkinson's disease. Tests have also shown pesticides to be associated with... asthma, eczema, migraine, bowel problems.

Governments allow pesticides because it is argued that they are safe to humans at low levels. These tests are only done on individual pesticides, and no-one has tested them in the infinite combinations we are forced to consume them in. There are multiple residues found on lettuce, apples, strawberries, pears, oranges, celery, carrots etc. etc.

This all adds up to a cocktail of pesticides with completely untested and unknown effects on our health. Studies have shown they may be hundreds of times more toxic in combination than alone. People who are young, elderly or stressed are far more susceptible to toxins than the average healthy adult, so the set safety levels are meaningless.

You should aim to drastically **reduce your exposure and intake of these chemicals** by choosing organic foods as often as possible. Much of the energy is used by the body trying to minimize the effects of these chemicals. Some cannot be eliminated and are stored in the tissues of the body until you are overloaded, leading to illness and dis-ease.

By supporting the organic movement back to nature, you are helping to reduce the damage of chemical pollution. This is a real threat to your health, your environment and the future of humanity.

Eating raw, organic food is the most natural and beneficial method of putting nutrients into the body. Raw foods are full of enzymes, vitamins, minerals and trace elements that are essential for health and longevity.

Avoid... sugar, alcohol, coffee, tea, hydrogenated fats, excess animal fats, fried, burnt, browned food, refined or processed food with additives, and cook food as little as possible.

Eat organic foods... raw fruits, vegetables, whole grains, nuts and seeds, beans, lentils. Drink at least 6 glasses of pure water, diluted juice, herb & fruit teas daily. Supplement with a quality, high-strength multi vitamin and mineral and 1000mg of vitamin C each day.

*Do You want to learn the **6 Key ways** to boost your energy levels?
Get full step-by-step details on how to quickly improve your health!
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**LEARN HOW TO TUNE IN TO
SOUND HEALING VIBRATIONS**

Sound Healing in the 21st century will make use of light and sound, working with the vibratory rates of elements, cells, organs and states of consciousness.

Composers of healing music will use frequencies of audible sound and the human voice for the prevention and cure of illness and dis-ease.

The vibrations that produce sound represent an energy that is found throughout nature, our world and beyond into the realms of the universe.

Music therapy, mantras, chants, and new age music all have ancient origins. The knowledge of sounds and words of power have survived centuries of materialism and remain a living heritage for the future.

Within the mysteries of sound healing energy is vibrational motion, which you can use for healing, inspiration and path-ways that lead to harmony.

Your voice reflects the current state of your health. A healthy voice will be versatile, sensitive, warm, clear, and has purity of tone. Using the voice for sound healing will give you the vitality to transform your life.

Vibrational Sound Healing **The Energy of Life and Creation**

Sound is created as the vibratory motion of particles and represents an energy that is found throughout nature. You can harness and direct this power using the vibratory rates of your own voice and the sounds of nature to heal.

Sound is the vibrational motion of atoms and molecules that has enormous potential to bring together the hearts and minds of millions for common causes. The success of musical fund-raising events (feed the world) demonstrates the powerful unity achieved through shared music.

Music is the gateway to the path of personal discovery. Children have an open mind and are often more willing to express themselves through instrument and song.

Your search will ultimately lead to meditation and contemplation to create harmony of your consciousness with nature, the planet, and universe.

Scientific research has shown that different sounds effect different parts of the body and therapeutic application of these frequencies can help disorders of the body and mind.

The seven main chakras (energy centres) are linked to various organs and body systems. Each chakra has an associated musical note.

Using **sound healing vibrations can put you back on the path to wisdom, freedom and power** . It can help you relax and balance your mind, body and spirit for real harmony. Release the unconscious mind, tune into the rhythms of life and discover the music in nature and language.

Music has the power to influence the pulse rate, respiration, emotions and the flow and balance of energy in your whole being. Sound is the first principle of the universe and holds many answers to your questions on life, health and well-being.

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PLEASE NOTE

The information provided in this ebook is for educational purposes only and not intended to diagnose, treat, cure or prevent any dis-ease. It should not replace the advice of your health advisor or doctor.

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