



## Aikido (Martial Art)

[www.learn-aikido.org.uk](http://www.learn-aikido.org.uk)

Aikido is a Japanese martial art of self-defence which is ideal for all ages and all levels of fitness.

Beginners are welcome at all classes and are introduced gradually to techniques and safe ways of falling to protect their body (members are encouraged to develop at their own pace).

Adults and Juniors are taught a range of moves and techniques that are based on self-defence which can also aid weight loss, increase fitness and stamina, improve balance and develop self-confidence.

Learn to defend yourself by blending with an attacker's power, dispersing their energy, and finally, throwing or controlling the attacker.

Aikido is an effective form of self-defence derived from Japanese Bujitsu (Warrior Ways). Aikido has a history of over 800 years, during which time, the techniques were used and developed in hostile conditions. Over the years the techniques have been modified and adapted to suit our modern style of living.

The great attraction of Aikido is that the techniques practised, require very little strength to make them effective, and therefore can be practised by both men and women of all ages. Aikido deals with pressure points, throws and locks.

Kenshinkai Aikido practices the Yoshinkan style of Aikido which is not sport orientated or competitive and can be used to counter various attacks.

### Training:

The art consists of a combination of throwing techniques and controlling movements including a wide range of practical self-defence techniques.

Basic exercises and movements are taught in addition to learning how to fall safely. These are designed to condition your body whilst practising Aikido.

During classes you will be shown dynamic techniques to control your partner's attack by blending with their power and redirecting it against them.

By constantly practising these techniques, your speed and agility will increase and you will become more competent in an aggressive situation.

Grading is optional and is held every 6 months, your instructor will work with you to ensure that you are fully prepared for grading if you wish to participate.

Traditional weapons such as Jo (wooden staff), Bokken (wooden sword) and Tanto (wooden knife) are also taught.

Training uniforms can be purchased from the club at a competitive price.

### First Class:

Wear t-shirt and jogging bottoms

Bring a drink

Check the website "cancellations" list before travelling to classes, as occasionally classes are cancelled for various reasons.

## Locations / Times / Fees:

See website for details of all available classes, fees and FAQs. Check the website "cancellations" list before travelling to classes.

## Juniors:

Junior classes available in some areas and include the following:

- *Team Games*
- *Martial Arts Games*
- *Self-Defence Tactics*
- *Aikido Techniques*
- *Fitness Drills*
- *Balance Drills*
- *Reaction Drills*
- *Safe Falling*
- *Japanese Language*
- *Discipline*
- *Respect*

Family discount available (for more than one junior member at the same address)

## Thinking of Having a Go?

If you are interested in learning the Japanese martial art of Aikido or have further questions, please come along and take part in a first class for FREE (or watch if you prefer).

Download an information pack from our website: [www.learn-aikido.org.uk](http://www.learn-aikido.org.uk) or email us at [kskaikido@outlook.com](mailto:kskaikido@outlook.com)

*ALL Club Instructors are first aid qualified and have a minimum of 10 years experience in the martial art of Aikido. ALL Instructors involved with the teaching of juniors have been DBS checked.*

- *First lesson FREE*
- *Beginners welcome at all classes*
- *Qualified instructors*
- *DBS checked instructors*
- *First aid qualified instructors*
- *Non-Profit association*
- *Traditional weapons classes*
- *Internationally recognised*
- *Affordable classes*
- *Established since 1970s*

# AIKIDO MARTIAL ART

*Aikido is a Japanese Martial Art of self-defence, which can counter many different attacks*

**FIRST LESSON FREE  
BEGINNERS WELCOME**



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*Aikido can also aid weight loss, and improve fitness, stamina, balance and confidence.*

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