

KI AIKIDO

Regular practise of Ki Aikido creates improved physical wellbeing and trains the mind. This leads to a healthy mental and spiritual disposition, gradually leading to an unbreakable self-confidence.

Aikido means: the way of life (DO) to harmonise and blend (AI) with the spirit of nature (KI).

Ki Development consists of exercises that explore how to harness the power of unifying mind and body. Ki Aikido applies and extends this knowledge through techniques with a partner. These exercises simulate problems in daily life - the unique principles in this art are directly applicable to dealing with the many challenges that we may face in our daily lives.

The real Aikido spirit seeks to help others as well as oneself. Politeness, rules of behaviour and common decency are very much a part of Ki Aikido. After starting practice one should continue with a strong mind, striving to understand the deeper principles of Aikido. Thus, achieving a great benefit for oneself and for wider society.

GUIDELINES FOR PRACTISING SHIN SHIN AIKIDO

The following points should help you get the most from your practice:

1. Apply yourself sincerely.
2. Practise with an open, exploring mind.
3. Trust your teacher.
4. Be mindful of the correct attitude and etiquette.
5. Be respectful of higher grades.
6. Be kind and helpful to lower grades.
7. Explore how to apply Ki Aikido principles in your everyday life.
8. Aim for positivity of thought and speech.
9. Share the knowledge and understanding you gain.
10. Allow the practice to change you.