

Why Study Aikido?

Aikido training is a serious commitment, but with significant rewards; including improved health, confidence, cardiovascular and core muscle conditioning, as well as the skills to defend yourself instinctively.

For the newcomer, learning Aikido is usually different and fun. In addition to the aerobic buzz of a rigorous, health-promoting workout, there is always something new to learn, and each class offers a new discovery.

Because the focus is not on competing with others, but with mastering ourselves, progress is tangible, and you will take home a great sense of accomplishment from each session.

A Lifetime Art

Aikido training can be beneficial at any age. Unlike arts based on physical strength, practitioners can continue evolving endlessly, maintaining activity and energy levels of those decades younger than themselves.

Although the techniques of Aikido constitute a highly effective form of self-defense, what is really being presented is a path for the development of mind, body and spirit.

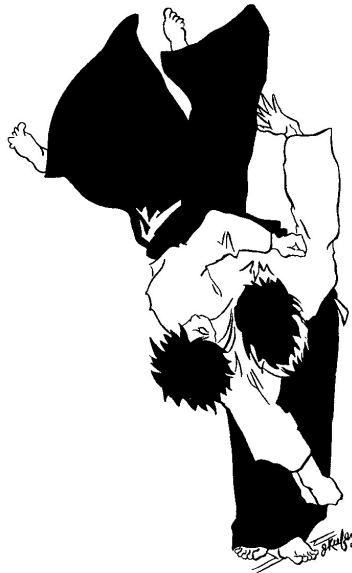
While it may take only a few years to become sufficiently proficient to protect your own life, it can take a lifetime of study to reach the ideal of saving your attackers as well.

There is no limit to where you can take this art, how long you can practice it, or the difference it can make in your daily life. It is truly intended to be a Way of Life.

Benefits

Aikido is a dynamic martial art which aims to achieve “centeredness”, a process which offers development in the following areas:

- Flexibility
- Aerobic Fitness
- Self Confidence
- Stress Reduction
- Balance & Posture
- Core Strengthening
- Breathing & Relaxation
- Coordination & Sensitivity
- Mental Focus & Awareness
- Self Defense Applications



St. Louis Aikikai

Aikido@StLouisAikikai.org

www.StLouisAikikai.org

314-733-0356

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Aikido Schools of Ueshiba



***“True Victory is Victory
over Oneself”***

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Aikido@StLouisAikikai.org

Eureka · St. Charles · Chesterfield

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What is Aikido?

Aikido is a Japanese martial art developed in the twentieth century by “The Founder”, Morihei Ueshiba (1883 – 1969).

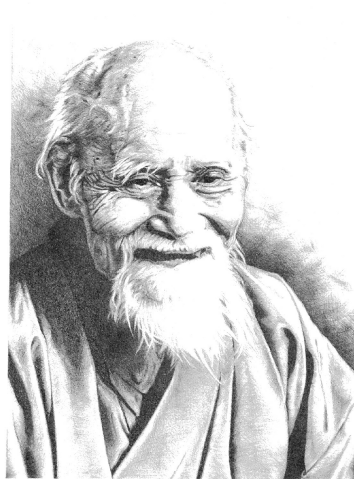


Illustration © J.Keefe 2005

In response he developed Aikido, “The Way of Harmony”, with the purpose of resolving conflict without violence. Within its teaching is the potential to neutralize aggression without inflicting injury.

The core techniques of Aikido were derived by The Founder from many traditional Japanese martial arts, including those of the sword and spear.

It includes sophisticated methods of throwing and pinning, specifically designed to extend existing natural movements of the body.

This focus on natural movements means that it is possible for the person receiving a technique to learn to do so without injury, even at full speed and power.

Because the techniques of Aikido are drawn from weapons practice, the same techniques can neutralize armed or unarmed attackers.

The Founder mastered many traditional Japanese warrior arts but was troubled by the disconnect between his spiritual training and the destructive potential of his martial skills.

“You Fight, you Lose!”

We use wooden training weapons to learn the principles of armed combat and to apply them to our empty handed practice.

In fact, we generally assume that an attacker is stronger, more heavily armed, or not acting alone! In this situation, resistance is self-defeating, and fighting may get you killed...

Instead we learn to blend with an attacker's violent energy - redirecting or neutralizing it – leading to a comprehensive system of projections and immobilizations.

The key is to achieve victory without fighting!



“True Victory is Victory over Oneself”

Aikido is based on the subtle principle of non-resistance, which directly stems from its roots in Japanese swordsmanship.

The objective of training is not competition with others, but rather the constant refinement of yourself – physically, mentally, spiritually – the objective is to achieve “Self Victory”.

Everyday practice is health promoting: conditioning your limbs and strengthening your core. Your body will become limber and relaxed, your mind clear and focused.

Aikido Schools of Ueshiba

Our school is affiliated with Aikido Schools of Ueshiba under Mitsugi Saotome Shihan (8th dan), a personal disciple of The Founder for fifteen years. Saotome Shihan has been instrumental in spreading Aikido throughout the U.S. since he left Japan in 1975.



We also enjoy guidance and inspiration from Hiroshi Ikeda Shihan (7th dan), a student of Saotome Shihan in Tokyo, who followed him to the U.S. and since 1980 has been the chief instructor of Boulder Aikikai in Colorado.

St. Louis Aikikai

Our mission is to promote the relevance of the art of Aikido in modern society, and to create a first class community of traditional Aikido practitioners in the St. Louis region.

Our school was founded in West County, St. Louis in the year 2000.

Instructors

Michael Grossman Sensei (5th dan)

Grossman Sensei began studying in New York in 1972, and has been training for 25 years around the world, including 13 years at the Aikido Headquarters in Tokyo.

John Ekey Sensei (2nd dan)

Ekey Sensei has been training for 18 years and was a personal student of Ikeda Shihan at Boulder Aikikai for 11 years.