

St. Louis Aikikai

Aikido Schools of Ueshiba

Demonstrating Aikido at the
Japanese Festival
Missouri Botanical Garden

Labor Day Weekend

September 4-6, 2004

4344 Shaw Blv., 314-577-9400

Sunday Sep. 5: 10:00 am

Monday Sept. 6: 10:00 am



St. Louis
Aikikai

at

Comprehensive Chiropractic
113 West 5th Street
Eureka, MO 63025

Contact

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What is Aikido?

"Aikido is a Japanese non-competitive martial art in which the guiding principle is to redirect an attacker's aggressive force such that the attacker is neutralized but unharmed."

"Aikido is more than a physical art. Its unique blend of physical and mental training emphasizes centering, blending with conflict, relaxation, timing, intuition and energy flow."



"True Victory is Victory over Oneself"