



Memorial University (MUN) Aikido Club

A non-profit club ratified by the Memorial University of Newfoundland Students' Union – MUNSU. Aikido has been practiced at MUN since 1980.

Membership is open to students, staff and residents of Metro St. John's.

The Club operates year round.

What is Aikido?

The Japanese word Aikido is written with three characters: **Ai** ... to meet, harmonize; **Ki** ... energy, spirit, mind; **Do** ... the way.

Aikido is the fusion of several classical Japanese martial arts and is largely defensive in nature. Movements are natural but the accompanying force projections are devastatingly effective.

Practicing Aikido does not depend on strength for effectiveness. The defined and graceful quality of Aikido makes it appealing to both women and men of all ages.

The Founder

The founder, Morihei Ueshiba (1883-1969) a gifted martial artist known as O-Sensei (Great Teacher) developed Aikido early in the 20th century. He trained extensively in ju-jitsu, sojutsu, and kenjutsu and refined the techniques of each to reflect his personal convictions concerning self-defence, peace and harmony.

Consequently, the purpose of Aikido is not the destruction of an enemy but, rather, the control of difficult human aggression. Peaceful resolution of conflict is the ultimate goal of Aikido.

Dynamics of Aikido

The essence of Aikido is in natural movements of the body as a whole unit. The importance is the use of conserved internal energy **Ki** in a powerful manner.

Physically, techniques literally stop, deflect and redirect the force of an opponent. Techniques move to throws, joint-locks, or pins that neutralise the opponent's physical intent. As such, Aikido is non-competitive and there are no tournaments.

Aikido can be classified into throwing and controlling techniques all of which incorporate hand techniques. These techniques rely on precise timing, speed and the actual

dissipation of concentrated power. As such, an Aikidoist uses minimum movements with maximum effectiveness for self-defence.

Benefits of Aikido

Practicing regularly will result in increased stamina, flexibility, and muscle development. One also acquires self-discipline and a relaxed physical and mental sense of "being."

Schedule and Location

Tue. & Fri. (7:00 - 9:15 p.m.)
Sun. (10:00 a.m. - 12:00 p.m.)

Combat Room G2001
Physical Education Building
Memorial University Campus

Fees

Students (\$55) per semester
Non-students (\$80) per semester
Canadian Aikido Federation (\$15) annual fee.

Contacts

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General inquiries

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