

AIKIDO that is on the one hand dynamics and the joy of movement, on the other hand training is rounded up by stretching-, breathing- and concentration-exercises.

AIKIDO was developed in Japan and the word means:

AI = harmony; **KI** = mind, spirit, vitality; **DO** = art, way of practice. The aim of AIKIDO is the unity of body and mind on the basis of a martial art.

In our training attacks are diverted to round, circular movements and are finished into a throw or a grab of holding. In this context we learn to use the energy of the attacking movement for (defending) ourselves. (In Japan: "ju principle")

There are no competitions in AIKIDO and therefore there are no winners or losers. In principle we practice with one another and not against another.

Continuous training of AIKIDO promotes besides fitness and liveness, a good perception of the own body, the alertness and a peaceful attitude.

For further information: www.aikido-uni-r.de