

LIVING AIKIDO

non-violent Japanese martial arts

Shodan

grounded, centered, generous,
open-hearted, loving, right action.

505 W El Roblar, Meiners Oaks, CA

(805) 628-2454

Service

As you enter deeply into your Aikido practice, there is a need in the self to follow a larger calling.

The Founder of Aikido called on us to use our practice of martial arts not to aggrandize or even simply enjoy ourselves, but to help in the creation of a single human family.

As we train ourselves to relax, to flower and open in the face of intensity, to see potentially violent situations as the intense connection and opportunity for peace that they are, we give ourselves the opportunity to shift the experience of the world and serve ourselves and our fellow human beings.

Your work in Aikido - as long as it is sincere and whole-being'd - will create more peace in your life, more harmony between yourself and others. Scientific studies show that compassion (love/ai) passes on to seven people beyond our initial impact. Negative actions pass on to three other people. If we got half the people in our own lives to actively practice peace and self development, there would be an overwhelming shift in our homes, our community, our cities, our world.

Everything begins with your simple decision, which you are given the opportunity to make over and over and over again: love or hate, peace or war.

All decisions are this decision.



Non-Violent: entering into another's space only with permission and positive intent.

Non-Resistant: anywhere there is fullness, we do not enter. Look for emptiness.

Non-Aggressive: being present with the intent to help, not to dominate, win, or destroy.

Right Action: surrendering what you do not to your thinking, but to a deeper sense of what will create more peace in the world.

Jiyu Waza

Free-form technique is the cornerstone of Aikido practice.

Taking the basic forms and applying them in spontaneous moments of interaction allows us to begin to loosen the hold of our minds and begin to trust the deeper self which has always been there to guide us.

Jiyu-waza is the process of asking something other than your mind: what needs to happen in order for this interaction to be more harmonious, to create more grounding, opening, loving in the world?

If you ask that question often enough, you will start to become free.

BEGINNING

Years of practice to arrive at the beginning.

Relaxing and staying aware in the face of powerful energies.

Investment of attention and skill in order to begin to let go.

You have learned the alphabet.

Now strive toward poetry.

Kihon waza - basic technique - is the floor on which we build the house of our Aikido.

While you are doing the work of opening your heart, cleaning your mind and spirit, return again and again to the training ground of basic technique and find yourself in the simple mirror of the Art of Peace.