



What is Aikido – copyblocks for publication use

100 Words

Morihei Ueshiba, commonly referred to as “O Sensei” meaning “Honoured Teacher”, developed traditional Japanese Aikido, whose name translates as “The Way of Harmony”, into its current form during the early 1900’s.

Aikido uses absolutely no kicking, punching, blocks or strikes, viewing these as essentially aggressive. Instead, Aikido techniques neutralise the attack (strike, grip, kick, etc) by applying joint-locks, ground-pins or throws, in order to take control of the attacker.

Aikido's non-violent intent results in a wonderfully effective system of self-defence that is dynamic and powerful, however minor adjustments to neutralisations will return them to their lethal origins.

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