

Towcester Aikido Club

合氣道

The Way of Harmony

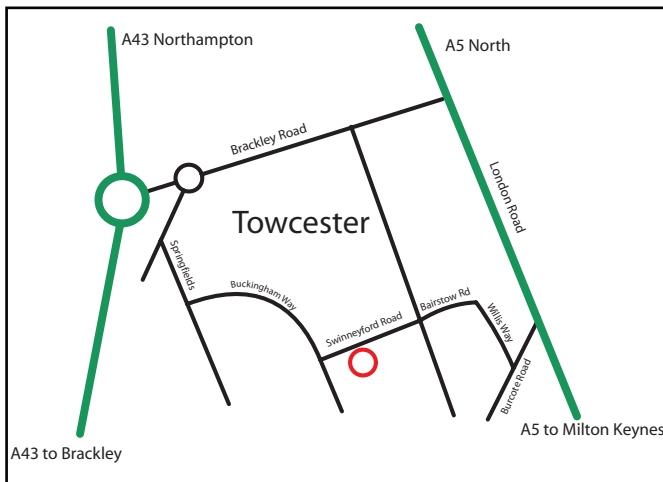
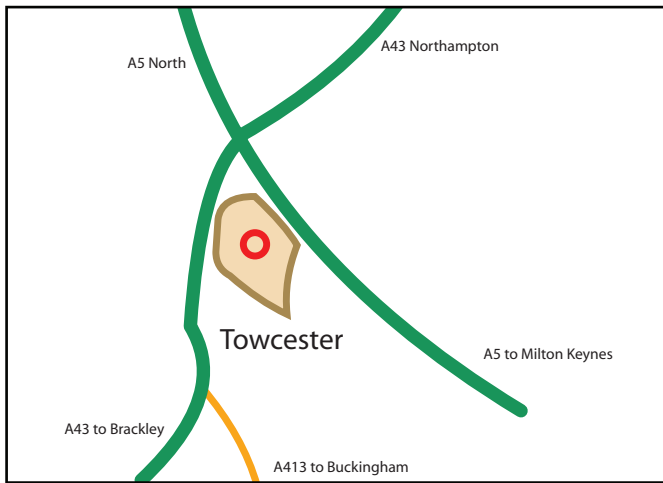
For men and women of all ages

Every Thursday 8.15 - 10.00pm

Towcester Sports & Social Club
Swinneyford Road (Opposite Health Centre)

Come and have a go!

Lesson price £2.00
First 2 lessons free



Venue

Towcester Sports & Social Club CIU Ltd
5 Swinneyford Road,
Towcester,
Northants,
NN126HD

Towcester Sports and Social Club is a Private Members Club and
Licensing Laws Must be Adhered to.

For more information
contact:

www.towcester-aikido.co.uk

Aikido

Aikido is a Japanese Martial Art created in the 1920's by Morihei Ueshiba (1883 - 1969). One translation of Aikido is "The Way of Harmony of Spirit".

Based on spherical movements by which an attacker's aggressive force is turned against itself, Aikido uses energy from the opponent's momentum to execute joint immobilisations and throws.

Practices with bokken and jo (wooden

training weapons) serve to assist in the understanding of techniques and their development.

Since conception, Traditional Aikido has been non-competitive and is not founded on size or strength, but rather the "Ki" or energy from within.

Towcester Aikido Club

Established in 1973 by Sensei Mike Smith. In addition to unarmed practices, the club now utilises traditional Japanese weapons as practised by Saito Sensei of the Iwama Dojo in Japan.

Kai Shin Kai.

Towcester Aikido Club is a member of the Kai Shin Kai organisation. Kai Shin Kai is a traditional school of Aikido registered with the British Aikido Board.

The organisation has twenty-four member clubs; twenty are spread throughout Britain, two in Northern Italy, Aosta, and two in the United States – in Tampa, Florida, and Las Vegas, Nevada.

As there are many schools of Aikido, Kai Shin Kai has an open heart, open

mind, open school policy to encompass these styles within the organisation allowing each club its own autonomy but asking that they adhere to recognised standards when entering into gradings for Ikkyu and above.

Senior gradings are held once a year in April for Ikkyu and above students.

Each year there are weekend or Sunday courses held using KSK's own senior instructors and also inviting Senseis from other countries. The major courses are normally held in Aylesbury, Bucks at a local Community Centre and are open to all classes of membership.

Further information about Kai Shin Kai can be obtained from: www.kaishinkai.co.uk

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