

Aikido



How would you briefly describe Aikido, without using the word "aikido"?

What are the benefits of Aikido practice?

<p>Our practice sustains a growth and deepening of mind, body, spirit that allows for a recognition that we are all one. As we proceed in the direction of a more constant state of awareness of the Oneness of all beings and our part in Nature, we manifest peace and harmony.</p>	<p>With on-going practice, we become more mindful, more present, more compassionate and caring of all beings. In doing so, we are healthier, more alive, less fearful and are more capable of helping to build a world of Harmony.</p>
<p>A way to study a philosophy of Peace through the body</p>	<p>One aspect I find particularly intriguing and useful: Aikido can provide the somatic experience of attunement, connection, harmonious relationship, and transcendent conflict resolution in response to physical or psychological violence. From this intentional (repetitive) practice, Peace emerges/manifests.</p>
<p>Aikido is a defensive martial art which distinguishes itself from other martial arts by its strict adherence to the practice and application of non-injurious techniques thus protecting from harm one's attacker as well as oneself.</p>	<p>Emotional, spiritual and relational growth as well as physical fitness and flexibility, community engagement and fun.</p>

a true budo of love	inner and outer practice
a practice which, when practiced sincerely, allows you to live a better life	developing the ability to not be ruled by your emotions
A martial art whose highest ideal is to protect the defender, bystanders, and attacker from both the defender and attacker.	Empathy, confidence, body awareness, and body control.
A path to learning who you are.	Beginning to understand how to live peacefully.
A martial art that involves blending with your partner and using their energy in completing techniques involving throws, wrist locks, etc.	It's a way to connect with your center and with other people that have a common interest.
Way of peace	Centering, self-discipline, introspection, learning a martial art, exercise, and understanding of the universe
A martial art system that uses joint locks and throws to control your opponent and defuse aggression.	Exercise, imprint strength and confidence, meditation in motion

<p>A way toward inner harmony which will then develop harmony with others.</p>	<p>Self-insight, inner harmony, tolerant to ambiguity, self-confidence, ability to manage stress.</p>
<p>Learning a way of being in which we become aware that we not unconnected with other.</p>	<p>Common space to practice whatever it is we seek.</p>
<p>A beautiful martial art that is struggling to remain relevant in modern times</p>	<p>Exercise and community. Very minimally self defense</p>
<p>Soft, powerful, elegant and difficult to master. It's the hardest martial art to master.</p>	<p>Health and mind body connection. You also improve your social skills and etiquette.</p>
<p>Graceful movement to keep you from harm.</p>	<p>Health, flexibility, increased balance, posture improvement, increased awareness, safe falling skills.</p>
<p>The art of being in harmony with your surroundings and transforming energy.</p>	<p>Health, calm, friendship, humility.</p>
<p>A martial art founded on the principle of harmony, i.e. blending with an attacker's energy rather than opposing it.</p>	<p>Increasing awareness of oneself and one's surroundings including a potential attacker's intent, learning how to fall safely, being comfortable in your body, learning how to ground oneself mentally and physically in unpredictable situations.</p>
<p>Somewhere between fighting and dancing.</p>	<p>First, physical fitness, second a vehicle for understanding and adapting to others, third a means to train your own mind and evolve your outlook; last a means a self-defense.</p>

<p>Positive self defense</p>	<p>Awareness, posture, exercise, connections</p>
<p>A Japanese Martial art</p>	<p>Staying nimble, learning to get out of the way</p>
<p>A path to peaceful living through martial practices.</p>	<p>A calmer disposition, confidence, management of conflict and respectful relationships.</p>
<p>Martial art which allows humans to be one with the Universal Force</p>	<p>Propagation of peace and harmony, spiritual growth and mindfulness</p>
<p>The practice of fully understanding and accepting the intention of another, in the moment and without judgement, so as to sharpen and make more true your own intention, and bring about resolution.</p>	
<p>Aikido is a choice and a life philosophy that prioritizes non-violent and de-escalated solutions to social and/or physical conflicts.</p>	
<p>It is a practice of harmony, body and mind, analogous to rhythmic entrainment, by which, in the presence of discord, we attune resolution, deeply listening to ourselves, to others, and to the world around us.</p>	<p>Balance, co-ordination, self-confidence, compassion, artistry</p>