



Aikido is budo, a Japanese Martial Art, founded in the early 1900's by Morihei Ueshiba. True budo does not focus on particular techniques but on the unification of technique with the body and spirit. At the heart of Aikido is the Eastern concept of Ki (life force or breath - the universal creative principle). Aikido seeks through practice to unite the universal Ki with the Ki found within each person. Aikido literally translates as "the way of harmony with Ki".



In order to harmonize with an attacking force one must use movement to great effect. Aikido movement maintains a firm and stable centre with an emphasis on spherical rotation characterised by flowing, circular motions. These pivoting, entering and circling motions are used to control and overcome an opponent. The principle of spherical rotation makes it possible to defend oneself from attack by an opponent of superior size, strength and experience.



Although Aikido movements are soft, rational and smooth as in nature, by combining our own power with that of our opponent this movement can become devastatingly effective. The gentle quality of Aikido makes it appealing to men, women and children regardless of age.

Aikido offers not only spiritual development but also provides exercise and teaches proper etiquette and behaviour. Aikido practice does not involve sparring or competition; instead it relies upon partners working together to study the principles of the art.

True budo depends upon the spirit of the practitioner.



MK Seishin Aikido Club has been established in Milton Keynes since 1980.

The club has 5 instructors. We welcome anyone to come and train with us at any of our locations.

## Training Times

### Juniors

Monday 18:30 – 19:30 (Tattenhoe)

### Seniors

Monday 19:30 – 21:30 (Tattenhoe)

Wednesday 19:30 – 21:30 (Tattenhoe)

Thursday 17:30 – 19:00 (Open University)

Thursday 19:30-21:30 (Kents Hill)

Please see our website for location maps.

### Training Costs

£20 per month - Seniors

£10 per month – Juniors & concessions

£5 per class - visitors

### Annual Membership cost

£16 – Seniors

£10 – Juniors & concessions

[www.seishinaikido.com](http://www.seishinaikido.com)



Milton Keynes Seishin Aikido club is affiliated to the British Aikido Board through its membership of the Lancashire Aikikai.



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## Milton Keynes Seishin Aikido Club

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For more information go to:

[www.seishinaikido.com](http://www.seishinaikido.com)