

If you think that "Martial Art" means to have opponents and enemies and to be strong and defeat them, you are mistaken!

The true spirit of the martial arts is to be one with the universe and have no enemies.

The secret is to harmonize ourselves with the movement of the universe and bring ourselves into accord with the universe itself.

Aikido is non-resistance. As it is non-resistant, it is always victorious. Those who have a warped mind, a mind of discord, have been defeated from the beginning.

Interested?

Come on and try free class!

Saturday 16th May 2015 at 15:30-17.00*

Where:

Göteborgs Ju-jutsuklubb, Fjärde Långgatan 46, tram 3, 9 or 11 to Masthuggstorget

More information:

Per-Åke Wilhelmsson, 070-662 02 00, info@toitsu.se

No special clothing needed, sweatshirt pants and t-shirt is OK. We are barefooted on the mat.

* Find more dates on www.toitsu.se.

Jushin Aikidoklubb and Toitsu Aikidoklubb in cooperation



Aikido technique is structured on circular movement, for harmony is brought about and all conflict resolved through the spirit of the circle. The response of the body, mind and spirit to the principle of the circle is vital to the creation of technique. A circle encloses space, and it is from the perfect freedom of this emptiness that ki is born. From the centre of this birthplace, the creative processes of life are joined with the infinite, immeasurable universe by the spirit. The spirit is the Creator, the eternal parent giving birth to all things.

The Budo of Aikido springs from the mastery of the spirit of the circle. The essence of this Budo is to embrace the complementary action of cause and effect and to draw into yourself all things as if they were held within the palm of your hand. You have a spirit, therefore you must realize that each person has a spirit. When the life processes are connected with the spirit and the fundamental principle of the circle is given birth in Aiki, all things are led to completion through the circle. All things are freely created by the circle. The secret of the circle is to create technique by piercing the very centre of space.

Morihei Ueshiba

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