

## Programme

0930 – 0955 East Budleigh Dojo  
open for arrivals and enrolment

0955 – 1000 Opening rites

1000 - 1125 Session 1

1125 - 1135 Water break

1135 – 1300 Session 2

1300 – 1345 Lunch break

1345 – 1515 Session 3

1515 – 1525 Water break

1525 - 1700 Session 4

1700 - 1705 Closing rites

1705 - Onwards clear up, all  
help appreciated.

On completion move to the "Sir  
Walter Raleigh" for sundowners.

### South West International Aikido Seminar

#### IMPORTANT

Please notify your intention to attend by 31<sup>st</sup> July  
2008 latest to  
[oz@bouchier.wanadoo.co.uk](mailto:oz@bouchier.wanadoo.co.uk)

Asociacion Española de Tecnicos de Aikido  
[www.aikikai.org.es](http://www.aikikai.org.es)



# AIKIDO

South West International Aikido Seminar

Saturday 16<sup>th</sup> August 2008



**Sensei Guillermo Perez 5<sup>th</sup> Dan Aikikai**



# SOUTH WEST INTERNATIONAL AIKIDO SEMINAR 2008

## Where is the Dojo?

The Dojo is situated in the Devon village of East Budleigh, approx 12 miles from Exeter City. It is in the Church Hall of All Saints Paish Church which can be found by turning into the road opposite the Sir Walter Raleigh pub, approx 100 metres along this road there is a right turn into a free car park. Steps on the right side of the car park, behind the hedge, lead up to the Church Hall.

## Who can go to this course?

This is an open course and all Aikidoka are invited.

## What is the cost?

The cost for the full days training will be £25 which will include lunch

## What is Aikido?

Ai (pronounced eye). Ai means harmony. Aikido's principles are embodied in the word "ai". The strategy of Aikido is to blend or harmonize with the attacker's energy. Aikido is non-aggressive. However, misinterpretations of "harmony" arise. First, people think harmony means passive. This is not Aikido. On the contrary, Aikido is extremely dynamic and powerful, but the *goal* of Aikido is to seek peace in the face of conflict.

Ki (pronounced key). A definition for Ki, in English, could never really encompass its whole meaning. In Aikido its meaning is "unseen force" or spirit or energy. Training in Aikido cultivates the spirit through discipline and sacrifice. The training of the spirit is essential to any martial art. The philosophy of Aikido is that through rigorous training we may be able overcome the conflict within ourselves. Once at peace, we will be able to harmonize with any attacking energy regardless of its verbal, physical, or emotional energy.

Do (pronounced dough). Do means path or way. Aikido is not a sport. A Do is not a sport. Aikido instead is a Budo.



The training of Aikido does not involve comparing yourself with others to see who is the best. Instead students train to improve themselves as human beings.

[O-Sensei](#), the founder of Aikido, said that "Aikido is not for correcting others but for correcting your own mind." Mentioned earlier, Aikido is not a sport -- there are no competitions (some styles do compete, but the founder was specifically against this). Competition is about winning. Period. Winning at someone else's expense is really losing. In Aikido students improve themselves through rigorous training and working with other students who are better and more experienced.