-----BEWARE: not yet proofread!-----

COPYWRITING FOR SECTIONS

HOMEPAGE:

----- note: changed to the client’s preferred entry----

**Section one:** Aikido is a Japanese martial art where training is used as a way for personal development, self-discipline and spiritual growth. The ideal in Aikido is not to think of defeating attackers, but rather to be in harmony with them while neutralizing their attacks. The nature of Aikido philosophy is to promote harmony and non-conflict: there is no "sparring" during practice. Rather, training partners *help* each other learn the proper execution of various forms.

ABOUT:

**Principles:** Aikido is a defencive art. The aim is not to fight violence with more violence, rather it is to evade an attack and either imbalance the attacker or render them immobile. You train so that your mind, body, and soul are balanced; you train to be aware of your surroundings, and to move with an attack rather than against it. In this sense, an Aikido practitioner does not need to be physically strong, because Aikido is about using an opponent's force and aggression against themselves. It highly effective for self-defence, because it’s techniques can be used by anyone at any age.

Unlike other japanese martial arts like Karate or Judo, Aikido is not a sport. There is no winner or loser in Aikido, as both the Uke (the attacker, the one who falls) and the Nage ( the one who receives the attack, the thrower) are learning as they practice. Each role is vital in developing the sensitivity and understanding of each move and their mechanics, as well as developing an understanding of Aikido itself. Training with a partner requires mutual respect, as well as trust.

**Founder:** In 1925 Master Morihei Ueshiba (O’Sensei, 1883 – 1969) founded the modern art of Aikido, an art which was derived from samurai fighting tactics. Ueshiba’s Aikido was born from three Enlightenment experiences, one of which happened after successfully defeating a naval officer’s Bokken (wooden sword) attack without injuring the officer, all while being himself unarmed.

*“The Way of the Warrior has been misunderstood. It is not a means to kill and destroy others. Those who seek to compete and better one another are making a terrible mistake. To smash, injure, or destroy is the worst thing a human being can do. The real Way of a Warrior is to prevent such slaughter – it is the Art of Peace, the power of love.”*

Ueshiba founded his first dojo in 1972, and to this day the dojo still stands in Tokyo under the name of Aikikai Hombu Dojo.

**Vocabulary:**

Domo arigato gozaimashita - "Thank you very much."

Sumi-masen - "I'm sorry" or "Please excuse me."

Dojo - gym or training hall

Dan - a black belt ranking

Budo - the way of martial arts

Irimi - entering movement

O-sensei - geat teacher, the founder of aikido

Sensei - teacher

Tatami - practice mats

Uke - the one who receives or is being thrown

Waza - techniques, ways of

KOTE-GAESHI palm turning technique

IKKYO arm immobilization technique

SANKYO ikkyo with hand twisting technique

INSTRUCTORS:

**Ken Crystal:**

2nd Dan.

Years: 27

Ken Crystal has been practicing Aikido since 1991 under the principally under the guidance of Ishiyama Shihan, and the late Canadian Aikido Federation Shihan, Kawahara Shihan. Crystal Sensei was also fortunate to also train in Japan at Hashimoto Dojo with Igarshi Shihan.

**Loray Daws:**

3rd Dan.

Years: 20+

Loray Daws has practiced Aikido since the mid 1990’s initially with Paul DeBeer Sensei in South Africa. Later he was taught by the late Giorgio Veneri Shihan, and Franco Martufi Sense of the Italian Aikido Federation. Daws Sensei has also trained at various locations in Japan, the United States, and Europe.

OTHER STUFF>>>

The Comox Valley Aikikai is a member dojo of the British Columbia Aikido Federation (BCAF)[http://bcaikidofederation.ca/](https://webmail.nic.bc.ca/owa/redir.aspx?REF=oRzG0m91jB0azBDHs9FpTiCmQxNr0aqObKLL7pnVmQPddtc14ZzVCAFodHRwOi8vYmNhaWtpZG9mZWRlcmF0aW9uLmNhLw..) The BCAF is a non-profit organization established to support and promote Aikikai-style Aikido in British Columbia. We are affiliated with the [Canadian Aikido Federation](https://webmail.nic.bc.ca/owa/redir.aspx?REF=reLCnwI2gvr0aZ6eTk1E1p_7q0Yhx5QDBO7FQDHuJxTddtc14ZzVCAFodHRwOi8vd3d3LmNhbmFkaWFuYWlraWRvZmVkZXJhdGlvbi5jYS8_bGFuZz1lbg..) and the [Aikikai Foundation](https://webmail.nic.bc.ca/owa/redir.aspx?REF=M7mQ_V7QN2Vi_PrrQiBFYTwaYuuIZpQ-qttX5SoUrhTddtc14ZzVCAFodHRwOi8vd3d3LmFpa2lrYWkub3IuanAvZW5nLw..) (Aikido World Headquarters, Tokyo, Japan). The Comox Valley Aikikai is a not for profit organization.