

Aikido

合氣道



*To injure an opponent is to injure yourself. To control aggression without inflicting injury is the Art of Peace.*  
([Morihei Ueshiba](#) creator of Aikido)

## The art of peace

- Non-resistance: embrace whatever happens
- Non-violence: defeat the attack but keep the attacker safe



## Centering

- The “inside” practice of martial arts
- Be fully present to deal with whatever comes
- Develop the default reflex of getting back to center