

## Tips in choosing an aikido school

Aikido is one of the oldest and most widely-used martial arts forms in the world. It is being taught for centuries as a form of self-defense and protection. It is also a way for people to learn centeredness and balance in their lives.

Aikido is a martial arts form that requires constant practice and dedicated study for it does not only teach you self-defense, it also teaches you discipline. A good aikido training school is needed to achieve this. This is the reason why it is important for you to find a school that will not only teach you the basics but will also nurture your budding talent.

Here are some tips in choosing a good aikido school.

Go for the recommended ones

Although all aikido training schools will be teaching the same set of tricks and techniques, there are schools that will give you better training. One way to look for good aikido schools is to ask around your neighborhood or among your friends and acquaintances. They are great sources because not only will they be able to provide you with names that are located in a place convenient to you, they will also be able to give you first hand information on the teaching method of the school.

In fact, they can even give you tips and advice on aikido training. Another way is to ask martial arts teachers. Even if they are not teaching aikido, they will know people who teach aikido and will be able to recommend good ones. There are also forums over the internet where you can post your questions. Members of the site or those that frequently read the forums will surely answer. Chances are they will know a good aikido school that is near your house. Forums like these are very effective because members are mostly aikido or martial arts buffs who know the business and will surely know what they are talking about.

Look for one that is near

In addition to the training, you will also need to find a school that is near your house or your place of work. Location is important in giving you the drive. Places that are far from your place will only result in frequent absenteeism, which is not good for your training. Another advantage that near locations provide is the fact that it gives you the chance to urge friends or family members to come with you and also be interested in the martial art form.

Teacher and mentor

Before enrolling in a program, make sure that you got to meet and talk to the teacher. Although it may seem unimportant, it is vital to also be attuned and in harmony with the teacher of aikido as he or she will not only be teaching you aikido basics but also your mentor in your life.

### Scheduling

Getting a good schedule is another crucial point in getting a good aikido training. Look for schools that offer the schedule that you want. Remember that the time that you will be training is also important because it will determine your readiness for the lesson. If your schedule is not the right fit, you will only feel tired and uninspired during the training, something which is not good when learning aikido as it asks for your total commitment and passion to the task.