

Aikido

Aikido was created by Morihei Ueshiba in the early 1900s, but gained its name in 1942 with the centralization of the martial arts in Japan. It derives from the art of Daito-ryu aiki-jujutsu, but also involves some aspects of Judo.

Aikido expresses the philosophy of extending love towards those who plan to do harm to others, and because of this, Aikido emphasizes the motive of mastering the art of receiving an attack and knowing how to harmlessly redirect it. This martial art is also known as “The Way of the Harmonious Spirit”.

The techniques of Aikido mainly involve the use of joint-locks and throws and is categorized under the general art of grappling. Today, Aikido can be found in various forms, but the general principle and technique is the same, with the concern being the well-being of the attacker.

