



# 合気道

## About Aikidō

*Aikidō* is a modern martial way which was created by Ueshiba Morihei. He borrowed movements from traditional martial arts as well as adding a spiritual dimension.

Ueshiba explained that true *budō* does not rely on strength or competing against another person by taking advantage of their strengths and weaknesses; the aim is to perfect one's character. Due to this philosophy, there is no competition in the *aikidō* created by Ueshiba. Regular training involves repeatedly practicing techniques with a partner in order to develop the body and mind. The pace and difficulty-level can be varied for each practitioner.

The basic motions of *aikidō* include *irimi* (entering) movements, where the defender steps inwards and to the side of the attacker, and *enten-no-ri* (turning) movements, where the defender applies pivoting principles to redirect the attacker's energy.

*Aikidō* is now practiced in 130 countries around the world, proof of the international appeal of its teachings and principles.

### Aikikai Foundation

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合気道は、開祖 植芝盛平翁が日本伝統の武術の奥義を極め、さらに精神的修行を経て、創始した現代武道です。

開祖は「真の武道はいたずらに力に頼って他人と強弱を競うものではなく、自己の人格の完成を願っての求道である」と説きました。その体現のため、合気道は試合を行わず、おいの習熟度に合わせ、技を繰り返し稽古することで心身の錬成を図ることを目的としています。

合気道の技法は、直線状に相手の側面に入る「入り身」の動きと、中心を確立しながら丸く捌く「円転の理」から成り立っています。

合気道は現在、日本国内はもとより、世界130か国に広がっています。愛好者は人種・国境を超え、その理念が多くの人々に理解されています。

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