



# Takemusu Aikido Kai

## Information Sheet



**PLEASE NOTE THAT MARTIAL ARTS  
CAN BE DANGEROUS**

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Takemusu Aikido Kai (Australia) Inc. is an internationally affiliated not for profit martial arts school, with branches in Paddington, Yeerongpilly, Redlands and the Sunshine Coast. We provide traditional training by qualified instructors in a relaxed and friendly atmosphere. Aikido is non-competitive, non-reliant on physical strength, and can be enjoyed by people of all ages.

Aikido Kai instructors are accredited through the Martial Arts Industry Association (MAIA) and possess Blue Card Accreditation through the Queensland Government.

Benefits of Aikido training can include:

- Promotes defensive movements as opposed to aggression
- Increases your awareness
- Increases full-body reflexes
- Promotes calmness of mind
- Enhances strength, stamina and suppleness
- Develops internal energy and power
- Provides personal development

Aikido is performed by blending with the motion of an attacker and redirecting the force of the attack rather than opposing it head-on. This requires less physical strength, as the Aikido practitioner “leads” the attacker’s momentum using entering and turning movements. Aikido involves close contact and the techniques are completed with various throws, holds or joint locks.

In Aikido there are both physical and mental aspects of training. The physical training in Aikido is diverse, covering general physical fitness and conditioning, as well as specific techniques. As a substantial portion of the curriculum consists of throws, initial training includes teaching students how to safely fall and roll.

### Techniques

The specific techniques for attack include both strikes and grabs; the techniques for defence consist of throws and pins. After basic techniques are learned, students study freestyle defence against multiple opponents, and (with more experience) techniques using Bokken (wooden sword), Jo (stick) and Tanto (replica knife).

Aikido training emphasises the use of coordinated whole-body movement and balance. All classes begin with warm-up exercises which may include stretching and rolling.

Aikido techniques are usually a defence against an attack; therefore, to practice Aikido with their partner, students must learn to deliver various types of attacks. Attacks are studied to learn the correct and effective application of techniques.

### Mental Training

Aikido is a modern Japanese martial art focusing on martial arts as a study of life principles, as a means to refine one’s approach to conflict and emphasising the ability to relax the mind and body under the stress of dangerous situations.

### How do I join Takemusu Aikido Kai?

First you will need to complete the paperwork the [Application and waiver form](#).

If you have an injury or a disability that may impact on your capacity to safely participate in Martial Arts, you must provide Takemusu Aikido Kai (Australia) Inc. with written clearance or a medical certificate from your doctor (on their letterhead) certifying your suitability to participate in Aikido/Martial Arts—before you participate in your first lesson in the dojo.

You may require the consent of your parent, guardian, or carer to join in with the training provided by Takemusu Aikido Kai Australia Inc.

It may be necessary that your parent, guardian, or carer must be present in the dojo for every training session that you attend—to assist you when necessary.

If you are under the age of 18, you will require the consent of your parent, guardian, or carer to join Takemusu Aikido Kai.

If you have any questions in relation to taking up Aikido, please contact the head instructor of your local branch:

#### Paddington

Telephone: 0404 012 048

Email: [enquiries@takemusukai.asn.au](mailto:enquiries@takemusukai.asn.au)

#### Yeerongpilly

Telephone: 0455 200 592

Email: [enquiries@takemusukai.asn.au](mailto:enquiries@takemusukai.asn.au)

#### Redlands

Telephone: 0417 726 618

Email: [redlands@takemusukai.asn.au](mailto:redlands@takemusukai.asn.au)

#### Sunshine Coast

Telephone: 0401 866 414

Email: [suncoast@takemusukai.asn.au](mailto:suncoast@takemusukai.asn.au)

or visit our website: [www.tak.org.au](http://www.tak.org.au)