

Saito Sensei's loyalty and devotion (he also cared for the Founder and his wife) was repaid by O-Sensei with the gift of a plot of land next to the Iwama dojo and by O-Sensei bequeathing him the Aiki weapons' legacy. Under the supervision of O-Sensei, Saito Sensei organised the teachings of Aikido into a more structured format.

Before his death O-Sensei passed on the responsibility of the Aiki Jinja (Shrine), the Iwama Dojo and the teaching of O-Sensei's Aikido to Saito Sensei. Saito Sensei calls this Iwama Aikido (Aikido according to the tradition of Iwama), and it can be recognised by its strong basics, accuracy of technique and posture and its use of the Aiki Ken and Aiki Jo.

Traditional Iwama Aikido Europe has followed and maintained Saito sensei 9th dan teachings for more than thirty years in the UK. All our teachers have been directly taught by him or his very top teachers from around the world and you can be assured that you will therefore be taught by some of the best teachers in the Aikido world of today.

To read about Aikido more in-depth look on internet on the subject of Aikido

If you have other questions that have not been answered here, we invite you to email us. We will endeavour to answer you in hopes that you and others will follow in the path of Aikido, like so many in the world today, following a way of life that has changed so many the world over.

The streets we walk are becoming more stressful and our feeling is that we all need to have some basic understanding of self defence.

Aikido can help you at a pace that you will achieve this goal. We welcome you to challenge yourself.

To find your nearest club, training times and full information, please visit our web site and click on clubs.



AIKIDO

The modern day
Japanese Martial art
offering you many new
directions to enhance
your life.



Your preservation of self without destroying others

this is the philosophy of Aikido.

Frequently Asked Questions

What can Aikido do for you?

It teaches you a very sound self defence system, for added confidence in your life;

A fitness system keeping you toned throughout the whole body;

Awareness in this uncertain world, where positive thinking is a must;

Meeting others all over the world with the same goals, keeping open minded.

Becoming the person you wish to be, by overcoming fear and panic and through training with top teachers. (All our teachers have been certified by the British Aikido Board.)

Aikido is an art that is practiced by the UK military and many major police forces.

I am not fit at all

You do not have to be as all teachers will take you through a purpose system that will allow you to train at a pace that your fitness can grow at.

I have never done a Martial art before and have no idea what it is

Not many who come to Aikido do know what to expect, so we suggest you first go along and look at a class, talk to the teacher and see if you like it enough to try out a beginners course. Normally this will be over a few weeks, by then you will know if Aikido is for you.

I could never do what I see in these pictures

These people were like you once, just normal people with no particular skills. All they had was the fun building up to what you now see. Perhaps one day you will be on the cover and thinking back on your initial doubts. Many have taken this path. No one is born a master of self defence but in time you could become one, but only if you really want it. Comment after your first year of fun.

What age can I start?

We take males and females from 18 years old. Please ask at the nearest club for full details. Look on the main website, www.takemusu-iwama-aikido.org to find your nearest club.

What age is too old?

This will be your choice. We have students in their seventies training. No one is turned away unless it is considered a health problem.

Will it matter if I have studied another martial art?

No, and it can even help. Talk with the teacher about your existing skills.

Can I still join if my job prevents me from training regularly?

We realise not everyone can come to practice on a regular basis, but you will be welcome to come and enjoy the training when you can. Who knows? As life is always changing, circumstances may allow you to train more regularly in the future and then the time spent so far will be to your advantage.

To wait until you have regular time may mean waiting forever. Do not wait - do it now while it's in your thoughts. Now is the best time.

What should I wear?

At first just loose clothing covering the full legs and arms. If you like it we can supply or tell you where to buy the appropriate clothing, normally from £25 complete depending on quality.

What will it cost me?

Some clubs offer set fees for a beginner's period, usually lasting over a number of weeks. Typically you would have to pay the cost of the course in advance, and this would include temporary membership and insurance.

By the end of the beginner's course, if you were intending to continue training, you would have to pay your annual subscription covering your membership of the main organisation.

Alternatively, some clubs simply charge by the lesson.

What is Aikido and what makes Iwama Aikido different from other styles of Aikido taught in the world today?

The founder of Aikido, Morihei Ueshiba (known as O-Sensei) developed his martial art from a number of ancient martial systems, including Jujutsu (Art of Suppleness), Ken - jutsu (Art of the Sword) and Jo - jutsu (Art of the Staff).

The resultant art of Aikido was revealed to the public in 1946 and become one of the fastest growing martial arts to date. O-Sensei's Aikido is based not only upon Taijutsu (body arts) but also the use of weapons, namely the Aiki Ken (wooden sword) and Aiki Jo (wooden quarter staff).

O-Sensei regarded an understanding of the use of these weapons as fundamental to the proper execution of open-handed techniques, but would seldom teach them at the Hombu dojo in Tokyo. He wished for those looking for his Aikido to learn the Aiki weapons at the birth place of Aikido in Iwama.

Morihiro Saito Sensei 9th Dan began studying under O-Sensei in 1946. His shift work on the Japanese railways enabled Saito Sensei, who also lived in Iwama, to learn O-Sensei's Aikido first hand and allowed him the privilege of having only one teacher, the founder of Aikido.