

Aikido

Aikido is an 'art of moving', developed from traditional martial arts. In Aikido, you learn to respond to an attack, not by hurting your attacker but by turning his strength against him and by neutralising his attack. Because you go with the movement of the attack, the movements often appear quite graceful with circular and spiralling forms. But don't be fooled! In the end the locks and grips and evasive movements are extremely effective!

St. Sankaku
www.aikidowageningen.nl
info@aikidoarnhem.nl



Thymos acknowledged association