

## What is Aikido Yuishinkai?

Aikido Yuishinkai is a devastating Japanese martial art that does not meet force with force. This very effective system of self-defence redirects the force of an attack and subdues the attacker without injury using a series of coordinated movements, throws and immobilisation techniques.

It is based on Japanese sword arts, so not only will you learn to defend yourself against any attack, you will become proficient in sword and staff.

## Ancient Origin

Aikido has its origin in the samurai traditions of feudal Japan. It was used to prepare warriors for combat and to prepare the mind so the body could perform at its best.

The key is relaxation. The result is a calm, centered person who extends great presence and can think quickly on their feet. Mind and body become one!

Aikido is the art of peace! Practice instills an inherent calmness and control in the face of confrontation and enables us to diffuse any difficult moment without the use of aggression.

## Many Benefits

Regular aikido practice has many wonderful benefits:

- Complete personal safety
- Balance & flexibility
- Great coordination
- Calmness under pressure
- Relaxation & stress relief
- Improved concentration
- Good health & fitness
- High self-esteem
- Self confidence



## Great for Females

Walk without fear! Aikido requires no advantage in strength or speed, so it can be practiced by women and men of all ages and ability. Our club has women from 17 to 70, several of whom wear black belts. Girls rule!

## Self Defence for Everyone

If you are looking for first class self defence and personal protection without the punches and pushups, try aikido. You don't need to be fit to start and the training is easy. You can always go at your own pace and sit out at any time. We have lots of students and young people as well as a few oldies (but they're cool).

## Experienced Instructors

Some of the nicest and most patient people in the world, our aikido instructors are all experienced practitioners and fully accredited and insured with Aikido Yuishinkai. All instructors have first aid training and hold 'blue cards' for child teaching and related training activities.

**Come join us!**

## Nathan Class Times

Tuesday 6.30 - 8.30 pm  
Thursday 6.30 - 8.30 pm  
Saturday 10.30am - 12.30pm

## Beginner's Course

Starts 1st Tuesday  
Every month  
1 month course

Cost:  
\$50 GU students  
\$70 Non-students

## Location

Martial Arts room  
N36 Nathan Sports Centre  
Recreation Rd  
Nathan Campus  
Griffith University

[www.griffithaikido.com](http://www.griffithaikido.com)



**VISIT OUR WEBSITE!**

[www.griffithaikido.com](http://www.griffithaikido.com)

# Griffith Aikido Institute Inc.



## Aikido Yuishinkai

'The art of peace'

**For everyone!**

- Kick-ass self defence
- Walk without fear
- Master sword & staff
- Calmness & confidence

Visit [www.griffithaikido.com](http://www.griffithaikido.com)