

Federal Organisation

Kodokan Paris XV – AikiDo is an affiliate of the FFAAA [French Federation of Aikido, Aikibudo and Associated disciplines 11 rue Jules Vallès, 75011 Paris] approved by Health, Youth and Sports.

As with all sports federations, each region has a League which is responsible, each season, for organising a certain number of activities [intensive courses, exams, various training sessions etc..] which ensure contacts and exchanges with different clubs.

In particular, there are 4-5 **Federal Courses** [regional or national] per season, which are considered as a necessary complement to your club activities **for at least 3 reasons** :

- 1.They provide **expert training** by the French Federation [FFAAA] instructors.
- 2.Since **there are no competitions** in this discipline, they are the only occasions to meet practitioners from other clubs, to compare experiences and to make contacts.
- 3.It also means that in a day, a week-end or a longer period you can do **more intensive practice** : 4-5h/day which allows you to progress.

You also need to participate in a certain number of Federal courses to be able to pass the Dan grades.

Each practitioner has a **passport**, which is the official document where *Kyu* or *Dan* grades are recorded, as well as course participation, so that all the steps of your AikiDo training are tracked.

These passports are issued by the League and **you can request them [from Kodokan Paris XV - AikiDo] when you sign up.**

Enjoy practising !

www.kodokanparis15.com



Tramway T3 : Georges Brassens
Bus 89 : Théâtre de la plaine/Gén. Guillaumat
Métro 12 : Porte de Versailles



: www.kodokanparis15.com



FFAAA



COME AND DISCOVER
AIKIDO



合氣道

AT KODOKAN PARIS XV - AïkiDO
 CENTRE SPORTIF LA PLAINE
 13, rue du Général Guillaumat
 75015 Paris

www.kodokanparis15.com

What is AikiDo ?

合 **AI** : joining ; 氣 **KI** : energy ; 道 **DO** : way.
Literally : the way by harmonizing the energy

Simply stated, he who practises AikiDo seeks to counter his opponent's attack and even pre-empt it.

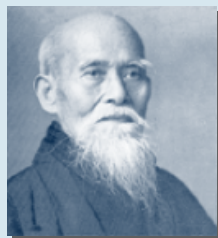
That is to say, he begins his defence at precisely the same moment as his opponent starts his attack : he is, therefore, in harmony with him.



« **T**he Art I teach is non-violent.

It is not the opposition of two physical forces where the more aggressive of the two wins.

AikiDo is the progressive union of two different states of mind, where the basically positive state calms and enlightens the other »



Morihei Ueshiba
Founder of AikiDo
1883-1969

Objectives of AikiDo

As a Martial Art's practice, AikiDo develops and improves harmonious relationships between people.

The goal is mutual respect and esteem, not individual superiority. For this reason, competitiveness, which glorifies the winner, is not part of this discipline.

Training Principles

AikiDo is based on a broad range of interpretations and emphasis. It cannot be explained as a set of quickly mastered techniques or « moves » for self-defence. This is only a part of it. On the contrary, it must be considered as the starting out on a pathway [*Do* in Japanese] which suggests a permanent and on-going search for excellence on the technical, physical, mental or relational level.

In terms of practice, **the roles of Uke** [the attacker, whose force is redirected and, therefore, falls] **and Tori** [who is aggressed and who controls by counter-attack] **are of equal importance** and must be practised with the same application, since they are the two indissociable sides of the situation which is the basis of our technique.

In the same way, in line with the objectives of the discipline, everyone must practise with as many different partners as possible, in terms of age, size, gender and technical prouesse.

Classes

Children

6-9 year olds	Saturdays 13h30 - 14h15
10-14 year olds	Saturdays 14h15 - 15h15



Have fun learning a non-violent Martial Art .

Children need to use up their energy and understand it : AikiDo helps to channel force.

It teaches control and knowledge of one's body.

As a **non-competitive activity**, AikiDo helps with personal development.

Eléonore Lemaire, 3rd dan AikiDo

Adults/Students/ Teenagers

AikiDo	Tuesdays 21h - 22h
AikiDo, Ken, Jo, Tanto }	Thursdays { 20h - 21h 21h - 22h
AikiDo	Saturdays 15h15 - 16h30



AikiDo is a Martial Art which uses movement, breathing and vital energy to channel aggressivity, eliminate fear and reduce stress.

It is the way ["Do"] **towards the harmony of body and soul** and develops one's relation to others.

Through this technique efficiency and creativity become apparent.

An art which is within everyone's reach !

Michel Lapierre, 5th dan AikiDo

Courses start up again in September !