

The University of Texas



Aikido Club

Aikido Club

Aikido is a system of self defense based on relaxed coordination of mind and body, rather than strength. Although its primary aim is protection against physical attacks, the philosophy and techniques of Aikido can also be used to deflect the stresses and strains of everyday life. At its gentlest, Aikido helps you remain calm while having a pile of work to do; at its most strenuous, Aikido is the art of dancing with an opponent who is trying to kill you.

Established in 1972, the U.T. Aikido Club is the oldest Aikido *dojo* (training hall) in Austin. The U.T. Aikido Club is part of [Seidokan Aikido](#), founded by the late [Rod Kobayashi](#). Seidokan Aikido techniques are based on the idea of "loving protection for all things." They are characterized by an emphasis on getting off the line of attack, blending with an attacker's *ki* (energy), and staying well within your own [range of effectiveness](#).

The goal of Aikido is not to obliterate an opponent, but to resolve conflict without harm to either party. To succeed, one must abandon superficial ideas of winning and losing. Instead, learn to accept attacks and harmonize with them. (The "ai" of Aikido means harmony.) Life is filled with invitations to conflict. Yet a potential conflict can often be resolved harmoniously if one is attuned to that possibility. The UT Aikido Club explores this strategy, sometimes referred to as *masakatsu agatsu* or "true victory is victory over oneself."

We practice an art of self-defense based on natural movements, emphasizing a calm mind and relaxed body. Much of the training involves giving up "bad habits" to find the full potential of our mind and body, which is often hidden beneath a facade of muscular strength. The art is subtle and requires patience and dedicated practice to learn. But that doesn't keep us from having fun along the way!

The U.T. Aikido Club is led by senior instructor **Steve McAdam**, *6th Dan*, who began his Aikido training in 1972 at UT. McAdam Sensei is assisted by several black belt club members.

For practice, please wear comfortable, loose-fitting clothes. Athletic shorts/sweatpants and a T-shirt are fine, but if you have a white martial arts uniform please wear it. Jewelry is best removed before class and closely trimmed fingernails are appreciated. No prior experience is necessary. Aikido is well suited to almost all fitness levels.

Winter/Spring 2006--All Classes in Rec Sports Center Room #1.138:

- **Beginning Level:** Tuesdays and Thursdays, 7:00pm - 8:00pm
- **Intermediate/Advanced Level:** Tuesdays and Thursdays, 6:00pm - 7:00pm
- **Intermediate/Advanced Level:** Sundays, 12:30pm - 2:00pm

Cost: \$20/semester for U.T. students and anyone with a U.T. Rec. Sports membership.

Beginning level students may join at any time, although it is more convenient to start at the beginning of the semester with a group of similar students. The best time to start is right now!

More at: <http://studentorgs.utexas.edu/aikido/html>, or contact aikido@studentorgs.utexas.edu.