

Reading Zenshin Aikido Club

Iwama Aikido



www.aikido-reading.co.uk

Aikido is a non-competitive martial art involving a wide range of techniques that can be used to throw or immobilise an opponent. It helps to develop a greater understanding of harmony, balance & the dynamics of movement. Aikido is suitable for both men & women, as the principles rely on correct execution of the technique rather than brute strength.

In addition to the empty hand techniques found in other styles of Aikido, Iwama Aikido also includes the weapons syllabus of Saito Sensei. The aiki weapons – bokken (wooden sword) & jo (wooden staff) – are used to develop better body movement, timing & positioning.

Saito Sensei spent 23 years in Iwama studying under O-Sensei, the founder of Aikido. Saito Sensei organised the teachings of O-Sensei into a more structured format. This became known as Iwama Aikido, Aikido that aims to preserve & teach the art as O-Sensei taught it in Iwama.

Beginner always welcome

**Try our 4 lesson introduction course & experience aikido for yourself
£30 for 4 classes**

Classes held at Palmer Park Sports Stadium
Tuesdays at 8.30pm & Thursdays at 8.00pm
Weapons on Saturdays at 8.00am