



Aikido - The Way of Harmony

Aikido is a martial art that does not consist in the conflict of opposing forces or the matching of physical strength or prowess. The self defense techniques are made effective by allowing attacks to continue on their intended path of action. By the defender's joining and blending their power with the power of the attack, the Aikidoka becomes the controlling force for both the defender and the attacker. Developed by Morihei Ueshiba, Aikido uses the dynamic forces of geometry, bio-mechanics and mental and spiritual cultivation to create a truly unique examination of confrontations of all kinds.

Although Aikido has been taught in the US since before WWII, it did not rise to broad national prominence until the 1970's. Plus, a well known movie actor began filming action movies using Aikido movements in fight scenes that gave it even more public awareness. Consisting of many different techniques including knife work and training with wooden swords and staffs, Aikido players are most immediately recognized by the white coats, black pants (hakama) and the flowing and graceful movements of the art form.

Aikido does not rely on brute strength, power or physical prowess. Instead, through fundamental movements, training drills and lots of practice, the Aikido player develops the ability to blend with the attack and redirect it to the advantage of the defender and, the disadvantage of the attacker.

Referred to by some as "the gentleman's and ladies martial art", Aikido can be quite deceptive in it's application which can range from simple avoidance movements, to fast take down and controlling techniques, to brutally flattening the attacker on the ground.

The student is taught the full range of possibilities, along with the ethical applications of such a powerful martial art form with the goals of developing self-confidence, improving physical condition, building mental focus and sharpness and self-defense ability, while studying a truly classical martial art form.

Aikido at The Aikibudokan
5701 Bingle, Ste. B 101
Houston, TX 77092

Aikido Class Schedule:

Tuesday Evenings - 7:30 PM to 9:00 PM

Thursday Evenings - 7:30 PM to 9:00 PM

Saturday Mornings - 10:00 AM to 11:30 AM

Aikido Open Mat Practice 6:00 PM Tuesdays (before class) and Saturdays (after class)

Contact L.F. Wilkinson Sensei for information
713-826-5877 or sensei@aikibudo-aikido.com