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Aikido (Japanese: 柔道—é“, Hepburn: aikidō) [aiki^oædo^o] is a modern Japanese martial art developed by Morihei Ueshiba as a synthesis of his martial studies, philosophy, and religious beliefs. Ueshiba's goal was to create an art that practitioners could use to defend themselves while also protecting their attacker from injury. Aikido is often translated as "the way of unifying (with) life ...

Aikido - Wikipedia

The New York Aikikai was established in 1962 with the help of the founder of Aikido, Morihei Ueshiba (O Sensei), to teach traditional Aikido.

New York Aikikai Instructors

Die Ausführung der Techniken im Aikido basieren auf Bewegungen des Schwert- und Stockkampfes. In ihrer Ursprünglichkeit lassen sich alle Techniken des Aikido auf Schneide-, Blockade- und Hebelbewegung mit dem Schwert (Bokken), bzw. dem Stock (Jō) zurückführen.

Aikido - Wikipedia

L'aikido (柔道—é“, aikidō) est un art martial japonais (), fondé par Morihei Ueshiba O sensei entre 1925 et 1969 [réf. nécessaire]. L'aikido a été officiellement reconnu par le gouvernement japonais en 1940 sous le nom d'aikibudō [1] et sous le nom aikido en 1942 donné par la « Dai Nippon Butoku Kai », organisme gouvernemental visant à regrouper tous les arts martiaux japonais ...

Aikido - Wikipedia

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Zanshin (Japanese: 残心) is a state of awareness, of relaxed alertness, in Japanese martial arts. A literal translation of zanshin is "remaining mind".. In several martial arts, zanshin refers more narrowly to the body's posture after a technique is executed. In various martial arts. In kyūdō, zanshin means the body posture after the loosing of an arrow; the posture is intended to reflect ...

Zanshin - Wikipedia

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