

***Do I need to have a special martial arts background?***

**NO!**

It is not necessary that you have a special martial arts background. Having some martial arts background may help you to pick up Aikido, but it is not required.

***I have seen your class and it looks too advanced for me. Is there a specific time for beginners?***

**NO!**

A beginner can start training at anytime.

The level of the training depends on the level of the less experience partner. For example, if a yellow belt practices with a partner who has their black belt, the level of training would be as though both are yellow belts. You will be training with different partners during class, so everybody has opportunity to train at their level.

***What are the benefits of training Aikido?***

Aikido training is an excellent program for all-around physical fitness, flexibility, and relaxation.

Vigorous training, like any aerobic exercise, strengthens the heart, allowing it to operate more efficiently. Because all muscles become involved in Aikido practice, body movements become more coordinated and graceful.

Mental development begins with meditation which improves the mind's control over the body. Anxiety-causing or stressful situations can be more quickly recognized and managed effectively.

**COME AND JOIN  
OUR PRACTICE**



**See you on the mat!**

**AIKIDO**

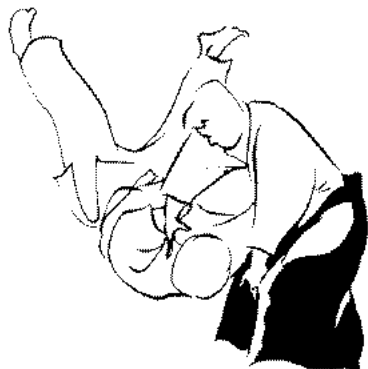


**CLUB**

**Texas Tech  
University**

**Student Recreational Center  
Room 116**

# AIKIDO



The Aikido Club was founded in 1985.

Our mission is to practice the traditional Japanese martial art of Aikido.

The Aikido Club trains regularly in the Student Recreational Center, room 116 next to the south entrance.

Training times  
Monday & Wednesday  
7:00 – 8:30 PM

Saturday & Sunday  
2:00 – 4:00 PM

## ***What is AIKIDO?***

A non-competitive Martial art of Japanese origin, developed in the 20th century by Morihei Uyeshiba.

The word "aikido" is made up of three Japanese characters:

- AI - harmony,
- KI - spirit, mind or universal energy,
- DO - the Way

Then aikido is “The Way of Harmony with Universal Energy”.

Aikido aims to harmonize energy with that of a partner or opponent in order to achieve both physical and emotional mastery through peaceful resolution.

Aikido is a defensive system in which an attack is avoided with flowing, circular movements combining and painful immobilizing joint locks.

When practiced properly, successful defense is achieved through minimal action.

## ***Who can join the practice?***

Any Texas Tech student faculty or staff, or any other person sponsored by one of these.

## ***I want to try your club, What I need to do?***

Just come by room 116 located next to the south entrance at the training time.

## ***Do I need a Gi for training?***

It is preferable that you use a Gi because it is more resistant. However if you are just trying our club, you can wear some loose pants and a shirt, try to avoid sleeveless shirts.