

What is Aikido?

Devoted to cooperation rather than competition, Aikido is a martial art and movement meditation created in the 20th century by Morihei Ueshiba, O Sensei (1883-1969). His creation is Aikido, a defensive art form and a practice of mental and spiritual development rooted in the ancient Bushido tradition of Japan. Through training, practitioners cultivate self-awareness and resiliency, a powerful center and a calm spirit.

We also develop what are first just techniques, but later become intuitive responses to resolving conflict in ourselves and in our environment. Aikido is the study of harmony within each person (the unifying of mind, body and spirit), and ultimately, harmony with the universe. Known worldwide as the **Art of Peace**, Aikido invites us to recognize the power of applied nonviolence as a way to foster peace in the world.

