



Aikido



The Aikido is a martial art developed in Japan, but this sinks its roots in the millennial experience of the Chinese and Koreans body disciplines. Thanks to the work of O-Sensei Morihei Ueshiba, founder of the so-called modern Aikido, and of his direct disciples, it has had a world-wide spread. We remember that the photos and the comments of this site spring from the practice of the Aikido Kobayashi Hirokazu, not wanting in some way to involve, in this, schools or styles that follow other direct disciples of the founder. In our opinion in fact it cannot exist (although there is someone who persists in providing it) an official version on what the aikido is, that joins the opinions of the million of practising, as it doesn't exist and didn't ever exist a sole way of practising the Aikido (neither in the east, Japan included, nor today in the west). The answer can and must be personal and it depends on the belonging, on the experience done and on his own ability. In the Aikido of Kobayashi Hirokazu Soshu it's fundamental the concept of individual freedom and from this it springs a strategy of action and an aesthetics (erect position with balanced and mobile pelvis, free look) that together with inner peace allow the attacked to make the attacker relive and revalue the motivations of his attack. The attacker, in fact, not only finds himself unhurt from the physical point of view, but at the same time he has been protagonist of an action that through levers and articular immobilizations and through some projections it has brought benefits to his body and mind. In addition to the practical of the Taijutsu in the Aikido Kobayashi there is also the use of weapons (the bokken or wood sword and the jo: a stick about 1,30 meters long and from 2,5 to 3 centimeters broad) that are employed in the Tantodori, Jodori, Kendori (it means literally to take, with the meaning of disarming the knife, the stick, the sword) and especially in the Aikijo and in the Aikiken (these last practices are in other schools inexplicably disappeared although they were an essential aspect of Morihei Ueshiba's Aikido, and replaced by the Kenjutsu and by the Jodo that belong to martial traditions apart). In the Aikiken and in the Aikijo the pursuit of the inner peace, the skill in using the look, as well as that of the use of space and time, transport the practising to a different but at the same time real dimension from that lived in every day's life. It will be possible then, with practice, to transpose such a conception of time and space from the martial context to that social one, setting oneself, towards the others, in a new and higher conscience level.

