

York University –School of Kinesiology and Health Science

### Aikido-Course Outline

PKIN-0404-Aikido

Fall-Starting from Monday, Sept. 14, 2015

Instructor: Ms. Yumi Nakamura, Cell: 647-871-2823

E-mail:Aikido@Rogers.com

Class Location: Studio 2, (Room 016) Tait McKenzie Building

Class Times: Mon. & Wed. 11:30 a.m. to 12:30 p.m. & 12:30 p.m. to 1:30 p.m.

### COURSE DESCRIPTION

Aikido is a Japanese Martial Art. It was developed by Master Morihei Ueshiba (1883-1969) as a synthesis of his martial studies and philosophy.

He lived in epic times, having seen combat in the Russo-Japanese war and participating in the training of young soldiers bound for the battlefields.

These intense experiences led him to search for the true purpose of martial arts. Paradoxically, Master Ueshiba began to view the martial arts as instruments of peace. It was a message of harmony and conflict resolution that he promoted in his teaching in the post war era.

This course will teach Aikido – Hombu (Aikikai) style. This organization descended directly from the founder, Master Morihei Ueshiba to his son and then his grandson. Master Moriteru Ueshiba is the current head of the Aikikai, the largest Aikido organization in the world. The style is practised by more than a million people in over 130 countries.

Aikido is sometimes translated as “The way of unifying (with) Life Energy” or “Way of Peace and Love.” However, Aikido is not a kind of dance, a form of martial mesmerism or any other such things. Aikido is a budo – a martial art.

Aikido is a refinement of traditional martial techniques combined with a philosophy of the spirit intended to forge the mind and body.

What is the exact nature of the philosophy of the spirit? To state it simply, it is avoidance of the use of brutal force to defeat an opponent. It is a vehicle to help us in our search for the Way and it enables us to develop our individual character in a mutually satisfying manner with our training partners.

When you see Aikido techniques performed, it is best to view all the movements as circular. When a circle is created, one’s partner seems to spin off and fall of his/her own accord. Circular movements allow us to avoid collision with an opposing force and facilitate harmonization.

In order to create a true circle, there must be a firm center.

If your movements are natural, you can employ Aikido techniques regardless of age.

Unlike Judo or Karate, there is no competition in Aikido.

The benefits of Aikido extend to daily life, giving students confidence in their ability to handle themselves and resolve conflicts in a harmonious way.

#### INSTRUCTOR

Yumi Nakamura is 6th dan in Hombu style Aikido. She began Aikido training in Japan more than 40 years ago. She has been teaching Aikido more than 35 years.

#### COURSE LEARNING OBJECTIVES

In this course, basic Aikido footwork and body movement is taught in each lesson in a safe environment. Students will practise both Nage (throwing) and Uke (receiving/falling) with every technique. Learning to fall safely from any position is an important objective of this course.

You will learn several important basic techniques both as Nage and Uke. The movements go beyond self-defence to helping you strengthen your “centre.”

#### TEXT/READING

Many books have been written about Aikido. For beginners, we recommend “Aikido Student Handbook” by Greg O’Connor as optional reading. Information on basic terminology will be supplied at the beginning of the session.

#### PRACTICAL SKILLS AND CLASS STRUCTURE

1. Basic stretches
2. Basic Aikido hand/wrist exercises
3. Breathing exercise
4. Basic body movements and footwork practice
5. Ukemi – learning to receive technique and fall safely
6. Technique(s) practice
  - a. Observe technique
  - b. Practice throwing and receiving.
  - c. Practice with partner
7. Cool down

#### UNIFORM

Aikido practitioners usually wear white Judo or Karate uniforms. However normal exercise clothing such as sweat pants and long-sleeve shirts will be fine for the session.

No shoes or socks are permitted on the mat area – bare feet only.

## SAFTY PRECAUTIONS

- Do not attempt to apply a technique to your partner without the instructor's order.
- Bear in mind at all times that Aikido techniques can cause severe injury if not practiced properly. Practice only what has been demonstrated by the instructor. Do not modify the techniques. Show consideration to your partner. If he or she taps mat or the body, discontinue the technique immediately.
- Pay attention to details.
- If you feel ill (e.g. headaches or nausea) or any injury occurs, notify the instructor immediately.
- If you notice your partner is ill or acting abnormally, notify the instructor immediately.
- Do not wear any jewelry. Do not chew gum.
- Do not practice if you have a contagious disease of any kind.
- Keep your hands and feet clean.

## EVALUATION

### 1) Elements of Final Grade

- Solo basic body movements-20%
- Techniques with partner-65%
- Attendance-15%

Four absences will be allowed in this term. But 1 % will be deducted from the "Attendance" component of your grade for each class missed.

A: Exceptional & Excellent (80 – 100%); B; Very Good & Good (70-79%)

C: Competent & Passing (60-69%), F; Failing (Below 60%)

### PKIN participation requirement

To receive credit for a practicum course a student must attend and actively participate in minimum of 80 percent of classed for the course. When full participation is not possible, accommodation agreements may be reached with the student.

24 hours course, 2 hours week/12 weeks, students allows 4 absences

## CONTACT INFORMATION

Please contact me by e-mail, [aikido@rogers.com](mailto:aikido@rogers.com) or call 647-871-2823 (cell).