

# AIKIDO

*Meeting without conflict*

*Power without strength*

*Training without competition*



**“I practice Aikido because it’s one of few sports to have such a large community. Where it doesn’t matter how old you are, how long you’ve been training or whether you’re a girl or a guy” – Ana Nikolic, Iyasaka Aikido Club, Stockholm**

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## WHO CAN PRACTICE AIKIDO?

You can! In Aikido, you don't have to be a particular type of person. We all train together – women, men, older people, young people, beginners and experienced people. Some clubs have child and family training sessions and a lot of clubs have beginners' groups.

The teacher demonstrates the techniques before you do them. That means that you can watch, copy and train, even if you don't speak Swedish yet! We often go and visit one another at different clubs and training camps. A lot of people make friends for life!





## THE TRAINING

People all over the world practice Aikido. Each session starts with a short period of meditation and a greeting. Then we start with a few warm-up exercises and fall training. After that, we focus on technical training. At the beginning, this consists of basic unarmed techniques in predetermined sequences.

The more you train and improve, the more freedom you're given in training. The techniques are a way of defending yourself against various attacks, such as grabbing and punching.



**“I’ve travelled a lot and I’ve moved from one country to another. Because of that, I’ve changed clubs and I know that Aikido is the best way to get into a community to start with and it’s also the most fun way to revisit a place. Because, no matter where you move to or where you come from, whether you come back to Germany or some other country, you still have friends there. And most of them are friends from Aikido.” – Elena Bogdanova, Gothenburg Aikido Club**

## HOW DO I START?

Find an Aikido club near you and join for a try-out session! Bring your curiosity and comfortable sportswear that cover your legs and arms.

1. Visit [svenskaikido.se](https://svenskaikido.se). There you'll see a film about Aikido and you can find out what clubs there are near you. Contact the club to find out which sessions you can try out as a beginner.
2. Visit the club for a try-out training session! There are often several training sessions a week to choose from – ask about the club's timetable.

No-one expects you to know about budo etiquette, terms and expressions or a lot of advanced movements immediately. Don't worry, we'll show you these as you go along. Be sure to have fun!

Do you have any questions? Send an email to [info@svenskaikido.se](mailto:info@svenskaikido.se) and we'll help you!

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