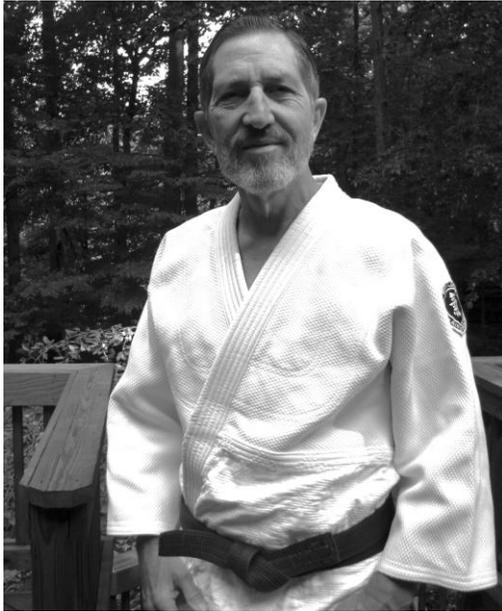


Maryland Ki Society



William Fairweather
Head Instructor (3rd degree black belt)
301/237-9907



Sandy Spring Museum
17901 Bentley Rd (off Route 108)
Sandy Spring MD 20860
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Aikido with Mind and Body Coordination

The Japanese word *aikido* is literally the way (*do*) to harmony (*ai*) with the universal spirit (*ki*). For westerners, *ki* is not a commonly understood concept. It is better understood in the orient. We live in a world that can be stressful on many levels, from the personal to the international. We study the martial art aikido, as a way to deal with the physical attacks and personal stresses that we might well encounter any day. The principles that we teach can be extended to all aspects of our lives—dealing with family and co-workers, for example. To be effective practitioners, we must first gain an understanding of *ki*.

The primary goal of our study is to develop a state of being that we call Mind and Body Coordination. In this state, we can see clearly and act calmly and effectively. Students approach this ideal state as their Mind and Body Coordination grows. When the mind and body are coordinated, our *ki* is naturally extending and we perform well, whatever we are doing. We can test for progress in Mind and Body Coordination by testing for *ki* extension.

Mind and Body Coordination results in better posture, increased relaxation, clearer thought, and improved health. In everyday activities, Mind and Body Coordination increases efficiency—one accomplishes more with less effort. In dealing with others, Mind and Body Coordination permits better communication and understanding. This results in improved relationships with others. In difficult or dangerous situations, Mind and Body Coordination can reduce conflict, without one being forced to give up anything important. When conflict cannot be avoided, Mind and Body Coordination is essential, sometimes even for survival.

Mind and Body Coordination is not a “cure-all”. If one is foolish enough to stand in front of a moving train, one will still be run over. However, Mind and Body Coordination will help anyone to perform to the best of their ability in all circumstances, if only to avoid panic and to get out of the way in a timely manner.

Mind and Body Coordination is so important that we devote a part of every class to its study. This training is not mystical in nature, nor is it delivered by lecture alone. Anyone willing to practice this training consistently will find improvements in their lives rather quickly.

We begin our study of aikido with simple techniques in static situations, and then progress through dynamic situations with one unarmed attacker, to armed attacks, eventually dealing with multiple attackers. Our goal is to provide all students with a sufficiently challenging situation, but never one that they cannot handle. Students quickly realize that the *ki* development exercises that they have just performed are critical to proper execution of the aikido art that they are learning.

The practice of aikido relaxes tight muscles and improves heart-lung capacity. In practicing how to handle physical attacks, we develop increased self-confidence. A calm mind and a relaxed body can diffuse many hostile situations peacefully. The aikido techniques that we study provide new options for non-violent solutions to physical confrontations.

Because aikido techniques assume that the attacker is larger and stronger, they do not rely on physical advantage or strength. Anyone can learn them, regardless of physical condition. No one is required to perform a technique that they are not comfortable doing. One of the things that we ARE serious about is that students should be able to leave each practice in better health and with a greater sense of wellbeing, in addition to learning something useful and having fun along the way.

Our large group of qualified instructors are all members of the *Ki no kenkyukai* (Ki Society International), founded by Koichi Tohei, who was a student of the founder of aikido, Morihei Ueshiba. Students are invited to join the Ki Society, especially if they intend to work for ranks (belts) in Ki Development or Aikido. Membership is only \$65/year.

Classes are taught two evenings each week year round. Participants are encouraged to attend twice/week, but once/week classes are available. Register with the instructor.

QUALIFICATIONS: Men, women, children over 10 years of age. No previous martial arts experience needed

LOCATION: Sandy Spring Museum, 17901 Bentley Rd,
Sandy Spring MD 20860
(Between Olney Theatre and Sherwood HS on Route 108)

TIMES: 7:00 – 8:30 pm Mondays and Wednesdays

DRESS: Regular students wear a judo or karate gi (uniform) for all classes (available from the instructor or from martial arts stores). A gi is not required for the Beginners Class (see below)

FEES: 1 class/week: \$ 60/month;
2 classes/week: \$100/month

BEGINNERS: An introductory Beginners Class is also offered Monday evenings 7 – 8:30 pm.