

KUFUDOKAN AIKIDO

The Aikido Class for Health and Happiness. Here are 5 clear questions for you!

1. Do you want to be fitter, healthier and stronger?
2. Have you always wanted to do a martial art?
3. Do you find standard exercise a little boring?
4. Do you have stress?
5. Would you like more peace and harmony in your life?

OK, if you answered a positive to any 3 questions above, Kufudokan Aikido may be the art you have been looking for.....!

Here is a little background. **Aikido** is a dynamic Martial Way of Japan created by Morihei Ueshiba [1883-1969]. Born from the classical marital arts of Jujutsu and the Sword [Jap: Kenjutsu], Aikido was developed to provide training in peace and harmony through physical exercise and the integrated practice of it's principles. Aikido is a unique art and different from other martial arts as it's central principle is one of hamonising with our own energy and also the energy of the attacker rather than going against the flow of energy in resistance. Aikido's aim is the development of positive Ki, 'life-force'. Aikido provides principles to live our lives in a new, positive and joyful way.

Kufudokan Aikido, is the school of Grant South, B.A, M.A., 6th Dan Jujutsu, 3rd Dan Aikido. Grant is an Internationally recognised Aikido Instructor, registered with Aikikai Japan, and is also a Level 2 Sports Coach registered with the Australian Sports Commission. Kufudokan Aikido is a syntheses of old school Jujutsu and modern Aikido and represents over 30 years of experience in Japanese martial arts. The techniques of correctly trained Aikido stimulate the body in a therapeutic way via circular rotation of joints and stimulation of the skeletal-muscular system and neurology. All Kufudokan instructors have trained for various years directly in Kufudokan Aikido and many also hold Dan gradings in other martial art systems.

How is Kufudokan Aikido good for me?

Kufudokan Aikido classes are specifically designed to include those components identified as both positive and contributing to personal health, fitness and internal balance, around a traditional model informed by modern research. The World Health Organisation recognises that stress is pandemic in our society and is known as a silent killer. Kufudokan techniques are a practical means of **personal protection**, to **protect your personal health and safety** and **protect the welfare of others you care about**. "Ancient Theory-Modern Practice". This includes;

Fitness and Health- Aerobic fitness and practical Anaerobic strength conditioning. [here is a little health science].

The World Health Organisation [WHO] recommends a minimum of; [recommendations for ages 18-64].

- 150 minutes of moderate to intense aerobic physical activity throughout the week or do at least;
- 75 minutes of vigorous-intensity aerobic activity throughout the week or an equivalent combination of both.

[Further- aerobic activity should be preformed in bouts of at least 10 minutes duration for the benefit of effort invested.]

That means you can achieve your needs and personal goals with only 3 classes per week [a min. of 3 hrs per week. 1 week = 168 hrs]. Lets break that up- that means that if we do;

- 3 sets of 10 mins of vigorous-intensity aerobic training = 30 mins in each class and do that 3 times per week then we would be doing 90 mins per week of vigorous-intensity aerobic conditioning. This is approx. 15 mins more than the WHO recommendation.
- Further each Kufudokan class is a minimum of 1 hour if we do 3 classes per week and practiced alternating both vigourous and moderate aerobic training we would achieve 3x 60 mins= 180mins of correct aerobic exercise which more than fulfills the WHO basic recommendations. This means we will be getting fitter, healthier and stronger. [Please remember- moderate exercise is when you start to sweat. Vigourous intensity is when you start to breath deeply yet can still talk, ask and answer questions].

Increased Flexibility- Yoga-like warm-up and warm-down stretches. Further all major Joints are rotated throughout techniques.

Internal balance- Integration and Co-ordination.

- Increase in Mindfulness- 'Living in the Now!', through polishing ones technique through both focus and control and social awareness by blending and being in harmony in both movement and social attitude.
- Techniques, are practiced equally on both sides of the body which stimulates both sides of our brain, via our neuro-cortex. Other sports or recreation activities predominately provide stimulation to only our dominant side eg righ hand or left hand, etc. As it is said "a chain is only as strong as it's weakest link", accordingly we strenghten and develop integrative co-ordination on both sides in equal measure. At a deeper level we also practice the integration of Mind, Body and Breath, which is called "Breath-Power".
- Meditation 5 mins per class. "Aikido is dynamic Zen, and Zen is Aikido in stillness". With advances in both neuro and cognitive science in relation to meditation, as little as 5 mins a day can bring marked results in terms of both health and peace of mind. Meditation is known to directly reduce stress. [recommendation is 20 mins per day for greater benefit].

KUFUDOKAN AIKIDO is a unique training experience. A '**Modern Art for a Modern World**'.