

## History of Aiki Jujutsu

It is recorded that more than 700 years ago, to the north of Mount Fuji, there existed a school of "**budo**"; the ancient martial way. This school specialized in the teaching of so-called Aiki Jujutsu. It was developed as a way to effectively and **efficiently neutralize violence**, not cause it.

## Aiki Jujutsu

Aiki Jujutsu possesses one of the most complex, unique, and varied arsenals of self-defense techniques to be found in any martial art. The techniques encompass all major martial categories: strikes, kicks, blocks, avoiding movements, holds, joint locks, throws, break falls, weapons, and meditation. Aiki Jujutsu emphasizes the unification of mind, body and spirit and the perfection of **human character, social responsibility** and appropriate use of force.

## Personal Development

In today's society Aiki Jujutsu is mostly practiced for self-defense, health, and spiritual growth. With its broad range of techniques it is well suited to a wide range of body physiques, personalities, and lifestyles. A diverse range of men, women, and children currently practice Aiki Jujutsu.

### Physical Benefits

- Improved reflexes and coordination
- Increased energy level
- Increased strength and stamina
- Improved flexibility
- Weight loss and control

### Mental Benefits

- Improved self-esteem
- Increased self-confidence
- Greater self-discipline
- Improved concentration
- Stress reduction
- Increased level of relaxation

## Professional Instruction

Our instructors are personally selected for their skill and achievements as well as their ability to effectively relate that knowledge to students. Our instructors continuously undergo advanced training and are certified by:

- **Chokushin Aiki Jujutsu**
- **First Aid & CPR**
- **Coaching Association of Canada - National Coaching Certification Program.**
- **Canadian Jiu Jitsu Council**

### Programs

Whether you are a beginner or an experienced student, there is a program that will fit your needs. Our classes are **safe, fun and affordable**. Aiki Jujutsu is a great family activity that can be enjoyed by men, women, and children.

## Rank System

Ranks in Aiki Jujutsu are awarded based on acquired skills and training time at one's current rank. Promotion from one rank to another occurs through formal testing, which assesses a candidates skills according to specific rank requirements.

## Membership Categories

Adults: 15 yrs and older



## Aiki Jujutsu

気 Ai "to harmonize"  
柔 Ki "life energy"  
術 Ju "'yielding"

JUTSU "art"

**Aiki ...**A state where one's body, breath, and mind all become one.

**Jujutsu ...** The martial art of flexibility

*"Brandishing his sword,  
My enemy in front  
Prepares to attack,  
But behind him,  
I am already standing"*

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Visit us at:  
<http://www.aiki-ju-jutsu.com/>

## Chokushin

## Aiki Jujutsu

