



AIKIDO



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Aikido is not a usual sportive activity, which you can compare simply with other Budo activities. When I started with Aikido, I knew that I would not receive medals or goblets for my success. My motivation to start Aikido was to learn to fight and live like a Samurai. For the last eleven years I have been going to a little dojo in Dornbirn. The teacher there, especially Jürgen Schwendinger, taught me to become a martial artist not a fighter.

The origin of Aikido goes back to the Samurais, warriors who grooved their fighting spirit and techniques until perfection. The way of the Samurais contains more than learning weapons and body art techniques, therefore Samurais did tea ceremonies, wrote poems or practiced No plays. All these different activities needed patience, discipline and repetition to be improved. What I want to say is, that it is necessary to do more than to learn only Budo techniques to become a martial artist.

Aikido has been touching all parts of my life, because I learnt soft skills for my life too. On the mat we learn to concentrate on small details, care for our partners and learn to stand up, when we are down. We try again and again until done in a correct manner. There are trainings I have the feeling it works well, but also there are classes, where I'm not able to follow. One of my Senseis quote is: "Seven times down, eight times up." For me that is the most important part in Aikido. Sometimes you can't get everything you want for that moment, but we should continue our work to arrive at our milestones one day.



Aikido consists of three symbols, Ai for love, Ki for spirit and Do for way. Love, spirit and way are words, which gives a lot of space to interpret. During the last time I thought a lot about these words and their meaning. So I'd like to translate. Ai stands for passion, because without passion there is no fire inside us, which motivates us to continue the way of a Samurai, even if we have problems to understand some parts of the lesson. Ki stands for our energy and our soul. Every activity we do needs our energy. Also we should put in every punch and counter our soul and energy too. In every attack we should put our soul and energy hence our techniques become honest and serious. At last Do, I believe Do stands for a never ending road, with forks and many curves. So I guess, there is no final destination in Aikido.

It's difficult to explain Aikido only with few words. I am sure every Aikidoka has his own interpretation of Aikido. If I have to summarize Aikido with only one word, I would say `journey`. Because during each training, I see new parts and details, which makes Aikido so special and interesting, like a journey to a foreign culture.

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