



# UK Aiki Extensions



## Aiki Extensions - Aikido off the mat

O'Sensei, the founder of Aikido, saw it as a means to make a better world., he described it as a way to peace through love. As he developed the art, he moved away from the martial aspect and focused more on the principles that are central to aikido and his message was that these principles are equally as powerful off the mat as they are on it.

He believed in the power of love and recognised that genuine harmony comes from mutual respect and the willingness to accept another way. If only this could become the credo of the world as a whole. Well it can, though it won't happen over night. (*Every long journey begins with the first step*). We believe that a genuine understanding of the art on the mat will allow you to practice exactly the same principles of the mat.

Aikido principles helps us develop a positive frame of mind, confidence and the ability to work in perfect harmony with others, even when they seek to destroy us. It provides us with a means to develop real sensitivity, patience, attention to detail, understanding of ourselves and others and through this we can gain self respect, respect for others and true humility

If we can do anything that encourages these qualities and attributes within ourselves and help to develop those qualities within those that we practice with on and off the mat, even a little bit, then we can begin to make a make a better world.

Aiki Extensions is a wonderful movement whose vision is just that. They help support some very worthy projects such as helping kids in the Brazilian slums, promoting harmony between Jews and Arabs through practising aikido together and giving kids and adults a chance in places like Ethiopia. They provide a networking environment for those that share the vision and support for those that want to develop their skills in daily life. It isn't just about the grand gestures, it's about making the working environment in any business a happier and a more positive place. It's about developing skills in conflict management and helping abuse victims work out their problems in a safe and positive way. This just scratches the surface of how we can use the principles that we learn every week on the mat.

Given the name of our Association, it will come as no surprise to learn that this is a cause that we firmly support. Our dojo is a supporting member and commits to help raise funds to spread the word and help others find a happier life. You will find that this philosophy is central to the way we practice and we encourage you to get involved and do your bit. You can do that by just practising or by offering your time or money in any way that you see fit. We can put you in touch with the people that run the projects that you are most interested in.

If you want to learn more, visit Aiki Extensions own website,

<http://www.aiki-extensions.org>