

FAQ

Q: What is Aikido?

A: Aikido is a Japanese martial art which uses joint locks. It emphasises blending with the attacker's movements and redirecting their force, rather than meeting force with force.

Q: Can I try a class before committing to regular practice?

A: Yes, we welcome anyone interested in Aikido to try a class before committing to regular practice. We offer a free trial class for beginners to experience Aikido, Monday to Friday 6-7pm.

Q: How much does it cost to train?

A: Training fee for adults; \$17/class, \$75/fortnight, \$120/month, \$80/5 classes, \$150/10 classes, plus joining fee \$60/year

A: Training fee for children; \$15/class, \$130/10 classes, \$140/school term, plus joining fee \$50/year

Q: What is your timetable?

A: For adults; Basic classes Monday-Friday 6-7pm and Saturday 1-2pm, Daytime classes Tuesday & Thursday 12:30-1:30pm, Advanced classes Monday-Friday 7:15-8:00pm and Saturday 2:15-3:00pm

A: For children; Thursday 4:30-5:30pm and Saturday 10-11am

Q: Do I need prior martial arts experience to practice Aikido?

A: No, prior martial arts experience is not necessary. Aikido is suitable for people of all ages and abilities, and our dojo welcomes beginners.

Q: What are the benefits of practicing Aikido?

A: Aikido practice can improve physical fitness, coordination, flexibility, and balance, as well as develop mental focus, discipline, and self-confidence. Aikido training can also enhance conflict resolution skills and promote a sense of community and mutual respect among practitioners.

Q: Will I be able to defend myself after learning Aikido?

A: While Aikido techniques can be used for self-defence, being able to use them efficiently depends on individual. Yoshinkan Aikido is used by Police force in Tokyo, being known as a suitable martial art to defend oneself and restrain criminals.

Q: What should I wear to Aikido class?

A: We recommend wearing comfortable, loose-fitting clothing, such as a t-shirt and sweatpants. We practice barefoot, so shoes are not necessary. Aikido uniforms (gi) are also available for purchase.

Q: How old can a child start training?

A: We take children from six years old and above. Teenagers can train with adults in the basic and advanced classes.

Q: Who is the instructor?

A: Michiharu Mori Sensei takes all the adults' classes who holds 8th Dan rank and advanced instructor's certificate in Yoshinkan Aikido. He has been teaching Aikido for 37 years in Australia, USA, Canada, India, Malta, Poland, Ukraine, and Japan.

Q: Is Aikido safe?

A: Aikido can be practiced safely with proper instruction and supervision. Our dojo prioritises safety and encourages students to practice within their own physical limitations and comfort level.

Q: How often should I attend Aikido classes?

A: We recommend attending classes regularly to see progress in your Aikido practice. Students can choose to attend classes six days a week if they wish, or less frequently as they wish.

Q: Are there opportunities for rank advancement in Aikido?

A: Yes, Aikido has a ranking system based on the student's level of proficiency. Our dojo follows the traditional Kyu and Dan rank system, and promotions are awarded based on the student's skill and dedication to the practice.

Q: What is the etiquette and culture of Aikido practice?

A: Aikido practice emphasises mutual respect and a peaceful mindset. Students are expected to bow when entering and leaving the dojo, as well as to their training partners. Proper etiquette and behaviour are taught and reinforced in class.

Q: Is Aikido a good workout?

A: Yes, Aikido can be a great workout for both your body and mind. It involves stretching, balance, and coordination exercises, as well as partner techniques that can help build strength, flexibility, and endurance.

Q: Is Aikido physically demanding?

A: Aikido can be physically demanding, but it can also be practiced at a slower pace. Practitioners can choose their own intensity level, and instructors can adjust training to accommodate a variety of physical abilities.