



琢磨会大東流合気柔術 TAKUMAKAI DAITO RYU AIKI JUJUTSU

Daito ryu Aiki Jujutsu is an ancient Japanese Martial Art that is said to have originated in the 11th century of feudal Japan. There are over 2800 techniques in Daito ryu Aiki Jujutsu.

The guiding principles of Aiki jujutsu were originally derived from Japanese sword fighting. Each movement is aimed at maximising efficiency and is focussed on using the opponent's own attacking energy against them.

This is achieved through harmonizing the attacking energy or force with one's own energy after the first point of resistance has been met.

JOIN US NOW!

0414 180 449

NATIONALLY QUALIFIED INSTRUCTOR

GRANT PERIOTT - CERT IV IN SPORTS
COACHING MARTIAL ARTS & CERT IV
IN TRAINING & ASSESSMENT.

FOR MORE INFORMATION

VISIT OUR WEBSITE

www.aikinsw.com

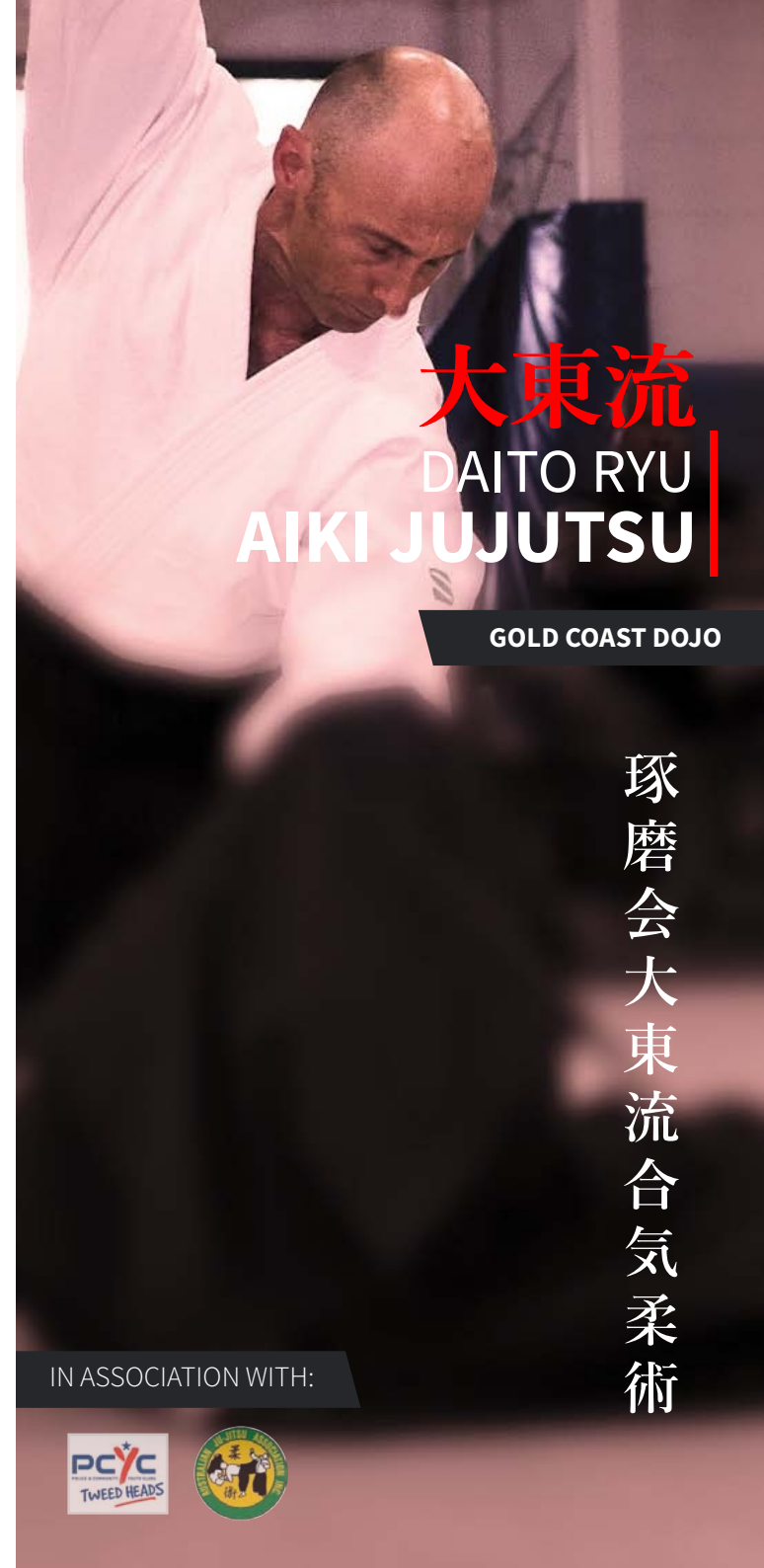
Gold Coast Daito Ryu
Tweed Heads PCYC
Corner of Florence &
Recreation Streets
Tweed Heads



Phone: 0414 180 449
E-mail: gperiott@goldcoast.qld.gov.au



AIKI JUJUTSU



大東流 DAITO RYU AIKI JUJUTSU

GOLD COAST DOJO

琢磨会大東流合気柔術

IN ASSOCIATION WITH:





大東流

DAITO RYU AIKI JUJUTSU

The Tweed Heads PCYC is pleased to present Aiki Jujutsu classes on Tuesday & Thursday Evenings. Classes are open to adults and children from ages 7 and upwards.

CLASS TIMES & COSTS

Tweed Heads PCYC
Tue 6:00pm – 8:00pm (QLD)
Thu 6:00pm – 8:00pm (QLD)
\$8 per participant per class



Tweed Heads PCYC Membership

Seniors \$15 per annum
Juniors \$10 per annum

AJJA MEMBERSHIP

Membership of the Australian Ju Jitsu Association through the Australian Takumakai Branch of Daito ryu Aiki Jujutsu (this covers insurance).



Juniors \$70.00
Annual Renewal \$60.00

Seniors \$90.00
Annual Renewal \$70.00

CONTACT GRANT PERIOTT

Phone: 0414 180 449
E-mail: gperiott@goldcoast.qld.gov.au

DAITO-RYU IN TWEED AND GOLD COAST

WHAT IS AIKI JUJUTSU?

Aiki Jujutsu is a traditional Japanese martial art that encompasses both weapon and empty hand skills. The guiding principles of aiki jujutsu were originally derived from Japanese sword fighting. Each movement is aimed at maximum efficiency and is focussed on using the opponents own attacking energy against them.

Aiki Jujutsu is well suited for women because it does not rely on brute strength. It is nearly impossible to adequately explain what Aiki Jujutsu is because it must be experienced

WHY IS AIKI JUJUTSU DIFFERENT TO OTHER MARTIAL ARTS?

Many self defence and martial art systems rely heavily on speed and power. Most commonly they consist of hard punches, kicks and other strikes and blocks. Ordinary jujitsu also often relies on strength and body hardening for grappling and takedowns.

All of these approaches are effective at causing injury if you are faster or stronger than your opponent. Aiki Jujutsu requires the practitioner to be relaxed and supple, to utilise the aggressive attack of opponents to unbalance and control them.

first hand to be fully appreciated. Aiki Jujutsu is not just a self defence, it has been described as a personal journey that helps the practitioner to unlock the mind and body to discover inner power. This journey of discovery is said to have no end point with many of the long term Japanese practitioners still discovering new applications well into their 60's and 70's.



There is a science to the art of unbalancing an opponent that when understood allows even the strongest attacks to be reversed. In Aiki Jujutsu you are in control of the attacker. Aiki Jujutsu does not rely solely on striking or other blunt force trauma to stop an attack.

Through harmonisation Aiki Jujutsu allows the practitioner to respond naturally and appropriately to a range of threat levels utilising evasion, redirection, locks, throws and pins. This Aiki approach provides a much higher level of control for a range of threatening situations than just the ability to punch, kick and block or grapple.