

Community New

Community Contributed

Martial Art for Peace and Harmony

Aikido demonstration on Molokai

By H. Takeuchi

Students of aikido on Molokai had a special treat last week – training from a master of their art. Aikido of Friendly Isle dojo (school) hosted Kensuke Murai Sensei, a 7th degree black belt who visited from Japan. Murai also gave a public demonstration at the Soto Mission Japanese Temple last Wednesday.

Aikido is the Japanese martial art that practitioners could use to defend themselves while also protecting their attacker from injury.

It is performed by blending with the motion of the attacker and redirecting the force of the attack rather than opposing it head-on. This requires very little physical energy as aikido makes use of the attacker's own strength through natural circular movements. Ultimately, it is the energy of the attack itself which brings down the attacker.

Today aikido is practiced by over 1.5 million people worldwide. It's training is mental as well as physical, emphasizing the ability to relax the mind and body to improve your daily life.

Murai started aikido training in Japan when he was in his 20's, and has been practicing for over 42 years at Aikido World Headquarters in Tokyo. He is a well respected and highly regarded teacher, and also a well-known architect in Japan. While on Molokai, he dynamically demonstrated and properly executed multiple aikido techniques, such as throwing gracefully and immobilizing the attacker with skillful movements.

He has achieved these results over decades of training through precise use of leverage, gravity, proper timing, relaxation, and Ki energy. Ki is human internal energy which is generated and transmitted through the air and received by another individual.

During his one week stay on Molokai, he trained the students of Friendly Aikido dojo located at Soto Mission, and enjoyed hiking to Kamakou with the people of the Nature Conservancy. This is his second visit to Molokai and he has shared that it is a special place of natural beauty and spirit. Aikido can be safely and harmoniously practiced by young and old, men and women. Molokai is a wonderful place to appreciate the delicate balance of "Heaven and Earth" through Aikido training. For more information about aikido on Molokai, access website at <http://www.FriendlyAikido.com> or call 552-2496.



Takeuchi Sensei (left) and Murai Sensei (right) demonstrate Aikido techniques.