

The Spirit of Aikido

The foundation of AIKI is love. It is the embodying the spirit of the heaven and the earth in one's heart, and the maintaining the great spirit of loving embrace for all, in order to fulfill one's mission, that ought to be the Way of the martial art.

AIKI is to win over the self. This does not mean to forfeit the will to fight in the face of the enemy, but to gain absolute self-completion through the removal of all enemies. This is the Way of AIKI.

Furthermore, AIKI is a martial technique in which the law of the universe is taken into the body, in order to attain the higher realm by uniting one's soul and body. This is the process of the Way of AIKI.

合氣道の精神 (Aikido no Seishin)

合氣とは愛なり。(Aiki towa Ai nari)

天地の心を以って我が心とし、(Ametsuchi no kokoro wo motte
waga kokoro toshi)

万有愛護の大精神を以って(Ban-yu aigo no daiseishin wo motte)
自己の使命を完遂することこそ(jiko no shimei wo kantsuisuru
kotokoso)

武の道であらねばならぬ。(Bu no michi de araneba naranu)

合氣とは自己に打ち克ち、(Aiki towa jiko ni uchikachi)

敵をして戦う心無からしむ、(teki woshite tatakau kokoro
nakarashimu)

否、(ina)敵そのものを無くする絶対的自己完成の道なり。(teki
sonomono wo nakusuru zettaiteki jikokansei no michi nari)

而して、(Shikoushite)武技は天の理法を体に移し、(bugi wa ten
no rihou wo tai ni utsushi)

霊肉一体の至上境に至るの業であり、(reiniku ittai no shijoukyou
ni itaruno waza deari)道程である。(doutei dearu)