



## "Aikido with the latest security patches"

Aikido is a modern martial art in which cheating is technique. It's self-defense, not a sport. There are no weight classes IRL.

Aikido is the one about not getting hit.



"It's kind of like judo."

You know the part in a kung fu movie where it's all strike, block, strike, block, but then the good guy ducks and the bad guy just totally wiffs and the audience is like YEAH?

That's Aikido.

"Why don't you punch me in my big fat stupid face I'm never gonna move never gonna move PSYCH! oh yeah sorry about that. This time I swear I won't move."

## It's more or less legal.

There are all kinds of decision points where you can ramp it up or tone it down. If your jackass roommates sneak up on you, they won't need stitches. If it's a bad situation... you don't have to throw them somewhere nice and you don't have to listen when they slap out.

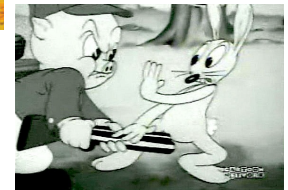
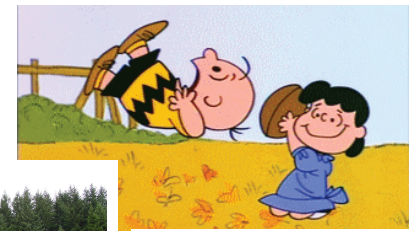


"Grab my arm. No, the other arm.  
No, MY other arm."

In class, you spend half your time attacking and landing. So you do practice strikes. Please learn to strike. Give your partner something to avoid.

If you're not getting a workout, you're doing it wrong. (If you need to take it easy, though, that's all right.)

You don't need a mat. The mat is so you can do it 500 times a class, three times a week. You still don't want to fly off your bicycle 1500 times a week in traffic. But once a year is survivable.



## Cops and Robbers

In basic pairs practice, one of you does the attack right-handed and the other practices the technique. Then left. Then switch.

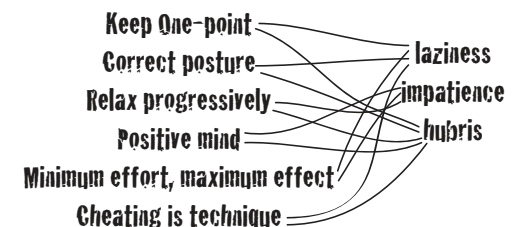
The bad-guy attacker is supposed to be all honest, trusting, loyal, and true - also brave, committed, and hard-working - and simulates someone who doesn't know what technique is coming. The good-guy defender is sneaky, deceptive, manipulative and misleading - also lazy - and teases the attacker like you tease a cat with a laser pointer, a bull with a cape, or a Charlie Brown with a football. It's like pug bowling and the hallway slide in The Breakfast Club.

Then you switch.

It can be a little confusing.

## Principles:

Note that they map roughly onto the three virtues of the programmer:



Mon 7-8:30 K MC2

Tue 5:30-7 A MC2

Wed 7-8:30 K MC2

Thu 6-7 A MC2

Fri 6-7 A MC2 + 7:30-9 K WR

^^MC2 = upstairs DuPont

Squash (multi) Court (2)

^^WR = wrestling room

K = Kokikai^^

A = Aikikai^^



kokikai



aikikai



<http://clubsports.mit.edu/join-a-club>



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