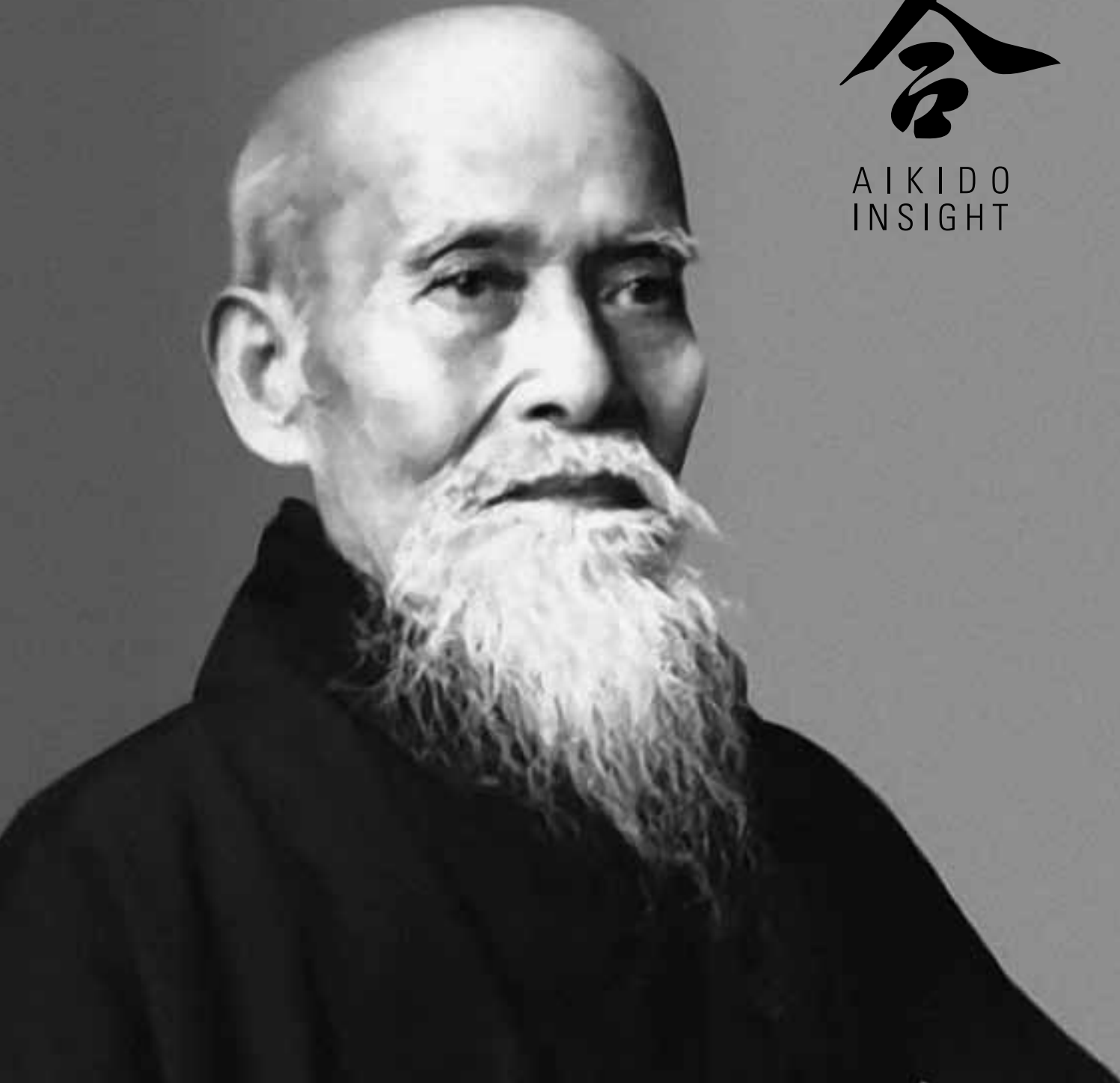




AIKIDO  
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# WELCOME

**Proudly we present you the first issue of Aikido Insight Magazine!**

This magazine is the result of the combined effort of different people all of whom sharing a strong passion for aikido. Some of the persons are also strongly linked to photography and art.

The initial idea for the creation of this magazine originated back in 2008; now we have finally succeeded in developing a high quality magazine made by aikido practitioners for aikido practitioners in the Netherlands and elsewhere, with the primary goal to provide a deeper insight into the world of this martial art. Even though the magazine is intended for Dutch aikido practitioners, we choose English as the language for communication in order to open ourselves and reach out to a broader group of aikido practitioners in all parts of Europe and the rest of the world.

The central theme of this edition is the unique event of the foundation of Aikido Nederland. The objective is to present to you the background for such a development in Dutch aikido and the point of view of some highly respected individuals in the world, such as Doshu Moriteru Ueshiba. We hope that reading this magazine will provide you more insight and together with the specially selected photographs, will gain a respected location in your bookcase.

Finally, I would like to thank everyone who made this magazine possible in any way: some have contributed by sacrificing most of their spare time next to their busy daily jobs, others made it possible by opening doors. Aikido is and will remain the binding factor for this magazine in the future. We sincerely hope that you will continue reading it and that it will complement your aikido way of life.

Sachien Raghoe, Editor

# THE AIKIDO SPIRIT

The Doshu is the highly respected grandson of the founder of Aikido. We had the honour to meet him following the seminar he gave in November 2009; this two day event was attended by more than 1500 aikidoka from all over Europe. Accompanied by Waka sensei, Mitsuteru Ueshiba, and uchi deshi, Toshio Suzuki, the Doshu arrived in de lobby of the hotel were we had the pleasure to interview him. This visit was his third visit to the Netherlands, but his first visit as Doshu.

By Nagao Cheshier

The Doshu began practicing aikido at age of six and as there were no children's classes back then he joined a regular class where his father was teaching. He was taken under the wing of the more experienced adults admitting that what he did could not really be considered aikido practice as such but rather playing around.

Aikido has always been part of his life; his intention was always to become a

successor to his father, and to preserve this legacy for the future. Doshu Moriteru Ueshiba assumed the current position of Aikido Doshu, the General Director of Aikikai Foundation Hombu Dojo (Aikido World Headquarters) on January 18th, 1999 as the formal successor and third heir to Aikido. At the same time he also became the President of the International Aikido Federation. Aikido is a family tradition passed on from generation to

generation. From the very beginning, his responsibility has been to disseminate the traditional teachings of aikido. His approach to aikido emphasizes, technically speaking, soft, rounded movements. Doshu himself once eloquently summed up his thoughts regarding the art created by his father with these words: "The movements of aikido are in perfect accord with the movements of the spirit. If one talks about spiritual matters or throwing his

