

PRETORIA AIKIKAI *(established 1979)*
(Central Dojo at TuksAikido, Hatfield, Pretoria)



Photograph of Dan grades c2003



Photograph of Dan grades c2013

THE ART OF AIKIDO:

Aikido is an authentic Japanese martial art that comprises body arts, strict exercise, coordinated movement, touch, strategy, self defense, philosophy, life skills, cultural aspects and much more.

Many authoritative works have been published on the subject. Please refer to our suggested reading list.

AFFILIATION:

The Pretoria Aikikai is a proud member of the **Aikido Federation of South Africa (AFSA)**. It functions as a close integrated unit with other AFSA dojos in the region.

The Central Dojo is situated in Hatfield and run by Mr Paul de Beer with the aid of assistant instructors.

The club is affiliated to AFSA and through AFSA again with the Aikido World Headquarters (Hombu dojo, Japan), the International Aikido Federation and MASA. It is supported by various top aikido masters and friends of aikido throughout the world.

The Pretoria main dojo was founded in 1979 and continues to play a central role in the training of instructors and in spreading Aikido throughout South Africa

IMPORTANT PRINCIPLES RELATED TO AIKIDO

-- our approach at the TuksAikido DOJO:

1. Harmonize with your partner(s) and respect the laws of nature:

Training is done in an energetic, friendly, safe and non-competitive atmosphere. Beginners and advanced students train as a close family unit in one integrated class. The pace varies according to the experience and seniority of each training partner. Practice is done predominantly for the enjoyment. Our main ambition is personal development and a lot of emphasis is therefore placed on respect, benevolence, loyalty and harmony as advocated by the traditions of Bushido and the laws of nature. We believe that mastery and accomplishments (such as grades, qualifications, etc.) is secondary and will follow naturally and in good time.....

2. Cleanliness and proper etiquette is essential:

We expect our students to respect the harmony of the group and to observe strict rules of etiquette. Members practice in clean gear and take pride in the cleanliness and hygiene of the dojo.

3. Study and understand the principles and the basics:

Mastery and effectiveness comes with insight, skill and a positive approach. Size, speed, strength and fitness will then become lesser issues.

“Stop the use of force, learn to relax and regard the intention and flow of the attack.” also “Come to each class with a beginner’s mind and without preconceived ideas.”

In this way competency is achieved with regular, intensive training in actual one on one contact under the guidance of experienced teachers.

4. Resolve discord peacefully and with grace:

Aikido goes beyond self-defense. The techniques are affective but never violent. Although we are trained to react instinctively when confronted, we acknowledge the fact that conflict should not and cannot be resolved in any meaningful or lasting manner with fighting skills alone.

5. Take responsibility for your own destiny:

“Practice self-discipline and make regular training an integral part of your daily routine....”

THE INSTRUCTOR:

Mr Paul de Beer is the Dojo-cho and instructor in charge of the dojo. He is advised by Minegishi Shihan (7th Dan, Honorary President of AFSA) and Franco Martufi Sensei (6th Dan, Technical Advisor of AFSA) and assisted by senior students.

De Beer sensei, pioneer and founder member of the The Aikido Federation of South Africa (AFSA) and The Confederation of South African Martial Arts, is ranked 6th Dan. He was a former president of AFSA and Chairman of both AFSA's Technical Committee and Grading Panel. He has more than 50 years' experience in Aikido and other Japanese martial arts and still practices actively. The University of Pretoria decorated him with honorary awards for Aikido in 1991 and again in 2006.

He started his martial arts career at the age of 14 under the most legendary and world renowned fathers of SA Karate. Richard Salmon (Founder of Budo Ryu-karate) was his first Sensei and mentor. He later also befriended and studied under Stan Schmidt of Shótokan fame.

He graded 2nd Dan, achieved provincial and NDF-colours, and later attained his teaching certificate in Karate from the late Yamaguchi Gogen Sensei, 10th Dan Gojukai, Japan. He retired from active karate in 1976 to become a founder member of AFSA, the Aikido Federation of South Africa.



Japan c2004 and 2008



LaSpezia, Italy c 2003



Demonstration at the Embassy of Japan, Pretoria



Peking, the Forbidden City c2006



Demonstration at the Embassy of Japan,, Johannesburg



Mr de Beer is regarded as the last active and remaining pioneering father of SA Aikido. He was fortunate to befriend and study under the constant guidance of international instructors with direct relationship with the Founder and the Hombu dojo in Japan. Some of his most prominent instructors are named below in chronological order: Messrs M Kanetsuka (7th Dan, Aikikai), C Smart (3rd Dan, Aikikai), K Cottier (deceased, 7th Dan, Aikikai), G Veneri (deceased, 6th Dan, Aikikai), F Martufi (6th Dan, Aikikai), Mrs M Minegishi (7th Dan, Aikikai). He also attended courses/training with the following high-ranking masters: Messrs Ueshiba Moriteru (Aikido Doshu), H. Tada (9th Dan, Aikikai), M Fujita (8th Dan, Aikikai), S Masuda (8th Dan, Aikikai), N. Tamura (8th Dan, Aikikai), Y. Fujimoto (8th Dan, Aikikai), I Kubota (8th Dan, Aikikai), H. Osawa (8th Dan, Aikikai), C. Tissier (8th Dan, Aikikai)



He has travelled extensively. Besides attending/instructing at most of AFSA's regular national courses, he also attended international courses in Britain (1986), Reunion (2002), Italy (2003), China and Hong Kong (2006), Japan (2004 & 2008), Russia (2010), Romania and Holland (2014). In 2004, with Minegishi sensei and 3 other SA instructors, he attended a month long study tour and pilgrimage to Japan. Together they travelled throughout Japan and trained under 18 of the most prominent instructors in the world. The highlight of the stay was their visit to the Hombu dojo and the Iwama Shrine.

Mr de Beer is a professional architect employed by the University of Pretoria. He is married with two children.

GETTING STARTED:

Please visit us on <http://www.aikidopretoria.co.za> You are sure to find a wealth of valuable references and information of aikido on the site that should interest you.

It takes a lot of effort, time and self-discipline to master any martial art. Because it will utilize a lot of your time and resources to study and progress, it is vital, right from the outset, to investigate and find the most suited martial art and best school for your training and personal development. It is essential to find the best qualified instructor to match your personality and that will suit your individual aspirations. Make your own informed opinion about joining!! Please consult the internet/ yellow pages to see what options are available and visit the various clubs to verify the instructors' credentials as well as the validity of his/her qualifications and the certificates that the particular organization may issue. Also be conscious of safety matters and how you will fit into the group.



Training on the beach, AFSA Winter School in Durban



Dedicated class for women c 2009

People differ greatly and have diverse conceptions and aspirations regarding martial arts. As a consequence different schools and teachers place varied emphasis on different aspects of their training.

At the Pretoria Aikikai we prefer not to force or spoon-feed our students.

We encourage a mature, balanced, informed, self-motivated approach and assist our students to "discover" the hidden treasures of aikido at their own pace and according to their individual personality.

TRAINING GEAR:

Aikido requires the minimum of training gear and Keiko-gi/ kimono, hakama, books and weapons such as bokken, jo and tanto can be ordered through the dojo.

Beginners can start their first class in a track suit or pair of loose fitting slacks and later, within a month or two, advance to a proper keiko-gi. (A white, heavy quality Judo suit is the standard and is priced in the region of R900-00.)

MEMBERSHIP, VENUE AND TRAINING TIMES:

You are invited to become part of our active community in service of Aikido. Classes are for adults of both sexes and all nationalities. Membership is restricted. One joins the dojo by filling out the appropriate forms and by paying the prescribed fees. Beginners are always welcome. They are encouraged to observe at least one of our classes to familiarize themselves and to accept the objectives of the art before applying for membership.

Venue:

The TuksAikido dojo, University of Pretoria Sport Centre, LC de Villiers Campus, South Street Extension, Hatfield, Pretoria.

The dojo is situated in the basement of the Rembrandt hall / Sports Complex.

Training times:

Mondays (18:00 – 19:30)

Wednesdays (18:00 – 19:30)

Fridays (18:00 – 19:30)

No training on public holidays and during the December/January-recess.

Please be ready and seated on the mat before the starting time, or, report to the instructor if you happen to be late.

Mat fees:

R2 000-00 per annum or

R600-00 per quarter or

R300-00 per month

Additional fees will be charged for special courses and grading examinations.

AFSA affiliation: R350/annum and payable on registration

Paul de Beer

TuksAikido Dojo-cho