



AIKIDO

WORKSHOP for Tri-Forces



SCAN
for our website



INTRODUCTION

Aikido, a Japanese martial art, offers a unique blend of physical, mental, and spiritual development for individuals of all ages. Our Aikido training program is designed to introduce the principles and practices of Aikido to the Three Forces in Sri Lanka, promoting physical fitness, self-confidence, and a healthy lifestyle.



2025









WHAT IS **AIKIDO** ?

Aikido is a holistic martial art that emphasizes circular movements, balance, and harmony with others. It is an excellent way to develop physical coordination, flexibility, and strength, while cultivating mental focus, discipline, and self-awareness.





BENEFITS FOR THE TRI -FORCES

-  **Physical Fitness**
Improves cardiovascular health, flexibility, and overall physical fitness
-  **Self-Confidence**
Enhances self-esteem, confidence, and self-discipline
-  **Stress Management**
Provides a healthy outlet for stress and tension
-  **Teamwork and Leadership**
Encourages teamwork, communication, and leadership skills





AIKIDO

FOR DRUG PREVENTION AND REHABILITATION

Aikido promotes a healthy lifestyle and self-control, reducing the likelihood of substance abuse

Aikido training enhances self-awareness, allowing individuals to make informed choices

Aikido fosters a sense of community, providing support and encouragement for individuals to make positive choices





AIKIDO

FOR SELF-CONFIDENCE AND PHYSICAL FITNESS

Aikido promotes a healthy lifestyle and self-control, reducing the likelihood of substance abuse

Aikido training enhances self-awareness, allowing individuals to make informed choices

Aikido fosters a sense of community, providing support and encouragement for individuals to make positive choices



AIKIDO TRAINING FOR RETIRED PERSONNEL

- Provides a smooth transition to civilian life
- Offers a new skill set for personal development and community service
- Fosters a sense of purpose and fulfilment



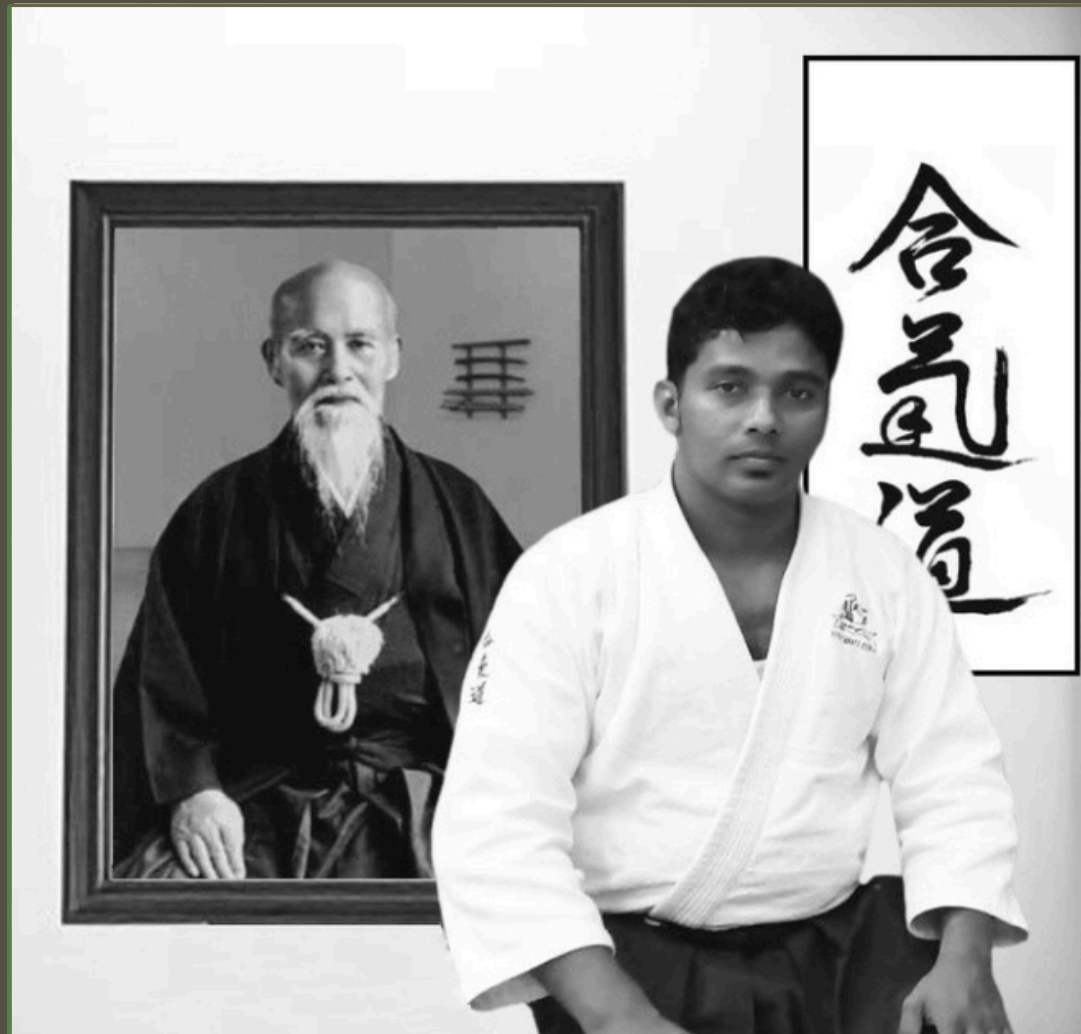


AIKIDO FOR CONTROLLING AGGRESSION AND EGO

- Aikido training emphasises harmony and balance, reducing aggression and ego
- Develops self-awareness, allowing individuals to recognise and manage their emotions
- Fosters a sense of respect and empathy for others



PROTECTING THE DIGNITY OF UNIFORM AND RESPECTING HUMAN LIFE



- Aikido training emphasises the importance of respect and dignity for all individuals
- Develops a sense of responsibility and accountability
- Fosters a culture of mutual respect and understanding



AGENDA

- Introduction to Aikido principles and history
- Basic Aikido techniques and movements
- Interactive drills and exercises
- Q&A session and feedback
- Discussion on Aikido's role in promoting a healthy and positive lifestyle





PROPOSAL

We propose a series of Aikido training programs for the Tri - Forces , tailored to their needs and interests. Our experienced instructors will lead the sessions, ensuring a safe and enjoyable experience for all participants.



GOAL



- ➊ Introduce Aikido to the Tri-Forces
- ➋ Promote physical fitness, self-confidence, and self-discipline
- ➌ Foster a positive and supportive learning environment
- ➍ Contribute to a healthy and positive lifestyle



“AIKIDO IS MORE THAN JUST A MARTIAL PRACTICE. IT IS A PHILOSOPHICAL TOOL TO HELP US BECOME BETTER PEOPLE, BETTER FAMILIES AND A STRONGER GLOBAL COMMUNITY. I BELIEVE IT TO BE A SINCERE PATHWAY TO THE REFINEMENT OF THE HUMAN SPIRIT”

**TATSUO STEPHEN TOYODA (6TH DAN)
PRESIDENT & CHIEF INSTRUCTOR**

**AIKIDO ASSOCIATION OF AMERICA (AAA)
AIKIDO ASSOCIATION INTERNATIONAL (AAA)**

SUCCEEDING HIS LATE FATHER, THE FOUNDER, FUMIO TOYODA SHIHAN, SENSEI TOYODA HAS BEEN INVOLVED IN AIKIDO SINCE CHILDHOOD.

Traditionally, Military training is often synonymous with force with force. However, for the modern world, the true objective isn't just winning a battle it is maintaining a lasting peace and harmony in society.

Aikido provides a framework where soldiers can manage high pressure encounters with restraint. Focusing on de-escalation rather than destruction

The refinement of the human spirit and internal personal growth is essential for service members who must balance the duty of protection with the goal of building stronger and more unified communities

