



AIKIDO PRAHA VINOHRADY, Z.S.



ANNUAL CLUB REPORT FOR THE YEAR 2016

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AIKIDO

Aikido is a Japanese martial art that develops many human qualities through training defense techniques.

Aikido training provides:

- » interesting and healthy physical exercise,
- » personal development,
- » the company of friendly and open-minded people,
- » self-defense.

Aikido students improve their physical and martial skills while learning to perceive their place in time and space, to maintain balance, to manifest their intention, and to sense their bodies and interact with people, both in techniques and in everyday life. That means Aikido is physical training as well as a never-ending and infinitely inspiring way of life.

AIKIDO PRAHA VINOHRADY

The primary objective of the Aikido Praha Vinohrady, z.s. is to support and develop aikido as a physical and spiritual discipline. It was created by Morihei Ueshiba and based on various traditional Japanese martial arts and on Morihei Ueshiba's own spiritual understanding.

The club offers aikido to the public as a tool for overall development. The club:

- » organizes and provides regular training and further education in terms of seminars and training courses,
- » organizes and ensures the teaching of disciplines related to aikido, especially of those that go beyond the pure physical framework, thus fulfilling richer educational goals,
- » creates training materials for the needs of its activities,
- » collaborates with individuals and organizations that have similar goals in the Czech Republic and the in the world,
- » promotes aikido and related disciplines.

Our main activity is providing regular aikido classes for children, teenagers and adults.

In addition to regular training, we organize aikido weekend workshops and a one-week summer school. We also visit seminars outside of Prague and abroad (mainly Slovakia, Germany and France). We organize many other activities for club members such as group trips into nature and cultural, social and educational events. As a complement to our program (and for relaxation) we occasionally teach Japanese massage shiatsu. We also spread general knowledge about aikido through public appearances, lectures, public seminars and promotional material.

Aikido Praha Vinohrady z.s. is a member of Czech Aikido Federation, which is officially recognized by the Aikikai Foundation (The Aikido World Headquarters), Tokyo, Japan.



AIKIDO PRAHA VINOHRADY IN 2016

Our Members

In 2016, more than 90 adults and 70 children and young people under 16 years trained in the club. Aikido is practiced by both men and women; there are students of primary and secondary schools, universities and, of course, working people of various professions among us.

Regular Classes for Adults

In 2016, courses for adults amounted to 10 hours a week, consisting of seven evening and two morning training sessions. One training session contained advanced students of the technical degree 4th kyu and higher. In all the other lessons, all members could participate regardless of their technical ability. Recently, members of youth groups have been invited to participate in the adult trainings, which helps to overcome the generation gap in the club. Once a month, we hold an extra class on Sunday.

We also practice during the summer holidays on a reduced schedule: 5 hours per week, three training sessions on the tatami, and 1 hour of outdoor weapons training.

These classes are held mostly by the following teachers: Martin Švihla, Vanda Švihlová, Michal Roder and Lubomír Šebesta.

Classes for Children and Teenagers

In 2016, training sessions for children (8–12 years) and teenagers (13–16 years) took place in the center KOSAGYM in Vinohrady street. The children's group currently has 40 children, and these training sessions are held by Jaroslav Spurný and Adam Nohejl (both 3rd class trainers). 20 trainees are currently attending the classes for teenagers that are given by Jaroslav Hejlek, (3rd class trainer) and many young people of this group also attend trainings for adults.

Another small aikido circle is organized by our club at the Christian International School of Prague (CISP) in Legerova street. About 10 children aged 6–12 years learn aikido in English under supervision of Adam Nohejl.

Classes for Teachers

In 2016, twelve of our members participated in annual education of trainers organized by the Czech Federation of Aikido. One of the teachers leading that event was Martin Švihla. We regularly participate in the classes for teachers during seminars of Franck Noël.

The teachers of the club meet at regular meetings where they discuss the practical and theoretical issues of the training.

Seminars in Our Club

In 2016 we organized ten seminars (four international seminars, four club seminars, one seminar for children, and a week-long summer school). As usual, we held a seminar with Jan Nevelius from Sweeden, a novelty was the seminar with the young French teacher Gaston Nicolessi. Another rare pleasure was a visit from François Hainry, a French teacher of Tai-chi. Our summer school was intense - we trained eight hours a day on average..

With these many events, we rank among the most active Czech aikido clubs. Our international seminars are organized in cooperation with the Czech Federation of Aikido.

Photos of many of these events can be found on the website www.aikidovinohrady.cz/photoblog.

February: Club seminar,
Sylvia Mucke (Germany, 4th dan)

March: Club training with the well-known
teacher of Tai-chi,
François Hainry (France)

April: International weekend seminar,
Jan Nevelius (Sweden, 6th dan)

May: Club seminar,
Gaston Nicolessi (France, 5th dan)

June: International weekend seminar,
Franck Noël (France, 7th dan)

Seminar for children and teenagers,
Jaroslav Spurný, Jaroslav Hejlek, Adam
Nohejl (Czech Republic, 1st dan)

August: One-week summer school
in Třešt near Jihlava
Martin Švihla (4th dan)

October: International weekend seminar,
Franck Noël (France, 7th dan)

November: International weekend seminar,
Stefan Stenudd (Sweden, 6th dan)

December: Club seminar,
Zdenko Reguli (Slovakia, 5th dan)



Trips to seminars

Teachers and club members attended a number of seminars in Europe and Japan:

March: Franck Noël (7th dan)
Bratislava, Slovakia

Stefan Stenudd (7th dan)
Munich, Germany

April: Stefan Stenudd (7th dan)
Berlin, Germany

June: Franck Noël (7th dan)
Toulouse, France

June: Mitsuteru Ueshiba
(Hombu Dojo Dojo Cho),
Praha

July: Seishiro Endo (8th dan)
Púchov, Slovakia

July: Franck Noël (7th dan)
Île d'Oléron, France

September: training in the world central
Aikido Hombu dojo in Tokyo, Japan

October: Week-long seminar at the Congress
IAF (International Aikido Federation)
in Takasaki, Japan.

October: Franck Noël (7th dan)
Stockholm, Sweden

October: Kaname Ariga sensei (6th dan)
Bratislava, Slovakia

December: Franck Noël (7th dan)
Berlin, Germany

December: Stefan Stenudd (7th dan),
Jan Nevelius (6th dan),
Jorma Lyly (6th dan)
Malmö, Sweden

December: Seishiro Endo (8th dan)
Vienna, Austria

See photos and comprehensive descriptions
of these trips in our photo gallery:
www.aikidovinohrady.cz/photoblog



International Relations

We maintain relationships between clubs at an international level mainly by organizing international seminars in Prague and through visits of seminars abroad. The main teacher of the club, Martin Švihla, works as the secretary for international relations for the Czech Federation of Aikido.

In June 2016, we visited a seminar in Prague by the great-grandson of the founder of Aikido, Mitsuteru Ueshiba. In September, Martin Švihla and three other club members (teachers Michal Roder and Jaroslav Hejlek, student Lucie Arlethová) traveled to Japan, representing the Czech Federation of Aikido at the international conference of IAF (International Aikido Federation) in Takasaki. This is the most important gathering of Aikido practitioners world-wide and occurs once every four years.

Public Performance and Media

In May we represented Aikido at Ratolest Fest 2016, a sport day for children and teenagers at Náplavka (Prague riverside). At the beginning of the school year 2016/17, we presented a large public demonstration related to Japanese culture – the Autumn Festival Akimatsuri 2016, organized by the Japanese Association in the Czech Republic. Another demonstration took place at the neighborhood festivities Zažit město jinak (Different City Experience) at Slavíkova street.

In the summer of 2016, several professional photographers attended our training and captured many beautiful photos of children and adults training.

As part of our member recruitment we participated in the project Praha sportovní, which is organized by the capital Prague.



Grants and Support

In 2016, we took advantage of the support allocated by the City District Prague 2. Also, we received a regular annual support from the Association of Youth Clubs (SKM – Svaz klubů mládeže). However, our attempt to get support from the Municipality of Prague for our involvement in Project Prague – European Capital of Sports 2016 was unsuccessful. We hereby thank the municipal authority of Prague 2 and the SKM for their support and year-round collaboration.

Collaboration with Schools

In May, we collaborated with Gymnazium Litoměřická in Prague to organize sample lessons of aikido and the use of its principles to safely resolve interpersonal (verbal) conflict for 50 highschoolers.

In 2016, we also continued our collaboration with Christian International School of Prague (CISP) on Legerova street.

Joint Activities

As the membership and activity of the club has grown, the demands on the inner structure and collaboration within the club has also increased. The needs are no longer only related to classes, seminars and club activities, but also to advertisement, grant administration etc. More and more club members have taken part in this work.

Besides training, we also enjoy other joint activities. Together we go on outdoor hikes and canoeing trips, and we organize events like bowling, billiard, paintball or laser games. Once in a while, we meet for club lectures, photo screenings, or parties among which our traditional Christmas party has a special place.

See more: www.aikidovinohrady.cz/photoblog



THANKS TO THE CLUB MEMBERS

The preceding paragraphs describe a variety of different work – teaching, organization, administration, promotion, communication with partners... Most of this work is performed by club members who do it with the same enthusiasm that they have for aikido training. Only thanks to their strong spirit and involvement, the club is successful in achieving goals of such quality.

We have mentioned several members who take responsibility for certain activities in our club; however, many more people are involved in running our club in many different ways. Our thanks go to all members of the dojo for bringing in their individuality and passion, and thus helping to develop the inner qualities of our club and its pleasant atmosphere.



THANKS TO OUR PARTNERS

Aikido Praha Vinohrady, z.s. cooperates with the following organizations:



The Czech Federation Aikido – our club is member of this organization – it guarantees technical development and examinations and cooperates with us in organizing international seminars.

More information at www.cfai.cz



Association of Youth Clubs – supports our various club events and helps us partly with the rental costs.

More information at www.svaz-klubu-mladeze.cz



**MĚSTSKÁ ČÁST
PRAHA 2**

Municipal Authority Prague 2 – supports us within grant programs for sports and education and helps with promoting of our regular activities for children and youth.

More information at www.praha2.cz

We have traditionally had good relations with T. J. Sokol Praha Královské Vinohrady, on whose premises we train. We also cooperate with the Sokol house in Třešť near Jihlava, and with its local aikido section.

In 2016, we maintained friendly relationships with many aikido clubs in our country and abroad, as well as with several other clubs of martial arts.

We thank all these organizations, friends and other partners for their help and support.

SUMMARY OF 2016

In the year 2016, our club grew in quality and in quantity: trainings for children increased, and some of our teenagers began training with the adults as well. Within our club we have organized eight seminars and have visited many others. Several members of the club spent three weeks in Japan – an important experience for the development of the club and for international relations. The club continued developing technically – several students passed the exam for black belt.

We also extended our contact with the Czech Republic and abroad, participating in official events of the highest international level.

Various members of the club began building centrum Prostor 8 – a new space for training.

PLANS FOR 2017

The plans for the tenth year of the club's existence are simple – regular exercise, finding new inspirations, gradually developing one's human potential.

We plan to keep the number and level of trainings for adults and to expand slightly the trainings for children and teenagers, whom we plan to send to the emerging Prostor 8. Furthermore, we have prepared several international seminars.



TEACHERS OF THE CLUB



Ing. Martin Švihla, PhD.
4th dan, main teacher

Martin Švihla started with martial arts in 1988, with aikido in 1995. Around 1997, he started teaching aikido for children and adults. Shortly after, he finished the trainer studies at the Faculty

of Physical Education and Sports (FTVŠ) at the Comenius University in Bratislava, with his final thesis on the education of children through aikido. He also completed a three-year study of the Japanese massage Shiatsu.

In 2007, he received his doctor's degree in Computer Science and Engineering at the Czech Technical University in Prague.

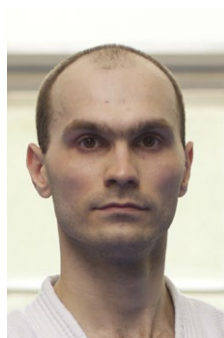
Martin currently runs the club Aikido Praha Vinohrady, teaches aikido, and gives seminars of business education and personal development. He is co-owner of the café Bio Zahrada and leads several other projects.



Mgr. Vanda Švihlová
3rd dan, assisting teacher

Vanda Švihla has been practicing aikido since 1997. She also has experiences with other movement techniques and voice training.

She studied history and is also deeply interested in gastronomy. At present, she runs the café Bio Zahrada in Prague-Vinohrady and the forest kindergarten Živé děti.



Bc. Michal Roder
3th dan, assisting teacher

Michal Roder started his aikido training in 1997, and in 2016, he passed the exams for the 3rd dan. Currently, he teaches one morning class per week.

He studied artificial intelligence at the Faculty of Mathematics and Physics at the Charles University and is also seriously interested in photography.



Ing. Luboš Šebesta

2nd dan, assisting teacher
Teacher for adults

Luboš Šebesta started practicing aikido in 2007. He especially likes to discover new possibilities for movements and approaches to different situations. Currently, he teaches a few training sessions per month and organizes activities outside the aikido lessons.



Jaroslav Hejlek

1st dan, assisting teacher
Teacher for the youth

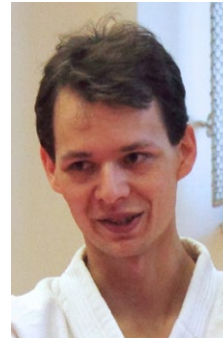
Jaroslav Hejlek has been practicing aikido since 2008, and he still always finds something new during training that he can learn or work on. In 2012, he passed the exam for 1st dan, while he also started teaching aikido for children and teenagers, which he really enjoys.



Jaroslav Spurný

1st dan, assisting teacher
Teacher of children

Jaroslav Spurný enjoys motion, and what he likes about aikido is perceiving one's own body and being in contact with others. The idea of helping each other is very important to him. He has been practicing aikido since 2007, and in 2012, he began to give training sessions for children. What he likes about training children is the playfulness they bring into aikido.



Mgr. Adam Nohejl

1st dan, assisting teacher
Teacher of children

Adam Nohejl has been practicing aikido since 2008. With aikido, he tries to combine the development of physical limits, self-expression, and the logic of the techniques with the partner. Since 2013, he has participated in teaching children, and he likes to discover free and useful moves together with the children. During the 2015/16 season, he studied Japanese language and aikido in Japan.

CONTACT

Website

www.aikidovinohrady.cz/en

Facebook

www.facebook.com/aikidovinohrady

Youtube

www.youtube.com/user/aikidovinohrady

Dojo Location

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