

**AIKIDO**  
**PRAHA**  
**VINOHRADY**



**ANNUAL CLUB REPORT FOR THE YEAR 2018**

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## EVENTS IN 2018

We have never experienced such an eventful year - travels around Europe and even to Japan, a 24-hour Aikido Marathon, an international seminar for 130 children and teenagers, a special seminar on how our body functions, a practical first aid course, instructors' training, cooperation with the Ministry of Education, Youth and Sports, working on the Czech Federation of Aikido projects etc. - all this and more is covered by this annual report.



# AIKIDO

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

Aikido training provides:

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

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 Aikido Praha Vinohrady, z. s. is to support and develop aikido as a physical and spiritual discipline. Aikido was created by Morihei Ueshiba and is 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 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, France and Japan). 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 programme (and for relaxation) we occasionally teach Japanese shiatsu massage. 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 the Czech Federation of Aikido, which is officially recognized by the Aikikai Foundation (The Aikido World Headquarters), Tokyo, Japan.



## CLUB STRUCTURE

Aikido Praha Vinohrady is a registered association with the following official bodies: a membership meeting (general meeting) and a committee. The committee has three members – an administrator (corporate body), a secretary and a treasurer. The committee is elected at the membership meeting, which is held at least once a year. The committee runs the association.

Nine instructors and four assistants hold the training sessions – the assistants are our senior students. There are also irregular assistants from among our teenage students in classes for children. This way, the club is gradually growing new, potential instructors. All instructors develop their skill through regular coaching courses held by the Czech Federation of Aikido and through other events..



# AIKIDO PRAHA VINOHRADY IN 2018

## Our Members

In 2018, around 150 people trained in the club – more than 90 adults and 70 children and young people under 17 years of age. Aikido is practiced by both men and women of all ages – from primary school students to older people.



## Regular Classes for Adults

In 2018, courses for adults **amounted to 13 hours a week** – consisting of 8 evening, 2 morning and one noon training sessions. One training session was focused on advanced students of the technical grading 4th kyu and higher. In all the other lessons, all members could participate regardless of their technical ability. Members of youth groups are also invited to participate in adult lessons, which helps to overcome the generation gap in the club. Approximately once a month, there is an extra three-hour class on Sunday. All lessons take place either in Sokol Královské Vinohrady (Polská 1, Prague 2) or in Prostor 8 (Šmilovského 8, Prague 2).

**We also practice during the summer holidays** on a reduced schedule: 5 hours per week, 3 training sessions on the tatami, and 1 hour of outdoor weapons training.

All classes were held mostly by the following instructors of the club: Martin Švihla, Vanda Švihlová, Michal Roder, Lubomír Šebesta, Pavel Linhart and Vít Slaninka.



## Classes for Children and Teenagers

We added two more classes for children in the school year 2018/2019 so there were **6 classes a week for children and teenagers** in Prostor 8. These sessions are for the following age groups: the youngest children (5–7 years old), junior pupils (8–12 years old), senior pupils (9–13 years old), English speaking children (8–13 years old) and teenagers (13–17 years old).

There were approximately 50 children altogether. These classes have been held by Martin Švihla, Adam Nohejl, Jaroslav Spurný and Milada Bouzidi (all qualified instructors).



There are approximately 20 teenagers at teenagers' classes. The lessons are held by Jaroslav Hejlek (qualified instructor). A lot of teenagers from these lessons also attend training sessions for adults.

Starting from junior pupils' lessons, children are preparing for grading exams. There are two grading exams for all age groups a year. Children successfully finished 50 gradings (from 6<sup>th</sup> to 4<sup>th</sup> kyu) in the last school year. These gradings are stepping stones to smooth transition to teenagers' and adults' gradings.

## Classes for Instructors

In 2018, we organized, together with the **Czech Federation of Aikido**, two **coaching courses for instructors**. The courses were led by Martin Švihla (the head instructor of Aikido Vinohrady) and Rene Novotný (the director of the technical committee of the Czech Federation of Aikido) and more than 15 members of our club attended them. We also regularly participate in **the classes for instructors** during seminars of Franck Noël, a prominent aikido instructor from France.



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





## Seminars in Our Club

In 2018, we organized ten seminars – six international seminars (one of them especially for children), two club seminars, two courses for instructors, and a week-long summer school. There are usually around 60 to 120 participants at the international seminars which we organize together with the Czech Federation of Aikido.

The little Sunday seminars for members of our club have become a regular event. They are organized approximately once a month; we call them „blue training“ based on the colour of tatami in Prostor 8. There were five of them in 2018.

A rare event was a **seminar on healthy movement and how the human body functions** held by Jan Pletánek, a physiotherapist and Tai Chi instructor. There was also a **practical first aid course** for instructors of the Czech Federation of Aikido.

Thanks to this number of events we are one of the most active aikido clubs in the Czech Republic.

Photos from these events can be found on the website [www.aikidovinohrady.cz/fotoblog](http://www.aikidovinohrady.cz/fotoblog)

March: Czech Federation of Aikido coaching course for instructors of the 3<sup>rd</sup> rank Martin Švihla and René Novotný

April: International weekend seminar Jan Nevelius (Sweden, 6<sup>th</sup> dan)

May: International weekend seminar Gaston Nicolessi (France, 5<sup>th</sup> dan)

June: International weekend seminar Franck Noël (France, 7<sup>th</sup> dan)

August: One-week summer school in Třešť near Jihlava Martin Švihla (4<sup>th</sup> dan)



September: Czech Federation of Aikido coaching course for instructors of the 3<sup>rd</sup> rank Martin Švihla and René Novotný

Seminar on healthy movement and how the human body functions Jan Pletánek, a physiotherapist and Tai Chi instructor

October: Practical first aid course for instructors of the Czech Federation of Aikido Provided by the PrPom company

International weekend seminar Franck Noël (France, 7<sup>th</sup> dan)

November: International weekend seminar, Stefan Stenudd (Sweden, 6<sup>th</sup> dan)

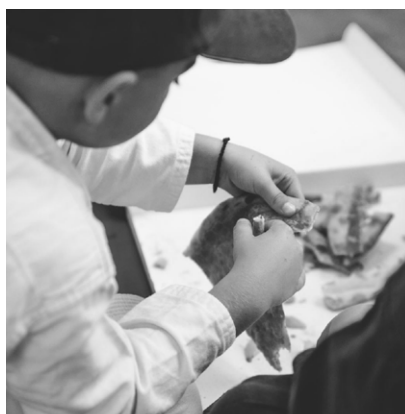
International weekend seminar for children and teenagers, Renda Novotný (5<sup>th</sup> dan), Martin Švihla (4<sup>th</sup> dan), Bohumil Vaněk (4<sup>th</sup> dan), Martina Ludvíková, (3<sup>rd</sup> dan), Adam Nohejl (2<sup>nd</sup> dan), Martin Frankovič (Slovakia, 4<sup>th</sup> dan), Misha Rogach (Ukraine, 4<sup>th</sup> dan)

December: One-day club seminar, Zdenko Reguli (Slovakia, 5<sup>th</sup> dan)

## International Seminar for Children and Teenagers

Together with the Czech Federation of Aikido we organized a big aikido seminar for children and teenagers on Saturday, 24<sup>th</sup> November 2018. More than 130 children from 12 clubs from three different countries participated. There were seven training sessions for all groups in two halls in Sokol Vinohrady as well as an exhibition, shared lunch and dinner. And on Sunday, we took children from abroad to the Prague Zoo and to the centre of Prague. All in all, it was a weekend full of excitement for children, parents and instructors!





## Trips to Seminars

Instructors and members of our club visited a lot of weekend seminars as well as week-long seminars in Europe and Japan in 2018.

The International Aikido Marathon 2018 in Košice in Slovakia was a highly exceptional event. This marathon is an international gathering where participants train for 24 hours. Ten members of our club participated in this event – they covered more than 200 hours of training in one day.

See photos and comprehensive descriptions of these trips in our photo gallery:  
[www.aikidovinohrady.cz/fotoblog](http://www.aikidovinohrady.cz/fotoblog).





## Public Performance and Media

In May, we represented Aikido at Ratolest Fest 2018, a sports day for children and teenagers at Náplavka (Prague riverside).

At the beginning of the school year 2018/19, we gave a large public demonstration at the Autumn festival Akimatsuri 2018 – festival related to Japanese culture, organized by the Japanese Association in the Czech Republic.

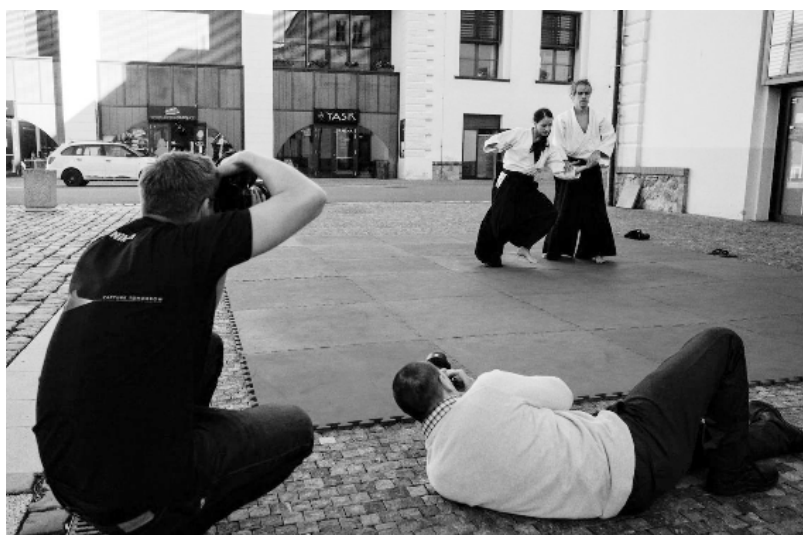
We also prepared a short aikido exhibition as a part of a launch of a new series of Japanese Nikon cameras in the company Megapixel in Holešovice in Prague.

A promotional video of our organization was shot at Franck Noël's seminar in October – our instructors, Martin, Vanda and Michal, participated at this demonstration.

Another short video was created during the international seminar for children and teenagers in November in Prague.

Our Instagram has come back to life in 2018.

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



## Grants and Support

In 2018, we took advantage of the support allocated by the **City District of Prague 2** for maintenance and new equipment. For the first time, we received grant support from the **Ministry of Education, Youth and Sports through the Můj klub (My Club) programme**. Also, we received regular annual support from the Association of Youth Clubs (SKM – Svaz klubů a mládeže).

The Czech Federation of Aikido also received support in the form of a grant from the Ministry of Education, Youth and Sports during this year and several of our members participated in fulfilling some of the points of the programme – especially in the area of instructors' training and information technology.

We hereby thank all mentioned partners for their support and year-long cooperation.



## 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. We go on outdoor hikes and canoeing trips together, and we organize events like bowling, billiards, paintball or laser games. Occasionally, we meet for club lectures, photo screenings, or parties among which our traditional Christmas party has a special place.

See more: [www.aikidovinohrady.cz/fotoblog](http://www.aikidovinohrady.cz/fotoblog)



## 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 they have for aikido training. It is only thanks to their strong spirit and involvement that 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 particularly with the following organizations:



**Česká federace aikidó, z.s.** (The Czech Federation of Aikido) – our club is a member of this organization – it guarantees technical development and grade examinations and cooperates with us in organizing international seminars.

More information at [www.cfai.cz](http://www.cfai.cz)



**MĚSTSKÁ ČÁST PRAHA 2**

**Městská část Praha 2** (Municipal Authority of Prague 2) – in 2018, it supported us within grant programmes for sports and education and helped us with promotion.

More information at [www.praha2.cz](http://www.praha2.cz)



MINISTERSTVO ŠKOLSTVÍ,  
MLÁDEŽE A TĚLOVÝCHOVY

**Ministerstvo školství, mládeže a tělovýchovy ČR** (Ministry of Education Youth and Sports) – supports us within the grant programme Můj klub (My Club).



**Svaz klubů mládeže** (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](http://www.svaz-klubu-mladeze.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.

In 2018, we maintained friendly relationships with many aikido clubs in our country and abroad, as well as with several other martial arts clubs.

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

## SUMMARY OF 2018

There was a slight increase in the number of training sessions for children and adults in 2018. Within our club, we organized twelve major aikido events and we travelled far and wide – we spent more than two months altogether on seminars abroad. All this brings enormous inspiration into the club and it reflects in the quality of our training. A few students successfully completed dan gradings; we also organized grading exams for beginners.

There were a few small changes in the team of instructors for children's and teenagers' classes; a few young, potential instructors have started to help during children's training lessons.

We cooperated intensively with other clubs in the Czech Republic through working on projects for the Czech Federation of Aikido and organizing various events. We have also extended our contacts in Slovakia, Ukraine and France.



## PLANS FOR 2019

In 2019, we are planning to work on developing our concept of a methodical approach to working with children and teenagers. We are preparing a weekend trip to a farm in České Kopisty for children and teenagers in the spring; our instructors are going to travel to Stockholm for one week to seek inspiration from clubs there. Our teachers are planning to take part in aikido summer schools in France and Japan. We are going to organize another big international seminar for children and teenagers. It is hopefully going to be great fun for children. At the same time, we would like to use this opportunity and prepare a conference for aikido instructors; we are planning to invite more instructors from abroad than last year.

There are already eight big aikido events written in our calendar for 2019 and we are getting ready to host the International Aikido Marathon in April 2020. It is such a grand event that we are already working on its preparation.

It seems that our training sessions are settled in terms of numbers so we can start working on improving their quality. It might be possible to extend the number of children's classes, but we will see.

And along with all this we would like to simply keep up our regular training, find new

inspiration and gradually develop our abilities.



## INSTRUCTORS OF THE CLUB



**Ing. Martin Švihla, PhD.**  
4<sup>th</sup> dan

Martin Švihla started with martial arts in 1988, with aikido in 1995. Around 1997, he started teaching aikido for children and adults.

Shortly after that, he completed 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 style, shiatsu. In 2007, he received his doctorate in Computer Science and Engineering from the Czech Technical University in Prague.

Martin currently runs the Aikido Praha Vinohrady club, teaches aikido, and gives seminars on business education and personal development. He is a co-founder of Prostor 8 – a centre for personal development. He also works on several educational projects. He is responsible for international relations and communication with Aikikai Hombu Dojo in the Czech Federation of Aikido.



**Mgr. Vanda Švihlová**  
3<sup>rd</sup> dan

Vanda Švihlová has been practicing aikido since 1997. She also has experience with other movement techniques and voice training. She studied history and is also deeply

interested in gastronomy. She used to own Bistro Zahrada café in Vinohrady (2008–2018); at present, Vanda runs Prostor 8 and a forest kindergarten (Živé děti).



**Bc. Michal Roder**  
3<sup>rd</sup> dan

Michal Roder started his aikido training in 1997, and in 2017, he passed the gradings for the 3<sup>rd</sup> dan. Currently, he teaches one evening class per week. He studied artificial

intelligence at the Faculty of Mathematics and Physics at Charles University (MFF UK) and is also seriously interested in photography.



**Ing. Luboš Šebesta**  
2<sup>nd</sup> dan

Luboš Šebesta started practicing aikido in 2007. He especially likes to discover new possibilities for movements and new approaches to different situations. Currently, he

teaches a few training sessions per month and organizes activities outside the aikido lessons.



**Jaroslav Hejlek**  
1<sup>st</sup> dan

Jaroslav Hejlek has been practicing aikido since 2008, and he still finds something new during each training session that he can learn or work on. In 2012, he passed the grading

exam for 1<sup>st</sup> dan, while he also started teaching aikido for children and teenagers, which he really enjoys.



### **Jaroslav Spurný**

1<sup>st</sup> dan

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**

2<sup>nd</sup> dan

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. He graduated in Japanese Studies (Faculty of Arts, Charles University) and completed one year of study at Nagoya University (government scholarship). He regularly visits Japan and likes its literature and calligraphy.

### **Ing. Milada Bouzidi**

1<sup>st</sup> dan

Milada Bouzidi has been practicing aikido since 2003. She likes aikido because there is no competition – it is rather focused on the idea of self-development. Through aikido, she has come to know a lot of amazing people from all over the world. She also works with children in her job as a teacher of English. She started to teach aikido to children in 2018.

### **Ing. Pavel Linhart**

1<sup>st</sup> dan

Pavel Linhart started to practice aikido in 2008. He enjoys constant discovering of new possibilities and directions of development. He graduated from the Czech Technical University in Prague (optics and nanostructures) and is keen on natural science. For him, teaching aikido is an opportunity to get inspiration from his students.

### **Vít Slaninka**

1<sup>st</sup> dan

Vít Slaninka has been practicing since 2009. He currently teaches one morning aikido lesson for adults once a fortnight. When teaching, he tries to establish a relaxed and friendly atmosphere during his lessons to give students a refreshing start to the day. Relaxed movement is one of the key points that he enjoys when training aikido.

# CONTACT

## Website

[www.aikidovinohrady.cz](http://www.aikidovinohrady.cz)

## Facebook

[www.facebook.com/aikidovinohrady](http://www.facebook.com/aikidovinohrady)

## Instagram

[www.instagram.com/aikidovinohrady](http://www.instagram.com/aikidovinohrady)

## Youtube

[www.youtube.com/user/aikidovinohrady](http://www.youtube.com/user/aikidovinohrady)

## Dojo Location

Aikido Praha Vinohrady

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