



Aikido Northampton



Frequently Asked Questions

Common Questions / Misconceptions: -

Q - Will I be able to use it in self defence ?

A – Yes – but not immediately. There are definitely things that can be learned early on that would help you to not become the victim, but we'll leave taking on Biker Gangs until a bit later.

Q – Will it keep help get me fit ?

A – Yes. Practicing Aikido will help your fitness. Once you become proficient, when you are attacking your partner, you could easily be thrown a hundred or more times per session. It's the getting up that gets you fit. Don't worry, you won't end up with a figure like mine until you spend most of your time teaching and not practicing !

Q – I've seen Steven Segal Movies – is it like that ?

A – Yes and no. Steven Segal holds the grade of Black Belt 7th Dan (Black belt is 1st Dan – grades after that go up incrementally), He is undoubtedly very good, but what he does on Film is choreographed and he has superb stuntmen to throw about. You will not be not be expected to throw people through windows, although you will learn the technique he has used to save the world 3 times !

Q - I've an injury or impairment – will I be able to practice ?

A – Talk to the instructors and then possibly your doctor. Aikido can be practiced by adults of all ages and to different degrees. You will not be asked to do anything that hurts or is uncomfortable.

Q - I'm too old to start something like this

A – Wrong – see previous answer.

Q - I've seen some Aikido on the Web and basically it looks like they're all dancing and falling over for each other.

A – All martial arts have prescribed attacks, Aikido is no different in that respect. However, when performed correctly, the attacker has no choice in whether they fall over or not. You need to feel it to believe it, so we recommend that you actually practice rather than just coming to watch.

Q – Do you teach children ?

A – No. Until you reach the age of 16 or so, your joints are not stable enough to take the stretching that some of the Aikido locks apply. There are some Aikido clubs that have Kids classes, but the Aikido is (hopefully) altered and watered down to take account of this. At present, we do not have the facilities available to run a separate children's class.

Q – Do I have to wear the skirt ?

A – The skirt (or culottes to be more precise) is actually called a Hakama and is a type of traditional clothing. In some styles of Aikido, the wearing of a Hakama is limited to Dan Grades (Black Belt & above), however in this club,



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this restriction is lifted and students are allowed to wear Hakama once the Instructor's feel it will be of benefit to their Aikido.

Q – Can I come along if I don't have the proper clothing ?

A – Yes, just bring some loose fitting clothes such as jogging bottoms & sweatshirt. If you decide to carry on after the first couple of sessions, we can get the necessary Dojo Gi (white suite) through the club at a reduced price.

Q – How long would it be before I get graded?

A – This depends on the person and how often they practice. We would probably look for a beginner to take their first grade within 3 to 6 months of beginning with us.

Q – How long before I could become a Black Belt?

A – Again, this depends on the individual, but as a general rule of thumb, someone who practices regularly twice a week, would probably be ready to take a grading for Shodan (1st level Black Belt) in around 5 years. Whether they get it or not is another matter though.

Q – How much is all this going to cost ?

A – Not as much as you'd think. Please refer to the Club Administration part of this website.