



Aikido Northampton
aikido no haiku
(by Nik Carter)



On a Thursday night
We come from all directions
To learn aikido

On a freezing mat
We slither our feet about
To warm ourselves up

In the summer though
Memories of winter fade
Ice melts and sweat drips

Stretching and bending
Our bodies are made ready
Then we can begin

We roll on the floor
To save ourselves from damage
This is ukemi

We watch and listen
But sometimes are blind and deaf
To what we are shown

Take an offered wrist
And feel oneself go flying
Helping each other

In a lightning flash
Understanding can arrive
Then the smile is huge

Trying to strike us
uke falls into a hole
iriminage

We bow our respect
To our teachers old and new
And head for the pub

Tables rearranged
Glasses and bottles lined up
All friends together

Waking the next day
Although joints are stiff and sore
It's a good feeling

