

KOTA Damansara residents now have the opportunity to learn authentic Yoshinkan aikido right at their doorsteps.

The School of Martial Arts, Skilled Dance and Health (SMASH) in Dataran Sunway is now holding children's and adult classes in the Japanese martial art, taught by instructors from Yoshinkan Aikido Malaysia.

Aikido, which was popularised by actor Steven Seagal, uses an attacker's own force to apply a lock, throw or pin.

"It does not rely on strength, but requires good timing and balance," said Sonny Loke, Yoshinkan Aikido Malaysia's chief instructor.

"That's why it is an ideal martial art for children, women and older people to learn."

Yoshinkan Aikido has been part of the core syllabus of the Tokyo Metropolitan Police elite riot squad and women's police force for over 40 years.

A large group of young people got to experience basic training in Yoshinkan aikido, as well as applied self-defence techniques, during SMASH'S open day recently.

Yoshinkan Aikido Malaysia instructors and current students - who included three children - taught the group how to fall safely and escape, how to evade an attack and how to release themselves from holds. They also introduced the group to several effective joint-locking techniques as a last resort in the event of an attack.

The session finished with a demonstration of traditional aikido.

"Our training focuses on the basics. Get that right and the rest - like self-

A martial art for all

Yoshinkan aikido not a test of strength

defence - will follow. That's Yoshinkan Aikido Malaysia's strength," said Loke.

SMASH holds Yoshinkan aikido classes on Thursdays (8-9pm children, 9.10-10.10pm adults) and Saturday (10-11am children, 11.10am-12.10pm adults). Call 03-6140 7047 or visit

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www.smash.com.my for more information. To arrange for personal and group self-defence courses, please contact 012-213 1829 or visit www.yoshinkan-aikido.com.my.



Enlightening: A group learning the Yoshinkan aikido techniques.