

AIKIDO
PRAHA
VINOHRADY

**ANNUAL REPORT OF THE CLUB
FOR THE YEAR 2025**







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BRIDGES WITHIN THE DOJO, BRIDGES ACROSS COUNTRIES

In 2025, we were once again reminded that our club is much more than regular training sessions and numerous seminars. Above all, it is the people who build and develop it together.

This year, Aikido Prague Vinohrady continued to be a place for regular practice, meeting others, learning, and sharing experience across generations.

At first glance, 2025 may have seemed quieter than some previous years. Beneath the surface, however, an important shift was taking place. More people took initiative, more teachers stepped into leading roles, and younger members naturally became involved in the life of the club.

Perhaps this was most evident during a period when Martin, our head teacher, was unable to teach for some time. Yet the training sessions continued. Naturally. Smoothly. Without major disruption. It felt as if the club had gradually found its own stability.

Our Substack project also continued to grow and flourish. We wrote about teaching and learning Aikido, shared experiences, established new connections, and gradually built an international community of people who feel close to our way of practice. You can read more about this later in the report.

This annual report is a map that will guide you through our year 2025.





WHAT OUR CLUB STANDS ON

Since its founding in 2007, Aikido Prague Vinohrady has been supporting and developing Aikido — a physical, mental, and spiritual discipline created by Morihei Ueshiba, drawing on various traditional Japanese martial arts and his own spiritual insights.

We believe that Aikido is more than a martial art. It is a path of lifelong development. That is why, in our dojo, we cultivate:

- » regular and sincere practice, supported by learning across generations through seminars and teacher training;
- » a community, not just a sports club;
- » creativity and fresh approaches through the development of educational materials that support our work;
- » openness to inspiration from beyond our own dojo. We collaborate with individuals and organisations in the Czech Republic and around the world who share similar values and goals;
- » Aikido as an art for life.

Our main activity is the teaching of the Japanese martial art of Aikido to children, youth, and adults through regular training sessions.

Alongside our regular classes, we organise weekend seminars and week-long summer schools. Together,

we travel to seminars both within the Czech Republic and abroad, particularly to Germany, Sweden, France, Slovakia, and Japan. We also organise many other activities for our members, including outdoor trips, cultural events, social gatherings, and educational programmes. We promote Aikido through public demonstrations, introductory classes, publications, and other outreach activities.

Training sessions at the club are currently led by 17 teachers and 5 assistants. Our children's classes are supported primarily by assistants from the youth group, allowing younger members to gradually gain experience and grow into future teaching roles. Our teachers continue to develop their skills through regular teacher training and further educational events.

Aikido Prague Vinohrady is a registered association and a member of the Czech Federation of Aikido, which is recognised by the world headquarters of Aikido, Aikikai Hombu Dojo in Tokyo. We are also a member of the Prague Council of Children and Youth (RDMP).



OUR AIKIDO YEAR 2025

Regular Training for Adults More Than a Timetable: A Space for Initiative

In 2025, adult training took place for more than 11 hours each week. One session was dedicated to more advanced practitioners holding the rank of 4th kyu and above, while all other training sessions were open to members of every level. Regular training also continued throughout the summer holidays, as it does every year.

With only a few exceptions, classes were taught by the club's teachers: Martin Švihla, Vanda Švihlová, Michal Roder, Jacques Joseph, Milada Bouzidi, Matouš Janů, Martin Gorčák, and David Herzig.

One of the most interesting developments of the year grew directly from the initiative of our members. A teacher-free Friday practice was introduced, giving club members access to an empty dojo and the opportunity to train together without formal instruction. What began as a simple idea gradually became a regular and much-loved part of our weekly schedule.

Those preparing for kyu and dan grading especially appreciated the chance to focus on specific techniques while also having the freedom to explore whatever aspects of Aikido interested them most at that moment. These open practice sessions create space for independent study, repetition, and discovering new connections, regardless of the themes being explored in regular classes. And all of this happens in the company and with the support of friends from the tatami.

That is where the real magic of these sessions lies. Sometimes they even become the “surprise of the week” — you simply show up to practise without knowing who else will be there, who you will train with, or where the shared exploration of Aikido will lead.

A similar initiative gave rise to our Thursday morning training sessions. Introduced in response to requests from club members, they found a loyal group of regular participants during 2025 and gradually became a permanent part of our timetable.

We also wrote about the morning training sessions in greater detail on our [Substack](#) post.

What was 2025 like for you in Aikido?

“2025 was a year of major changes for me, both in life and in Aikido. This year, I shared responsibility for the children's classes with Lenka Honzáková (who is fantastic), which gave me a fresh perspective on teaching children.

I also led almost an entire Fundamentals Aikido Course for the first time. At first, I felt a little uneasy teaching people who were older than me, but that feeling gradually faded and I ended up enjoying the experience immensely. Although I have only taught a few adult training sessions since then, the course helped me realise that teaching adults is not all that different from teaching children.”



Honza, practising Aikido since 2015

Fundamentals Aikido Course The First Step on the Journey

In 2025, four groups of beginners took their first steps in Aikido through our three-month Fundamentals Aikido Course. Along the way, they discovered new ways of moving, perceiving space, and relating to other people.

As in the previous year, the courses were led by Martin Švihla and Matouš Janů. When Martin unexpectedly became unavailable to teach one of the courses, Jan Macháček stepped in and took over his classes at short notice. He rose to the challenge admirably, creating a wonderful atmosphere throughout the course while successfully introducing beginners to the fundamental skills and principles of Aikido.

Throughout 2025, we also looked for ways to further develop and improve our courses. Towards the end of the year, we redesigned the course website

to better communicate how Aikido can help people slow down, focus on the present moment, become more aware of their bodies, and build stronger connections with others.

What was 2025 like for you in Aikido?

"This year was an unusual one for me. I had less time for training because I needed to devote more attention to my family. At the same time, I didn't want to give up leading one of our Fundamentals Aikido Courses, so it was my own practice and learning that had to take a step back. Teaching the course might seem like an obligation — and I do take that responsibility seriously — but it is also a source of great joy. It's wonderful to see participants looking forward to each training session and discovering new things. And it's even more rewarding to meet them later in the regular classes of the main group. Ideally, a few years down the road, as confident and capable aikidoka. Another theme that accompanied me throughout the year was reflecting on how I feel physically. I found myself wondering whether I should rethink the way I train, or perhaps even look for a different form of movement altogether. I decided to attend Franck Noël's seminar, even though I wasn't planning to train. But curiosity got the better of me. And seeing a teacher of his age, with his unique skills and experience, travel all the way to Prague, spend an entire weekend in a sports hall, and then head straight home again — all while moving with an energy and grace that many people on the tatami (significantly younger ones, ahem...) could only envy — that was something special. It made me realise that perhaps I had been worrying about trivial things. So yes, this year was certainly unusual. Different. But maybe it taught me something important after all: it's time to stop looking for excuses and meet again on the tatami! :)"

Matouš, practising Aikido since 2003

These changes also included extending the course to twelve weeks and strengthening cooperation between the Fundamentals Course teachers and the teachers of our regular adult groups. As a result, newcomers could be guided more naturally and sensitively as they transitioned into the main dojo community.

The Fundamentals Aikido Course is therefore not a self-contained experience, but rather the beginning of a longer journey.

Aikido for Children and Youth **Shaping the Future of Aikido (and Society)**

During the 2025/2026 school year, we ran seven Aikido groups for children and youth, with a total of 11 hours of training each week. These sessions were divided into five age categories: three groups of the youngest children (ages 5–7), one group of younger pupils (ages 8–10), one group of older pupils (ages 10–13), and two youth groups (ages 13–15 and 15–17). Approximately 92 club members trained in these groups.

What was 2025 like for you in Aikido?

"2025, my fourteenth year of practising Aikido, was completely different from all the previous ones. In the winter, I underwent an unexpected knee operation. Although my rehabilitation was generally a positive experience, it was often accompanied by gloomy thoughts about whether I would be able to continue training. I returned to the tatami in the autumn. The initial nervousness and uncertainty were quickly replaced by an intense joy of practice that I hadn't felt for a long time. Even though I certainly lost some mobility and technical ability along the way, I look back on my Aikido year 2025 very positively."

Kuba, fourteen years on the tatami

What was 2025 like for you in Aikido?

"2025 was a valuable year for me in many ways. I started to notice that I was no longer performing techniques as mechanically as I used to. Instead, my movement became more fluid and required less force. I attended the older youth classes twice a week, one of which focused on more dynamic practice. These sessions gave me an opportunity to explore techniques in greater depth, and I began to feel that I was really progressing. I also attended several seminars, each of which showed me a new perspective on Aikido. At the same time, I had the chance to meet new people from different countries and talk with them. But the most important experience of 2025 for me was becoming an assistant in the classes for children aged 5-7. This role taught me to react quickly to different situations, be more patient, and improvise more. And the best part is being able to watch the children develop and improve. I hope 2026 will be just as good as 2025! :)"

Ivča, practising Aikido since 2023

The children's and youth classes were led by Martin Švihla, Vanda Švihlová, Pavel Linhart, Milada Bouzidi, Jan Macháček, Vít Kománek, Lenka Honzáková, Anna Prokešová, and Jan Florian, together with their assistants from the youth ranks.

Alongside regular training sessions, we organised large and small seminars, trips, training camps, dojo sleepovers, and volunteer work in nature for children and youth — some of which we will describe in more detail later in the report.

Following requests from our youth members, we added a training session focused on dynamic practice to the timetable. After just one year, it became clear that it was an excellent complement to our regular classes. The young aikidoka have an opportunity to practise techniques at a higher intensity, experiment more freely, and learn to respond to constantly changing situations. In doing so, they develop greater confidence in movement and a deeper understanding of Aikido in practice.

Teacher Development

A Good Teacher Never Stops Learning the Art of Teaching

Throughout 2025, the club's teachers and assistants continued to meet regularly for team meetings and dedicated teacher training sessions. These gatherings provide a space for sharing new ideas, developing teaching skills, strengthening connections between different groups, and nurturing our community of teachers. Because becoming — and remaining — a good teacher is an ongoing journey, much like the practice of Aikido itself.

As in previous years, our teachers also took part in the annual one-day course for 3rd class trainers organised by the Czech Federation of Aikido. These events offer valuable opportunities to exchange experiences and inspiration with teachers from other clubs across the federation. The club fully covers the cost of this training for its teachers.

However, 2025 also brought an important new development in the field of teacher education. The foundations were laid for continuing education at



2nd class trainer qualification, and we successfully obtained accreditation from the Ministry of Education, Youth and Sports for a retraining programme: 2nd Class Trainer – Aikido Specialisation. This is the first programme of its kind in the Czech Republic.

We do not see this merely as a formal step towards a higher qualification. Rather, we hope it will become another way to cultivate the quality of Aikido teaching, connect the experience of martial arts practice with contemporary educational approaches, and create an environment in which teachers can continue to grow professionally.

At the same time, we believe the programme could provide new opportunities for cooperation and dialogue across different Aikido organisations throughout the Czech Republic.

Black and White Belts

Every Achievement Is a Joy for the Whole Dojo

In 2025, the following members were awarded higher technical ranks by the Aikikai, the world headquarters of Aikido:

- » David Herzig (1st dan)
- » Jana Roderová (2nd dan)
- » Zdeněk Pižl (2nd dan)

Martin Švihla was awarded the prestigious rank of 6th dan by Aikikai Hombu Dojo in Tokyo.

A further 43 students successfully advanced to higher kyu grades.

We warmly congratulate everyone on their perseverance, growth, and the next steps on their Aikido journey!



Seminars and Training Camps

Encounters That Enrich the Way We Practise

In 2025, we once again organised more than thirty events. Alongside the traditional international seminars held in cooperation with the Czech Federation of Aikido and regular teacher training events, we also organised an international seminar for children and youth, summer day camps, study trips abroad, and a variety of club activities for children, youth, and adults alike.

Let's take a look at some of the highlights from our 2025 calendar:



seminar for teachers of children
and youths in Berlin
www.aikidovinohrady.cz/aikido-seminar-ucitele-deti-berlin-202502/

Jan Nevelius international seminar
in Prague

national seminar of Czech Aikido
Federation in Prague

Gaston Nicolessi international seminar
in Prague

weekend Aikido trip for kids 8-15
www.aikidovinohrady.cz/pruzkumnici-vikendovy-vylet-2025/

teachers of children and youths
in the German countryside
www.aikidovinohrady.cz/ucitele-deti-a-mladeze-na-nemeckem-venkove/

January

April

June

February

May

seminar for 3rd class trainers
www.aikidovinohrady.cz/aikido-skoleni-treneru-2025/

weekend seminar for grading examiners from
Czech Aikido Federation
www.aikidovinohrady.cz/aikido-skoleni-zkusebni-komisari-cfai-2025/

three weeks in the land of rising sun
www.aikidovinohrady.cz/aikido-hombu-dojo-japonsko-2025/

Week-long summer school
www.aikidovinohrady.cz/aikido-letni-skola-martin-svihla-trest-2025/

Aikido summer camp for youth
www.aikidovinohrady.cz/aikido-soustredeni-mladeze-2025/

Aikido Summer Berlin
www.aikidovinohrady.cz/aikido-summer-berlin-2025/

Akimatsuri 2025 — Japanese autumn festival in Prague
www.aikidovinohrady.cz/ukazka-aikido-japonsky-festival-akimatsuri-2025/

Zdenko Reguli Seminar in Prague
www.aikidovinohrady.cz/aikido-zdenko-reguli-praha-2025/

...and our clubs Christmas party
www.aikidovinohrady.cz/aikido-vinohrady-praha-vanocni-vecirek-2025/

sleepover for teenagers
www.aikidovinohrady.cz/aikido-prespavacka-mladez-202512/

July

Aikido day camps for kids
www.aikidovinohrady.cz/aikido-primestsky-tabor-praha-2025/

two weeks of training under the French sun
www.aikidovinohrady.cz/aikido-letni-skola-oleron-2025/

September

Watanabe Seiji seminar in Prague

August

October

November

December

Aiki4Kids — International Aikido Seminar for kids and teens
www.aikidovinohrady.cz/aikido-seminar-deti-mladez-aiki4kids-2025/



Journey to Japan

After nine years, we set off for Japan together once again. And this time on a much larger scale. More people, a longer journey, more shared experiences, and more training. For many of those who took part, it became one of the most powerful Aikido experiences of their lives.

We spent part of the trip together with fellow aikidoka from the Czech Federation of Aikido, training and drawing inspiration at Aikikai Hombu Dojo in Tokyo. Afterwards, the group naturally split into smaller parties, with everyone continuing their own journey through Japan.

A straightforward description could never truly capture what this trip was like. So instead, we will let those who experienced it tell the story.

www.aikidovinohrady.cz/aikido-hombu-dojo-japonsko-2025/

"In May 2025, our whole family spent a month in Japan. If I had to sum it up in a few words, it was simply a beautiful experience.

First, we explored Tokyo and trained at Aikikai Hombu Dojo, where you can truly feel the spirit of Aikido. The city itself was fascinating — full of people and cars, delicious food, and beautiful parks. Later, we spent part of our journey in the countryside, surrounded by traditional architecture, wooden Shinto shrines, and magnificent old trees. And finally, we spent an entire day at the Ghibli Park, filled with wonderfully detailed recreations from the studio's films.

We still have plenty of memories to look back on!"

Vanda, practising Aikido since 1997

"When I look back on the past year of my Aikido journey, one memory stands out with remarkable clarity: my visit to Japan. Without hesitation, it was the most powerful experience of the year for me.

Walking into Aikikai Hombu Dojo in Tokyo, the birthplace of modern Aikido, felt like opening the door to a place you have known for years through stories and photographs, yet only truly understand once you are there. The scent of the tatami, the quiet concentration, and a particular kind of stillness — not empty, but full of presence.

After a week in Tokyo, our group divided into smaller parties. The group I travelled with continued on to places that leave behind a curious sense of mystery. It would take far too long to tell the whole story.

If I had to reduce it to a single sentence, I would say that Japan is a country of temples, shrines, and gardens. You encounter so many of them that, over time, they begin to form a kind of inner atlas of their own.

And I have a quiet suspicion that my atlas is not yet complete. I hope I will return one day — and not just once. :-)"

Petr, two years on the tatami





"I only trained in Japan for a short time, but even so, the experience gave me a fascinating new perspective. It showed me a different way of looking at how and in what kind of environment Aikido can be practised. More broadly, travelling to Japan helped me understand my own home better — both in the ways it is different and in the ways it is the same. I would be very happy to return one day."



Ruslan, practising Aikido since autumn 2023

"My journey to Japan was an extraordinary experience. It came shortly after I had been awarded my 1st dan, so I saw it as a beautiful symbolic reward on my Aikido journey."



The intensity of the training left a strong impression on me, as did the training partners I was fortunate enough to practise with. It was through that shared practice that I gained new perspectives on Aikido and fresh inspiration for my future training.

And because it was my first visit to Japan, the culture itself became an important part of the experience. Seeing the place where Aikido originated gave the whole trip a special depth."

Anton, on the tatami for a long time

Week-long Summer School in the Czech Countryside

As has become our tradition, our club summer school took place in Třešť at the beginning of August. Following last year's positive experience, we once again used the facilities of the local school, where the main morning training sessions were held. The beautiful new sports hall gave us plenty of space to extend our movement and practise falls freely.

This year also brought something new. Alongside Martin, four other teachers from our club — Vanda, Michal, Milada, and Honza — had the opportunity to lead training sessions during the summer school.

The format of two teachers working together during a single session created an interesting dynamic and offered fresh perspectives for both teachers and participants. It also provided an opportunity for our teaching team to learn from one another while exploring different approaches to practice.

There is a good chance that we will continue to develop this format in the years to come.

www.aikidovinohrady.cz/aikido-letni-skola-martin-svihla-trest-2025/

Activities for Children and Youth Shared Experiences That Bring Us Together

Working with children and young people is one of the cornerstones of our club. It is not only about the future — young people are already an important part of what makes our club what it is today.

We strive to create an environment where they can grow naturally: without pressure, but with opportunities to take responsibility, try new things, and find their own direction. Over time, participants become more than simply members of the club; they become co-creators of the community we share.

We saw this particularly clearly in the dynamic training sessions described earlier. In the following pages, you can read about some of the other activities we organised for children and youth throughout the year.

Learning to Teach in Berlin

In 2025, we travelled to Berlin twice as part of our growing collaboration with a local Aikido club focused on teaching children and youth. These visits are attended primarily by our younger teachers and youth assistants, for whom they provide a valuable opportunity to learn, observe, and exchange experiences related to leading children's classes.

Step by step, this collaboration is creating space for mutual inspiration. The young people involved gain an experience that goes beyond ordinary training. They encounter different approaches to teaching, reflect on their own role as teachers, and gradually discover their own path.

At the same time, a lively partnership is developing between our club and several clubs in Berlin. We meet at seminars both in Germany and in Prague, where Berlin-based teachers led part of the programme at our International Seminar for Children and Youth.

This collaboration is still in its early stages, but it is already bringing fresh ideas and new perspectives on working with children. Where it will lead us next remains to be seen.

www.aikidovinohrady.cz/aikido-seminar-ucitele-deti-berlin-202502/

www.aikidovinohrady.cz/ucitele-deti-a-mladeze-na-nemeckem-venkove/





A Shared Journey to the Island of Oléron, France

Two weeks of training on the French island of Oléron has become something of a tradition for our club. This year, around twenty of us made the journey, including a group of ten young members who embraced not only the daily training sessions but also life at a campsite by the Atlantic Ocean.

Cooking together, swimming, evening conversations, and meeting aikidoka from across Europe created experiences that went far beyond the practice itself.

We are delighted that, thanks to the support received through our fundraising campaign on Darujme.cz, the club is able to help young members gain international experience and cover some of the costs associated with travelling to events such as the summer school in France.

These opportunities allow young people not only to deepen their understanding of Aikido, but also to build friendships, broaden their horizons, and discover a wider international community connected through shared practice.

www.aikidovinohrady.cz/aikido-letni-skola-oleron-2025/

Youth Summer Camp in the Czech countryside

A week of training in Třešť offers an opportunity to step out of everyday routines and immerse ourselves in Aikido a little more deeply. Alongside regular training sessions, we explored outdoor movement, weapons practice, and a variety of exercises designed to develop awareness of the body, the surrounding space, and other people.

Equally important were the many activities that took place beyond the tatami: preparing meals together, playing games, having fun, swimming, and simply spending time in one another's company.

For some participants, the 2025 training camp carried an even deeper significance. This year, Vítek and Tereza stepped into the role of teachers at a major club event for the very first time. Just a few years ago, they were training in our youth group themselves. Today, they are passing on their own experience to the next generation.

www.aikidovinohrady.cz/aikido-soustredeni-mladeze-2025/



International Aikido Seminar for Kids and Youth

Our International Aikido Seminar for Kids and Youth, held each November, has become a tradition in its own right. For us, it is much more than just another major event. It is a place where everything we have been building within the club over many years becomes visible in a concentrated form.

Children, young people, aspiring assistants, and experienced teachers all come together on the same tatami. Participants travel from across the Czech Republic and from abroad, creating an environment where learning, inspiration, and the sharing of experience naturally flow across generations. For many children, it is also their first opportunity to attend a large seminar and train with teachers from other countries.

In 2025, 150 young aikidoka aged 5 to 21 trained on 700 square metres of tatami.

Our heartfelt thanks go to all participants, the entire organising team, the Czech Federation of Aikido, and the company Colop for their support.

www.aikidovinohrady.cz/aikido-seminar-deti-mladez-aiki4kids-2025/

Seminars Led by Our Teachers

In 2025, our teachers continued to share their experience far beyond the walls of our dojo. They led seminars, taught in other clubs, and contributed to events both in the Czech Republic and abroad.

Some highlights from the year include:

- » Martin was one of eight teachers at the international seminar Aikido Summer in Berlin.
- » Martin once again led a weekend seminar for adults and children at Dojo de la Roseraie in Toulouse.
- » Martin and Vanda led a weekend seminar in Frankfurt and taught a training session at our friends' dojo, Notting Hill Aikikai in London.
- » Vanda was one of the teachers at the National Seminar organised by the Czech Federation of Aikido.

SHARING AIKIDO BEYOND THE DOJO

We have now spent more than a year publishing regularly on Substack, where under the title [Aikido: Art for Life](#) we share our experiences of Aikido — from training sessions, from our work with children and young people, and from the everyday life of our dojo.

Over time, it has become clear that what we experience both on and off the tatami is worth sharing. Not merely as descriptions of techniques, but as a way of thinking about movement, learning, and human relationships.

Our posts are gradually finding readers around the world. We now have more than 600 registered subscribers from 61 countries.

Particularly strong interest has been generated by articles about working with children and youth. For example, the post [How to Open Our Dojos to the Younger Generation?](#) received an impressive 2,663 views — a remarkable achievement in the online Aikido community.

Readers are also drawn to seemingly simple topics, such as [Irimitenkan: The Hidden Challenges of a Basic Aikido Footwork](#) nebo [Aikido as the Search for Natural Posture](#).

Substack is gradually becoming a place for sharing, exploring, and building connections. Through it, we are meeting new people and engaging in conversations with practitioners from many different parts of the world. Despite the distances between us, we often find ourselves exploring very similar questions. Some of these readers have even begun contributing their own articles to our platform.

And as for public demonstrations, in 2025 we once again presented Aikido at the Japanese autumn festival [Akimatsuri](#), continuing a tradition that has become a regular part of our year.

GRANTS AND FINANCIAL SUPPORT

We deeply appreciate the financial support we received in 2025 from the Prague 2 Municipal District and the National Sports Agency. Thanks to their grants, we received a total of CZK 195,000 during the year.

We are also grateful to the Czech Federation of Aikido and to Colop for their support of our seminars.

We sincerely thank all of our partners for their continued support year after year.

At the end of 2025, we once again launched our Christmas fundraising campaign, [Shaping the Future of Aikido \(and Society\)](#), through the Darujme.cz platform. Thanks in particular to the generosity of our members and friends, we raised CZK 47,300 despite only minimal promotion of the campaign.

To everyone who contributed, we offer our heartfelt thanks. Your support enables us to continue creating opportunities for young aikidoka to learn, grow, and gain valuable experiences.

We are grateful to all our partners, donors, and supporters for their trust, generosity, and cooperation. Thanks to you, our shared journey can continue and keep growing.

THANK YOU FOR HELPING CREATE OUR CLUB

Dear Aikido friends,

Thank you for the time, energy, and attention you give to our club and to Aikido.

Each of you brings something unique: your own perspective, experience, pace, and willingness to learn. It is because of all these different contributions that our club remains vibrant, diverse, and inspiring.

Whether you lead training sessions, help organise events, or “simply” show up on the tatami week after week, you are helping to create what our club is today.

Thank you for being part of it.

THANK YOU TO OUR PARTNERS

Aikido Prague Vinohrady, z.s. works primarily with the following organizations:



Czech Federation of Aikido – oversees our club technically, guarantees technical proficiency exams, and cooperates with us in organizing international seminars.

cfai.cz



Rada dětí a mládeže hlavního města Prahy – offers us plenty of inspiration for working with children and youth and also secures insurance for our activities.

rdmp.cz



MĚSTSKÁ ČÁST
PRAHA 2

Prague 2 District – financially supported us within the sports grant program.

praha2.cz



NÁRODNÍ
SPORTOVNÍ
AGENTURA

National Sports Agency of the Czech Republic – supported us within the My Club grant program.

agenturasport.cz



DARUJME.CZ

Darujme.cz – operates the donation portal where we run our fundraising campaign to support youth training.
darujme.cz



Tozando – supplies hakamas and other equipment for Aikido and other martial arts.
aikido.tozando.fr

We have traditionally good relationships with **T. J. Sokol Praha Královské Vinohrady**, where we train. We also cooperate with the **Sokol House in Třešť** near Jihlava.

In 2025, we deepened friendly relationships and exchanged inspiration with many Aikido clubs both domestically and abroad, as well as with several clubs of other martial arts. We could name **Dojo de la Roseraie** in France, **Iyasaka** and **Vanadis** clubs in Sweden, **Kranich Dojo** and **Kikentai Berlin Dojo** in Germany, **Aikido Akadémia** from Slovakia, **Aikido School Ando** from the Netherlands, **Notting Hill Aikikai** from the UK, **Aikido Frankfurt** from Germany, and **Kagami Dojo** in Ukraine.

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



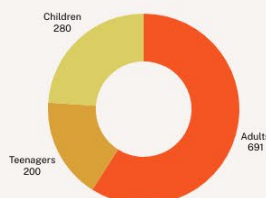
T-shock, s. r. o. – is the e-shop through which it is possible to order T-shirts or hoodies with Aikido or club designs.
aikido.t-shock.eu/cs/

SUMMARY OF THE YEAR 2025 IN NUMBERS



256 MEMBERS

164 adults (17+ years)
26 teenagers (13-17 years)
66 children (5-12 years)



1170 HOURS OF TRAINING

For adults, teenagers and
children

CLASSES ARE HELD BY

17 TEACHERS + 5 ASSISTANTS

The assistants at the children's trainings are mainly aikidists from youth groups - this way they gain experience and self-confidence and grow into responsible and competent adults.

OUR EVENTS: 800 PARTICIPANTS & 60 DAYS OF PRACTICE

30+ SEMINARS & EVENTS

4x international seminar / 3x camp for children and teenagers
1x summer school / 2x suburban summer camp / 1x club seminar
7x study trip abroad / education and meetings for trainers
Public demonstrations + TV program + sleepovers + social events
A trip to Japan for Aikido practice

Blog posts, photos and videos from our year 2024 at

WWW.AIKIDOVINOHRADY.CZ/EN

Our partners



NÁRODNÍ
SPORTOVNÍ
AGENTURA



DARUJME.CZ



WHAT ARE WE PLANNING FOR 2026?

For us, 2026 is not only about what we will do, but also about how we want to approach the journey ahead.

We feel that the time has come to place greater emphasis on the development of our teachers. Preparing for and participating in the 2nd Class Trainer – Aikido Specialisation programme may prove to be an important step, one that gradually influences both the quality of our teaching and the character of our training sessions. We are curious to see where this new chapter will lead us.

At the same time, we want to create more opportunities for sharing among members, teachers, and assistants. We want to meet, inspire one another, learn from one another, and deepen what has already been growing naturally within our club.

We would also like to continue developing our connections with the wider world. We hope to build on our existing international partnerships, visit friends

abroad, welcome them to Prague, and remain an active part of the wider Aikido community.

Perhaps not all that much will change on the surface. But internally, we feel that we are moving towards a deeper understanding of what we do and why we do it.

And we are excited to see where this journey will take us next.



CLUB TEACHERS



Ing. Martin Švihla, PhD.

6th dan Aikikai, 1st class Aikido trainer

He has been practising martial arts since 1988 and Aikido since 1995. Around 1997, he began teaching Aikido to both children and adults. Shortly afterwards, he completed his coaching studies at the Faculty of Physical Education and Sports of Comenius University in Bratislava, writing his final thesis on educating children through Aikido. He also completed a three-year programme in Japanese shiatsu massage. In 2007, he earned a PhD in Computer Science and Engineering from the Czech Technical University in Prague. Today, he leads Aikido Prague Vinohrady, teaches Aikido, facilitates personal development and corporate training seminars, co-founded the personal development centre Prostor 8, and works on several educational projects. Within the Czech Federation of Aikido, he is responsible for international relations and serves as the federation's liaison with Aikikai Hombu Dojo, the world headquarters of Aikido.



Mgr. Vanda Švihlová, 4th dan Aikikai, 3rd class trainer

Vanda has been practicing Aikido since 1997 and has experience in other movement techniques and voice work. She studied history and has a deep interest in gastronomy. She was the owner of the Bistro Zahrada Café (2008–2018) in Prague's Vinohrady and currently manages the multifunctional Prostor 8 and the forest kindergarten Živé děti.



Bc. Michal Roder, 4th dan Aikikai, 3rd class trainer

Michal began practicing Aikido in 1997 and earned his fourth dan in 2022. He currently regularly teaches an evening training session. He graduated from the Faculty of Mathematics and Physics at Charles University with a specialization in artificial intelligence and is also interested in photography.



Mgr. Jacques Joseph, PhD., 2nd dan Aikikai, 3rd class trainer

Jacques started Aikido in 2011 and finds joy in the movement, physical development, contact, and sharing with others. He began teaching adults in 2019, which continues to allow him to discover new horizons.



Ing. Milada Bouzidi, 2nd dan Aikikai, 3rd class trainer

Milada has been practicing Aikido since around 2003. She is attracted to Aikido for its focus on self-development and the absence of competition. Aikido has allowed her to meet amazing people from around the world. As a language teacher, she has long worked with children and has been teaching Aikido to children since 2018. She is in charge of a group of children aged 8–10 years.



Ing. Pavel Linhart, 2nd dan Aikikai, 3rd class trainer

Pavel began practicing Aikido in 2008. He enjoys the constant discovery of new possibilities and directions for development. He studied optics and nanostructures at the Czech Technical University in Prague and remains interested in natural sciences. He has been in charge of youth training sessions since 2019.



Jan Macháček, 2nd dan Aikikai, 3rd class trainer

Jan started practicing Aikido in 2015 and enjoys creating meaningful and natural movement with a partner. He has been helping with children's training in our club since 2019 and took charge of a group of children aged 10–13 years in 2021. He is inspired by the energy children bring to training.



Mgr. Matouš Janů, 2nd dan Aikikai, 3rd class trainer

Matouš has been practicing Aikido since 2003. He is continually amazed by the layers and dimensions he finds in training and what new things he discovers each year. Practicing and teaching Aikido naturally develops him in everyday life, including his work as a high school teacher.



Anna Prokešová, 2nd kjú, 3rd class trainer

She started practicing Aikido in 2019. What she likes most about it is that it is an art. It develops her both mentally and physically and helps her better understand herself, others, and the functioning of the body. Since 2022, she has been in charge of a children's group. Teaching children brings her joy, inspiration, and a personal challenge.



Ing. Martin Gorčák, Ph.D., 3rd dan Aikikai, 3rd class trainer

He began practising Aikido in 2007 in Moravia and has trained in Prague since 2017. Through Aikido, he has met many interesting people and discovered different parts of the world. His interest in Aikido eventually led him to Japan and inspired him to start learning Japanese. What appeals to him most about Aikido is the possibility of working with a partner through subtle yet highly effective movement. For him, Aikido is an art that also teaches the cultivation of one's inner attitudes and character.

and also:

Lenka Honzáková

she jointly led a group of children aged 10–13.

Jan Florian

he led a group of children aged 5–7 and jointly led a group of children aged 8–10.

Vítek Kománek

he led a group of youth aged 13–15.

David Herzig

he led adult training on Thursday mornings.



Příloha k účetní závěrce

dle § 29 a 30 Vyhlášky č. 504/2002 Sb. Kterou se upravují některá ustanovení zákona č. 563/1991 Sb., o účetnictví, ve znění pozdějších předpisů, pro účetní jednotky, u kterých hlavním předmětem činnosti není podnikání, pokud účtují v soustavě podvojného účetnictví.

Název subjektu: Aikido Praha Vinohrady

Sídlo: Šmilovského 1437/8

Právní forma: z.s.

IČ: 226 89 338

Poslání a účel spolku: *rozvoj a podpora aikidó které je fyzickou, duševní i duchovní disciplínou, vytvořenou Moriheiem Uešibou z různých tradičních japonských bojových umění a jeho vlastního duchovního poznání*

Hlavní činnost spolku:

- a) organizace a zabezpečování tréninku a vzdělávání v aikidó formou pravidelných tréninků a seminářů pro děti, mládež i dospělé,*
- b) organizace a zabezpečování vyučování disciplín, které souvisejí s aikidó, zejména takové, které svojí náplní přesahují fyzický rámec a plní i širší výchovné cíle,*
- c) pořádání sportovních a jiných volnočasových aktivit pro děti, mládež a dospělé,*
- d) pořádání kulturních a vzdělávacích akcí,*
- e) výchova ke zdravému a udržitelnému životnímu stylu a péči o životní prostředí,*
- f) prevence vzniku závislostí, kriminality a jiných sociálně-patologických jevů,*
- g) podpora dětí a mládeže ze znevýhodněných skupin obyvatel,*
- h) vytváření výukových materiálů,*
- i) propagace aikidó a souvisejících disciplín, zejména prostřednictvím ukázek, přednášek nebo propagačních materiálů,*
- j) vytváření a poskytování materiální a technické podpory pro výše uvedené činnosti,*
- k) spolupráce s jednotlivci a organizacemi v České republice i ve světě, které mají obdobný účel a cíle činnosti*

Hospodářská činnost spolku: *pořádání seminářů aikido, prodej oblečení a pomůcek na cvičení*

Účetní závěrka ke dni: 31. 12. 2025

Důležité informace o spolku

Spolek byl založen: 2. 1. 2008

Nejvyšší orgán spolku: *čestný předseda*

Účetní období: 1. 1. – 31. 12.

Způsob zpracování účetních záznamů: podvojně účetnictví vedené v účetním programu Pohoda

Výsledek hospodaření: 34.768,08

Podíl spolku v jiné právnické osobě: *ne*

Závazky spolku:

Finanční úřad: 3.420,-
Česká správa sociálního zabezpečení: 0,-
Další subjekty: 71.880,-

Použitý kurz pro přepočet cizí měny: *aktuální kurz dle ČNB*

Změna účetních metod (např. přechod z jednoduchého na podvojný účetnictví): *ne*

Místo úschovy účetních záznamů: *Šmilovského 1437/8, Praha 2*

Vlastnictví cenných papírů a jejich výše (např. akcie, dluhopisy...): *ne*

Majetek spolku:

Soupis dlouhodobého majetku: 0,-

Způsob stanovení hodnoty (např. znalecký posudek, kalkulace aktuální hodnoty podobného majetku na trhu): *kupní cena včetně vedlejších pořizovacích nákladů*

Výnosy z majetku: 0,-

Výsledek hospodaření:

- v hlavní činnosti: - 55.751,20
- v hospodářské činnosti: 90.519,28
- pro účely daně z příjmů: 124.893,-

Zaměstnanci spolku:

Počet zaměstnanců: 7

Mzdové náklady: 381.450,-

Náklady na sociální pojištění: 0,-

Náklady na zdravotní pojištění: 0,-

Počet uzavřených dohod o provedení práce či dohod o pracovní činnosti: 7

Daňová povinnost za toto období: 0,-

Daňová povinnost za předchozí období: 0,-

Podpis oprávněné osoby: Ing. Martin Švihla
čestný předseda

VÝKAZ ZISKU A ZTRÁTY ve zkráceném rozsahu

ke dni **31.12.2025**
(v celých tisících Kč)

Název, sídlo a právní forma účetní
jednotky
Aikido Praha Vinohrady z. s.
Šmilovského 1437/8
Praha 2
120 00

Účetní jednotka doručí:
1 x příslušnému finančnímu orgánu

IČO
22689338

Označení	TEXT	Číslo řádku	Činnosti		
			Hlavní	Hospodářská	Celkem
			5	6	7
A.	Náklady	1			
A. I.	Spotřebované nákupy a nakupované služby	2	1 646	427	2 073
A. II.	Změny stavu zásob vlastní činnosti a aktivace	3			
A. III.	Osobní náklady	4	381		381
A. IV.	Daně a poplatky	5			
A. V.	Ostatní náklady	6	45		45
A. VI.	Odpisy, prodaný majetek, tvorba a použití rezerv a opravných položek	7			
A. VII.	Poskytnuté příspěvky	8			
A. VIII.	Daň z příjmů	9			
	Náklady celkem Součet A.I. až A.VIII.	10	2 072	427	2 499
B.	Výnosy	11			
B. I.	Provozní dotace	12			
B. II.	Přijaté příspěvky	13	1 997		1 997
B. III.	Tržby za vlastní výkony a za zboží	14		518	518
B. IV.	Ostatní výnosy	15	19		19
B. V.	Tržby z prodeje majetku	16			
	Výnosy celkem Součet B.I. až B.V.	17	2 016	518	2 534
C.	Výsledek hospodaření před zdaněním ř. 17 - (ř. 10 - ř.9)	18	-56	91	35
D.	Výsledek hospodaření po zdanění ř. 18 - ř. 9	19	-56	91	35

Sestaveno dne: 01.05.2026		Podpisový záznam statutárního orgánu účetní jednotky nebo podpisový vzor fyzické osoby, která je účetní jednotkou	
Právní forma účetní jednotky z. s.	Předmět podnikání podpora a rozvoj aikido	Pozn.:	

ROZVAHA
ve zkráceném rozsahu
ke dni 31.12.2025
(v celých tisících Kč)

Název, sídlo a právní forma účetní jednotky
Aikido Praha Vinohrady z. s.
Šmilovského 1437/8
Praha 2
120 00

Účetní jednotka doručí:
1 x příslušnému fin. orgánu

IČO
22689338

Označení	AKTIVA	číslo řádku	Stav k prvnímu dni účetního období	Stav k posled. dni účetního období
a	b	c	1	2
A.	Dlouhodobý majetek celkem Součet A.I. až A.IV.	1		
A. I.	Dlouhodobý nehmotný majetek celkem	2		
A. II.	Dlouhodobý hmotný majetek celkem	3		
A. III.	Dlouhodobý finanční majetek celkem	4		
A. IV.	Oprávký k dlouhodobému majetku celkem	5		
B.	Krátkodobý majetek celkem Součet B.I. až B.IV.	6		1 289
B. I.	Zásoby celkem	7		
B. II.	Pohledávky celkem	8		1
B. III.	Krátkodobý finanční majetek celkem	9		1 272
B. IV.	Jiná aktiva celkem	10		16
	Aktiva celkem Součet A. až B.	11		1 289

Označení	PASIVA	číslo řádku	Stav k prvnímu dni účetního období	Stav k posled. dni účetního období
a	b	c	3	4
A.	Vlastní zdroje celkem Součet A.I. až A.II.	12		1 202
A. I.	Jmění celkem	13		
A. II.	Výsledek hospodaření celkem	14		1 202
B.	Cizí zdroje celkem Součet B.I. až B.IV.	15		87
B. I.	Rezervy celkem	16		
B. II.	Dlouhodobé závazky celkem	17		
B. III.	Krátkodobé závazky celkem	18		87
B. IV.	Jiná pasiva celkem	19		
	Pasiva celkem Součet A. až B.	20		1 289

Sestaveno dne: 01.05.2026		Podpisový záznam statutárního orgánu účetní jednotky nebo podpisový vzor fyzické osoby, která je účetní jednotkou	
Právní forma účetní jednotky z. s.	Předmět podnikání podpora a rozvoj aikido	Pozn.:	



Webpage

www.aikidovinohrady.cz

Facebook

www.facebook.com/aikidovinohrady

Instagram

www.instagram.com/aikidovinohrady

Youtube

www.youtube.com/user/aikidovinohrady

Training locations of Aikido Praha Vinohrady

T. J. Sokol Praha Královské Vinohrady
Polská 1a/2400 (Riegrový sady)
120 00 Praha 2

Prostor 8
Šmilovského 8
120 00 Praha 2

For more information, please contact

Martin Švihla
mobil: +420 737 848 627
e-mail: info@aikidovinohrady.cz



Aikido Praha Vinohrady, z.s.

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120 00 Praha 2
IČ: 22689338