



AIKIDO PRAGUE VINOHRADY

(AIKIDO PRAHA VINOHRADY, Z.S.)



ANNUAL REPORT 2015

CONTENT

Content	2
Aikido	3
Aikido Prague Vinohrady	4
Aikido Prague Vinohrady in 2015	5
Thanks to the club members	9
Summary of 2015	10
Plans for 2016	10
Thanks to our partners	11
Teachers of the club	12
Contact	14

AIKIDO

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

Aikido training provides:

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

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 PRAGUE VINOHRADY

The primary objective of the Aikido Prague Vinohrady is to support and develop aikido as a physical and spiritual discipline. It was created by Morihei Ueshiba and based on various traditional Japanese martial arts and on Morihei Ueshiba's own spiritual understanding.

Our main activity is providing regular aikido classes for children, teenagers and adults.

The club provides public aikido 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 the in world
- » promotes aikido and related disciplines.

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 and France.) 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 program (and for relaxation) we occasionally teach Japanese massage Shiatsu. We also spread general knowledge about aikido through public appearances, lectures, public seminars and promotional material.



AIKIDO PRAGUE VINOHRADY IN 2015

Our members

In 2015, more than 90 adults and 60 children and young people under 16 years trained in the club. Aikido is practiced by both men and women; there are students of primary and secondary schools, universities and, of course, working people of various professions among us.

Regular trainings for adults

In 2015, courses for adults took place to the extent of 10 hours a week, divided into seven evening and two morning training sessions. One training unit contained advanced students of the technical degree 4th kyu and higher. In all the other lessons, all members could participate regardless of their technical ability. Newly, members of youth groups are invited to participate in the adult trainings, which helps to overcome generation gap in the club.

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

These classes are held mostly by the following teachers: Martin Švihla, Vanda Švihlová, Michal Roder and Lubomír Šebesta.

Once in month, we hold an extra class on Sunday.

Trainings for children and teenagers

In 2015, training sessions for children (8–12 years) and teenagers (13–16 years) took place in the center KOSAGYM in Vinohrady street. The children's group currently has 20 children, and these training sessions are held by Jaroslav Spurný and Jana Chalupská (both 3rd class trainers). 20 trainees are currently attending the classes for teenager that are given by Jaroslav Hejlek (3rd class trainer) and many young people of this group also attend trainings for adults.



Another small aikido circle is organized by our club at the Christian International School of Prague (CISP) in Legerova street. About 10 children aged 6–12 years learn aikido under supervision of Jana Chalupská.

Trainings for teachers

In February 2015, eight of our members participated in annual education of trainers organized by the Czech Federation of Aikido. One of the teachers leading that event was Martin Švihla. We regularly participate in the classes for teachers during seminars of Franck Noël twice a year.

In September 2015, we organized a first aid course for our teachers which focused on children's injuries.

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

Public performance and media

At the beginning of the school year 2015/16, we presented three large public demonstrations. Two of them were on events related to Japanese

culture – the Autumn Festival Akimatsuri 2015, organized by the Czech-Japanese Association in the Czech Republic, and the Japanese pop-culture festival NatsuCon 2015, organized under the auspices of the Japanese Embassy. A third demonstration took place at the neighborhood festivities Zažit město jinak (Different City Experience) in Belgická street, where we put mats on the sidewalk and invited passers-by to do some exercises with us. Kids especially enjoyed this spontaneous training with us.

In terms of our member recruitment process, we participated in the project Praha sportovní, which is organized by the capital Prague.

Seminars in our club

In 2015 we organized eight seminars (four international seminars, two club seminars, one seminar for children, and a one-week-long summer school). A novelty was the seminar with the German teacher Sylvia Mucke. With these many events, we rank among the most active Czech aikido clubs. Our international seminars are organized in cooperation with the Czech Federation of Aikido.



Photos of many of these events can be found on the website www.aikidovinohrady.cz/fotoblog.

- February club seminar,
Sylvia Mucke (Germany, 4th dan)
- April international weekend seminar,
Jan Nevelius (Sweden, 6th dan)
- June international weekend seminar,
Franck Noël (France, 7th dan)
- seminar for children and teenagers,
Jana Chalupská (Czech Rep., 2nd dan)
- August one-week summer school in Třešt
near Jihlava
Martin Švihla (4th dan)
- October international weekend seminar,
Franck Noël (France, 7th dan)
- November international weekend seminar,
Stefan Stenudd (Sweden, 6th dan)
- December club seminar,
Zdenko Reguli (Slovakia, 5th dan)

Trips to seminars

Teachers and club members attended a number of seminars in Europe and Japan:

- March: Franck Noël (7th dan)
Bratislava, Slovakia
- Stefan Stenudd (7th dan)
Munich, Germany
- April: Stefan Stenudd (7th dan)
Berlin, Germany
- May: Seishiro Endo (8th dan)
Saku, Japan
- July: Seishiro Endo (8th dan)
Púchov, Slovakia
- July: Franck Noël (7th dan)
Il d'Oleron, France
- October: Franck Noël (7th dan)
Stockholm, Sweden
- December: Franck Noël (7th dan)
Berlin, Germany



Stefan Stenudd (7th dan),
Jan Nevelius (6th dan),
Jorma Lyly (6th dan)
Malmö, Sweden

See photos and comprehensive descriptions of these trips in our photo gallery:
www.aikidovinohrady.cz/fotoblog.

International relations

We maintain relationships between clubs at an international level mainly by organizing international seminars in Prague, and through visits of seminars abroad.

In May 2015, we also attended other important international events at the highest level.

Mr. Martin Švihla, the main teacher of our club, accompanied Mr. Pavel Munzar, the president of the Czech Federation of Aikido (ČFAI), on an official visit to Aikido Hombu Dojo, the world's headquarter of aikido in Tokyo. Together they formed a delegation to negotiate the official recognition of the ČFAI by the Japanese headquarters. The negotiations were successful,

and the Czech Federation of Aikido received this important recognition (Hombu Recognition) along with the authority to grant international Aikikai dan grades. The Fighter's Magazine, among others, also reported it.

Joint activities

Besides training, we also enjoy other joint activities. Together we go on outdoor and canoeing trips, and we organize events like bowling, billiard, paintball or laser games. In 2015, we helped twice as brigade-workers in Prague 2. And once in a while, we meet for club lectures, photo screenings, or parties among which our traditional Christmas party has a special place.

Grants and support

In 2015, we took advantage of the support allocated by the City District Prague 2. At the end of the year we applied for support at the municipal authority of Prague – we will know more about the results at the beginning of 2016.



Also, we received a regular annual support from the Association of Youth Clubs (SKM – Svaz klubů mládeže).

We hereby thank the municipal authority of Prague 2 and the SKM for the provided financial and other support.

THANKS TO THE CLUB MEMBERS

The preceding paragraphs describe a variety of different work – teaching, organization, administration, promotion, communication with partners... Most of these works are performed by club members who do the work with the same enthusiasm that they have for aikido training. Only thanks to their strong spirit and involvement, 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.



SUMMARY OF 2015

The year 2015 was not only a time of intense training, but also a time of quantitative and organizational growth of the club. The technical development of the club continues consistently. We also organized eight seminars and visited many others. In order to meet our growth, we have adapted our classes which have been shaped this year by more liveliness and ease.

The number of adult members was stable, and we expanded the trainings for children and teenagers. The teenagers also started to participate in the trainings for adults, and thus began to bridge the generation gap between children and adults.

Furthermore, the new teachers of the club keep on developing their skills from class to class.

As part of the enrollment this year, we improved our external communication – via paper, web, Facebook and newsletter – and we organized a series of public performances.

We extended our contacts within the Czech Republic and abroad, and we participated in official events at the highest international level.

PLANS FOR 2016

The plans for the ninth year of the club's existence are simple – regular exercise, finding new inspirations, becoming more simple and natural and thus gradually developing one's own human potential.

We plan to keep the number and level of trainings for adults and to expand slightly the trainings for children and teenagers. Furthermore, we have prepared several international seminars. It is possible that we will organize a seminar and a visit from a Japanese teacher at the end of 2016, and we are planning to visit Japan again.

Due to the fact that Prague is the European Capital of Sports in 2016, we have prepared a four-month program of events "Aikido for Prague 2016" in autumn, and we will apply for its support at the municipal of Prague and the municipal authority of Prague 2. If we succeed, our activities in the coming year will be even more diverse.

In one sentence: during 2016, we will continue to develop and spread what we have been doing for more than eight years.

THANKS TO OUR PARTNERS

Aikido Prague Vinohrady cooperates with the following organizations:



The Czech Federation Aikido, z.s. – our club is member of this organization – it guarantees technical development and examinations and cooperates with us in organizing international seminars.

More information at www.cfai.cz



Capital City Prague – in 2015 we applied for support for the operation of the club and we prepared collaboration in the framework of the program Prague - European Capital of Sport 2016.

More information at www.praha.eu



**MĚSTSKÁ ČÁST
PRAHA 2**

Municipal Authority Prague 2 – supports us within grant programs for sports and education and helps with promoting of our regular activities for children and youth.

More information at www.praha2.cz



Association of Youth Clubs – supports our various club events and helps us partly with the rental costs.

More information on www.svaz-klubu-mladeze.cz

We already have traditionally good relations with T. J. Sokol Praha Královské Vinohrady, on whose premises we train. We also cooperate with the Sokol house in Třešt near Jihlava, and with its local aikido section.

In 2015, we maintained friendly relationships with many aikido clubs in our country and abroad, as well as with several other clubs of martial arts.

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

TEACHERS OF THE CLUB



Ing. Martin Švihla, PhD.
4th 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, he finished the 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 Shiatsu.

In 2007, he received his doctor's degree in Computer Science and Engineering at the Czech Technical University in Prague.

Martin currently runs the club Aikido Praha Vinohrady, teaches aikido, and gives seminars of business education and personal development. He is co-owner of the café Bio Zahrada and leads several other projects.



Mgr. Vanda Švihlová
2nd dan, assisting teacher

Vanda Švihla has been practicing aikido since 1997. She also has experiences with other movement techniques and voice training. She studied history and is also deeply interested in

gastronomy. At present, she runs the café Bio Zahrada in Prague-Vinohrady and the forest kindergarten Živé děti.



Bc. Michal Roder
2nd dan, assisting teacher

Michal Roder started his aikido training in 1997, and in 2013, he passed the exams for the 2nd dan. Currently, he teaches one morning-class per week.

He studied artificial intelligence

at the Faculty of Mathematics and Physics at the Charles University and is also seriously interested in photography.



Jana Chalupská
2nd dan, teacher of children

In 2000, Jana Chalupská started practicing aikido in Pisek, where after some time, she began to give training sessions for children and adults. After spending one year in Norway,

she returned to Prague. She is currently working as a teacher in primary school in Vinohrady and leads aikido training sessions for children. What she likes about aikido is that she can enhance not only physical skills, but also communication, perception of others and oneself, and freedom of movement.



Jaroslav Hejlek

1st dan, teacher of youth

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

he passed the exam for 1st dan, while he also started teaching aikido for children and teenagers, which he really enjoys.



Ing. Luboš Šebesta

1st dan, assisting teacher

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

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



Jaroslav Spurný

1st dan, teacher of children

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

1st kyu, teacher of children

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. During the 2015/16 season, he studies Japanese language and aikido in Japan.

CONTACT

Website

www.aikidovinohrady.cz/en

Facebook

www.facebook.com/aikidovinohrady

Youtube

www.youtube.com/user/aikidovinohrady

Dojo Location

Aikido Praha Vinohrady
T. J. Sokol Praha Královské Vinohrady
Polská 1/2400 (Riegrovy sady)
120 00 Prague 2

Contact and Information

Martin Švihla
Phone: +420 737 848 627
E-mail: info@aikidovinohrady.cz



Aikido Praha Vinohrady, z. s.

Belgická 25/33
120 00 Praha 2
IČ: 22689338