

AIKIDO
PRAHA
VINOHRADY

**ANNUAL REPORT OF THE CLUB
FOR THE YEAR 2023**







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INTRODUCTION

Welcome to our annual report – the year 2023 was filled with training, events, and travelling. Our club has developed in all aspects.

The entire year was particularly marked by international cooperation. Organizing The International Aikido Marathon and participating in Aikido Summer in Berlin connected us with excellent aikidokas from around the world. Martin, our head teacher, once again travelled to Toulouse, France, where he led two seminars – one for adults and one for children. We also travelled to aikido seminars across Europe.

The number of training sessions for children, youth, and adults has increased slightly. Thanks to our Fundamentals Aikido Courses, our adult base has expanded and new members have brought fresh ideas and energy to the club's operations.

Children's groups were fully booked before the summer began in 2023 because more children have stayed in the club and progressed into older age groups. Additionally, we have been successful in finding new assistants for children's training from among our youth members.





AIKIDO PRAHA VINOHRADY

Since its establishment in 2007, Aikido Praha Vinohrady, z.s. has been supporting and developing Aikido – a physical, mental, and spiritual discipline created by Morihei Ueshiba, based on various traditional Japanese martial arts and his own spiritual insights.

The club introduces Aikido to the public as a tool for comprehensive development:

- » It organizes and provides regular training sessions and further education in the form of seminars and workshops.
- » It organizes and provides instructions in disciplines related to Aikido, particularly those that extend beyond the physical framework and fulfill broader educational goals.
- » It creates educational materials for its activities.
- » It cooperates with individuals and organizations in the Czech Republic and worldwide that have similar goals, and focus on promoting Aikido and related disciplines.

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

In addition to regular training, we organize weekend Aikido seminars and week-long summer schools. Together, we attend seminars outside Prague and abroad (mainly Slovakia, Germany, Sweden, France, and Japan) and organize many other activities for club members: outdoor trips, cultural, social, and educational events. We raise awareness of Aikido through public demonstrations, sample classes, and promotional materials.

Currently, 12 instructors and 8 assistants lead training sessions in the club. Assistants from the youth category primarily help with children's training – in this way, we gradually train future candidates for instructors within the club. Instructors expand their qualifications through regular teacher training and other events.

Aikido Praha Vinohrady is a registered association and a member of the Czech Federation of Aikidó, which is recognized by the central world Aikido headquarters, Aikikai Hombu Dojo in Tokyo.



OUR AIKIDO YEAR 2023

Number of Practitioners

Throughout the year 2023, approximately 290 people trained at the club – around 170 adults, 90 children (ages 5–12), and 30 youths under 17 years old. Both men and women practice Aikido with us, ranging from preschoolers to seniors.



Regular Training for Adults

In 2023, the training for adults was conducted in the range of 11 hours per week. One training session a week was dedicated to those at a higher technical level, 4th kyu and above. The other training sessions, including regular weapon training, were open to all members regardless of their level of proficiency. Members from the youth group could also participate in these sessions, helping to bridge generational gaps. The training took place at Sokol Královské Vinohrady (Polská 1, Prague 2) and at Prostor 8 (Šmilovského 8, Prague 2).

During the summer holidays, a shortened version of this schedule was followed: 5 hours weekly on the tatami and 1 hour of outdoor weapon training.

The training was conducted primarily by the club's instructors: Martin Švihla, Vanda Švihlová, Michal Roder, Jacques Joseph, Milada Bouzidi, and Matouš Janů, with a few exceptions.

Aikido is beautiful to me because of its complexity, and everyone can find something in it. The more I dedicate myself to Aikido, the more it influences my life, moving me forward in a magical way where I am constantly learning something new.

What do I like about Aikido?

I get to exercise, learn to perceive my body better, and also pay attention to the person I am practicing the technique with, as we aim to avoid injury.



The environment at Aikido Praha Vinohrady is friendly; we help each other when something is difficult.

Sometimes, after practice, we go out together or occasionally hold various events. For instance, I watched the movie Kung Fu Panda or attended the Christmas party where I danced.

Thanks to these activities, we can get to know each other better and chat, as we don't get much chance to talk during practice.

Tomáš V.

Fundamentals Aikido Course

In 2023, we conducted 8 sessions of our three-month Fundamentals Aikido Course, aimed at providing complete beginners with a comprehensive foundation in Aikido. In this course, newcomers learn basic falls, steps, and techniques, and also work with the sword. Participants experience a diverse array of Aikido and have the opportunity for holistic development.

The training sessions are designed so that participants end up in a better state than when they started – full of energy, with a smile on their face, and a clear mind. And it really works. In 2023, we expanded the offering of the Fundamentals Aikido Course by 3 sessions, and all slots quickly filled up.



I completed the beginner's course, and it was a fantastic experience. Not only was it an inspiring journey that introduced me to new movements, techniques, and approaches, but I also left each session with a clear mind and full of energy. The pleasant atmosphere and the friendly and warm approach of the instructors were just the icing

on the cake. After finishing the beginner's course, I decided to continue, and I enjoy every session. If I ever have any questions, there is always a more experienced aikidoka willing to help. I highly recommend it to anyone who wants to develop their movement and mind.

Petra F.

Aikido for Children and Youth

In the 2023/2024 school year, we ran 8 Aikido groups for children and youth, totaling 12 hours of training per week. These sessions were divided into five age categories: three groups of the youngest children (5–7 years), two groups of younger pupils (8–10 years), one group of older pupils (10–13 years), and two groups of teenagers (13–15 and 15–17 years). Approximately 120 club members train in these groups. The children's training sessions were led by Martin Švihla, Pavel Linhart, Eliška Pažitná, Milada Bouzidi, Jan Macháček, Klára Gregová, Anna Prokešová, and Tatsuya Štemberk, along with their assistants from the youth ranks.

We also organized large and small seminars, trips, camps, dojo sleepovers, or voluntary outdoor work for children and youth – some of which you will learn about further in the report.



For me, the teaching is excellent, based on holistic movement principles that develop coordination and motor learning through play. It further enhances body awareness, movement, and relationships with others. Children are gradually and gently introduced to the art of AIKIDO according to their individual abilities. Importantly, they have exams every six months to verify what they have

learned. I also appreciate the philosophy and ethical principles of the teaching and the overall guidance of the children. Another plus is the events offered throughout the year, such as seminars, camps, weekend activities, or day camps. I highly recommend it to everyone!!!

Hana P., mother of a young aikidoka



Teacher Development

In 2023, our teaching team expanded – Tatsuya Štemberk began teaching a new group of children aged 8–10 years, and Matouš Janů joined in teaching the Fundamentals Aikido Courses. As usual, we participated in the teacher training course of the Czech Federation of Aikidó (ČFAI). This training was led by Martin Švihla (head instructor of Aikido Praha Vinohrady) along with Milada Bouzidi (children's instructor).

Teachers and assistants of the club also had regular meetings and special teacher training sessions, where they discussed practical and theoretical aspects of training and new inspirations.

Articles by Franck Noël, such as *Interpretation in Aikido Teaching* or *Hum, Hum, Hum*, which we translated into Czech and distributed within the club, were primarily intended for teachers. They offered interesting perspectives on topics related to Aikido teaching.

Black and White Belts

In 2023, several advanced club members achieved higher technical ranks from the Aikikai, the global Aikido headquarters: Jacques Joseph 2nd dan, Jan Váňa 1st dan, Vladimír Šedivý 2nd dan, Oldřich Antoš 2nd dan, Radek Příbyl 2nd dan, Matouš Janů 2nd dan, Milada Bouzidi 2nd dan, and Martin Gorčák 3rd dan.

A total of 31 successful kyu rank gradings were conducted.



Seminars and Training Camps

In 2023, we organized twenty-two events – including traditional international seminars in cooperation with the Czech Federation of Aikidó, teacher training sessions, the international seminar for children and youth, the International Aikido Marathon, day camps, study trips abroad, and various club events for children and youth. It was indeed a busy year.



February: **International Seminar for Children and Youth**
www.aikidovinohrady.cz/aikido-seminar-aiki4kids-deti-mladez-2023/

April: **International Seminar with Jan Nevelius in Prague**
www.aikidovinohrady.cz/aikido-jan-nevelius-praha-2022/

May: **Children's Trip to Svobodný statek na soutoku**
www.aikidovinohrady.cz/aikido-soustredeni-svobodny-statek-2023/

Spring Work at the Vineyard with Youth
www.aikidovinohrady.cz/aikido-vinohrad-dobrovolnici-2023/

International Seminar with Franck Noël
www.aikidovinohrady.cz/aikido-franck-noel-praha-2023/

Two Seminars Led by Martin in Toulouse, France
www.aikidovinohrady.cz/martin-svihla-aikido-toulouse-2023/

June: **International Seminar with Gaston Nicolessi in Prague**
www.aikidovinohrady.cz/aikido-gaston-nicolessi-praha-2023/

Sport Festival for the Prague 2 District
www.aikidovinohrady.cz/aikido-sport-pro-dvojku-praha-2-2023/

July: **Aikido Day Camps**
Training on the Island of Oléron, France
www.aikidovinohrady.cz/aikido-letni-soustredeni-francie-oleron-2023/

August: **Week-long Summer School in Třešť**
www.aikidovinohrady.cz/aikido-letni-skola-trest-2023/

Week-long International Youth Camp in Slovak Paradise National Park
www.aikidovinohrady.cz/zazit-se-ve-slovenskem-raji/

Aikido Summer Berlin
www.aikidovinohrady.cz/aikido-summer-berlin-2023/



to learn more, visit our blog
www.aikidovinohrady.cz/aikido-foto-blog/



October: **International Aikido Marathon in Prague**
www.aikidovinohrady.cz/mezinarodni-aikido-maraton-praha-2023/

November: **Teacher Training Session for Instructors of the Czech Federation of Aikidō**
www.aikidovinohrady.cz/aikido-skoleni-treneru-praha-2023/

Autumn Work With Youth at Bogdan Trojak's Vineyard
www.aikidovinohrady.cz/aikido-vinobrani-vinice-bogdan-trojak-2023/



December: **Club Seminar with Zdenko Reguli**
www.aikidovinohrady.cz/aikido-zdenko-reguli-vanocni-party-2023/

Dojo Sleepover for Children and Youth
www.aikidovinohrady.cz/aikido-deti-prespavacka-praha-2023/



For the Third Time in Prague: International Seminar for Children and Youth

On the morning of Saturday, February 25, 2023, around 100 children lined up for the first training session on the large tatami in Prague... stretching from one side of the hall to the other. And we were not even all present yet, as the bus with Ukrainian children was delayed at the border and arrived a bit later. After a joint warm-up, we divided into age categories – small children, older children, and youth – and began real training sessions full of diverse movements, games, and, most importantly, Aikido.

This is one of the reasons why we organize such a large international seminar: so that children experience that Aikido is much bigger than their club, to realize they are part of a larger, friendly world.

During the lunch break, there was time for conversations among the teachers and club leaders who attended the seminar. There were many of us – around 140 children and 40 adult teachers, assistants, and guides from 10 clubs across 3 countries (Czechia, Slovakia, and Ukraine).

The meeting of teachers is the second reason for the seminar – we create a space for sharing inspiration from different clubs and organizations, so we can teach Aikido even better. The greatest reward for us organizers are the tired and satisfied faces of the children and youth, the enthusiastic comments from parents, and the eagerness of club leaders to attend the seminar again.

www.aikidovinohrady.cz/aikido-seminar-aiki4kids-deti-mladez-2023/



Youth Activities

Working with youth is very important to our club. We strive to support and involve them in the functioning of our club – we sponsor and encourage their participation in international seminars, give them the opportunity to attend adult training sessions, assist in children's training, and if they enjoy it, start teaching children's groups independently. However, some events are specifically designed just for them. In 2023, we organized three such events:

Twice, in the spring and autumn, our young members went to work and train in a vineyard where natural wine is produced. Working alongside inspiring people from various fields, we learn to grasp life, shape it with our own hands, and savor it.

www.aikidovinohrady.cz/aikido-vinohrad-dobrovolnici-2023/

www.aikidovinohrady.cz/aikido-vinobrani-vinice-bogdan-trojak-2023/

Another regular event is the summer training camp in Slovak Paradise – an opportunity for young people to train with peers from Czechia, Slovakia, and Ukraine in the beautiful setting of the national park.

www.aikidovinohrady.cz/zazit-se-ve-slovenskem-raji/

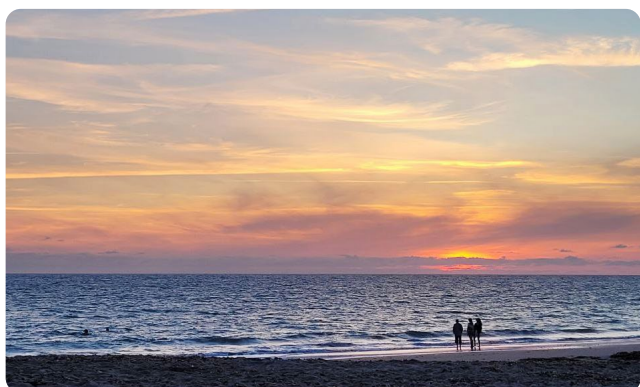
Many of our youth also trained and helped with organizing the following events.



Summer School on the Isle of Oléron in France

In July 2023, 6 young people and 5 adults travelled to Oléron Island in France for the traditional international Aikido summer school. The two-week training near the ocean, meeting people from all over Europe, and „tasting“ a different culture was an unforgettable experience for them.

www.aikidovinohrady.cz/aikido-letni-soustredeni-francie-oleron-2023/



Aikido Summer Berlin

Aikido Summer is four days of Aikido with eight instructors in Berlin. This event is organized annually by Kranich Dojo Kreuzberg from Berlin, Dojo de la Roseraie from Toulouse, Vanadis Dojo from Stockholm, and our own Aikido Praha Vinohrady. So, it feels like a second home to us, and this year, 12 of us attended. We are already looking forward to next year!

www.aikidovinohrady.cz/aikido-summer-berlin-2023/



International Aikido Marathon in Prague

Originally planned for 2020, this event was finally organized in 2023 due to lockdowns. Over 24 hours, 24 Aikido sessions were held – some participants attended all of them, while others attended fewer. The aim of the Aikido marathon was to practice together, face personal challenges, support each other on our journeys, meet new people, and connect through Aikido. Many thanks to the Czech Federation of Aikidó, Aikido Akadémia Košice, and many other organizations and clubs for their support.

www.aikidovinohrady.cz/mezinarodni-aikido-maraton-praha-2023/



Day Camps

In 2023, we organized our summer day camps for the third time. During the first two weeks of July, we prepared an engaging program for children aged 6 to 12 – including Aikido training, outdoor movement games, origami folding, sushi preparation, and much more. The camps were open to the general public - no prior Aikido experience was required. Unlike regular training sessions, the day camps brought together a mixed-age group of children. It was wonderful to observe how their relationships deepened over time, how they started functioning as a group, with older children helping the younger ones.

Additionally, the day camps offered an opportunity for teachers, assistants, and youth to spend more time together, talk, share their experiences, and find new inspiration for training during the school year.



Publications, Public Demonstrations, and Media



Our website hosts a wealth of texts about Aikido and interviews with our instructors. In 2023, we added translations of texts written by Franck Noël:

- » Aikido is a Celebration
- » Interpretation in Aikido Teaching
- » Father Noël and Aikido

We successfully published the article [Our Summer with Aikido](#) in [Archa](#) magazine.

We introduced Aikido to the public through demonstrations at the [Asia & Chilli fest](#) and the very next day at the Japanese autumn festival [Akimatsuri](#).

Each year, the Prague 2 district organizes a sports festival called [Festival sportu pro dvojku](#). In 2023, we had a significant number of visitors interested in physical activity – over a hundred children participated in short training sessions on our Aikido tatami in just half a day. The event also included an Aikido demonstration and meetings with representatives of other activities and sports.

Since 2023, we have also set up a club e-shop where people can order T-shirts and hoodies with aikido-themed designs – we have created (so far) [16 different designs](#).

Our six-year-old daughter attended the Aikido day camp for the first time. We were a bit worried about how she would like it in a mixed-age group. However, it turned out to be a fantastic, inspiring group. Our daughter talked about nothing else the entire week. I had the occasional chance to peek into the hall and was truly touched by how all the trainers approached the children with empathy and respect. Besides the interesting physical activities that always took place outdoors in good weather, our



daughter also enjoyed other, perhaps even more valuable moments, such as making new friendships, feeling accepted and safe in a group that included a few foreign children (our daughter herself is bilingual). I especially liked when she told me about how they did various balance exercises and then discussed how balance works in life and why it is important. To everyone looking for a suitable camp for their child, I can highly recommend this camp. See you again next year!

Basia H.

GRANTS AND FINANCIAL SUPPORT

We greatly appreciate the financial support provided to us in 2023 by the Prague 2 District, the City of Prague, and the National Sports Agency under the My Club program. We also thank the Czech Federation of Aikidó for their support of our seminars.

However, in 2023, grant support from public sources significantly decreased – we received only 125,000 CZK for the operation of children and youth training sessions, compared to 261,000 CZK in 2021. This support was less than half, even though we had a lot more children and youth in our groups compared to 2021, and the costs of operating training sessions (such as rents) had significantly increased.

The reduction in grant support forced us to seek other sources of funding. Therefore, in 2023, we launched a fundraising campaign on the [Darujme.cz](https://darujme.cz) portal titled: **Raising a New Generation who Will Advance Aikido and the World into a Better Future.**

We use the martial art of Aikido as a tool to prepare young people for life so that they can succeed in their own way – this is the goal of our work. At the same time, we strive to make Aikido financially accessible to young people – we support them with lower membership fees, reduced seminar fees, and reimburse some of their costs for camps and further education.

These expenses amount to approximately 200,000 CZK per year, and we aim to cover them at least partially through individual donations via club fundraising.

In 2023, our campaign was supported by 34 individual donors with a total amount of 101,000 CZK, which was an excellent result for us as novice fundraisers – and we wholeheartedly thank all our donors for their trust!

We used these funds to finance young people's trips to camps and their participation in teacher training courses, as well as to compensate for their lower membership fees or seminar fees.

Although the amount raised did not yet cover the reduction in state support, it has shown that individual donations could be a way to support the training of the younger generation. Our goal for 2024 is to raise 200,000 CZK through this campaign and to gain more regular donors – and we believe that with the support of the great people around us, we can achieve this.

Once again, many thanks to our partners and donors for their support and year-round cooperation!



please support our work with youth in 2024
www.darujme.cz/projekt/1209162



CLUB ACTIVITIES

More and more club members are getting involved in the running of the club. Besides organizing training sessions, seminars, and club events, there is also a need to manage promotion, grant administration, website and social media management, text translations, and more.

After long negotiations with T. J. Sokol Praha Královské Vinohrady, we found a way to quickly and efficiently assemble and disassemble the tatami in their hall. This meant that from September 2023, our regular adult training sessions could take place on tatami at Sokol. This change has allowed our practice to be more dynamic and much more comfortable.

In addition to training and developing the club, we also engage in other joint activities. We go on hiking trips, visit the cinema, and enjoy karaoke and other parties together. Occasionally, we host club lectures, photo screenings, or parties, among which our traditional Christmas party holds a special place.



THANK YOU TO CLUB MEMBERS

Most of the activities necessary for the smooth running of our club are provided by our members. Some are mentioned by name in the annual report, but thanks are due to all club members – for their practice, support, help, willingness to try new things, progress, and much more. THANK YOU, without you, our work would be pointless.

THANK YOU TO OUR PARTNERS

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



Česká federace aikidó, z.s. – oversees our club technically, guarantees technical proficiency exams, and cooperates with us in organizing international seminars. — www.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



Magistrát hlavního města Praha – supported us within the sports and physical education support program. — www.praha.eu



MĚSTSKÁ ČÁST
PRAHA 2

Prague 2 District – financially supported us within the sports grant program — www.praha2.cz



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



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



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



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/

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 2023, we maintained 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** in Germany, **Aikido Akadémia** from Slovakia, **Kagami Dojo** in Ukraine, and **Taiji Pardubice**.

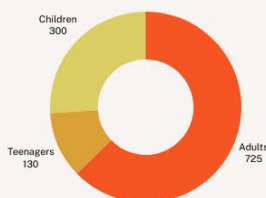
We thank all these organizations, friends, and other partners for their help and support.

SUMMARY OF THE YEAR 2023 IN NUMBERS



290 MEMBERS

170 adults (17+ years)
30 teenagers (13-17 years)
90 children (5-12 years)



1155 HOURS OF TRAINING

For adults, teenagers and children

CLASSES ARE HELD BY

12 TEACHERS + 8 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: 850 PARTICIPANTS & 67 DAYS OF PRACTICE

22 SEMINARS & CAMPS

7x international seminar / 4x camp for children and teenagers
3x club seminar / 1x summer school / 2x suburban summer camp
4x study trip abroad / 1x training of trainers
+ 3 public demonstrations
+ 100 man-days of volunteer work

Blog posts, photos and videos from our year 2023 at

WWW.AIKIDOVINOHRADY.CZ/EN

Our partners



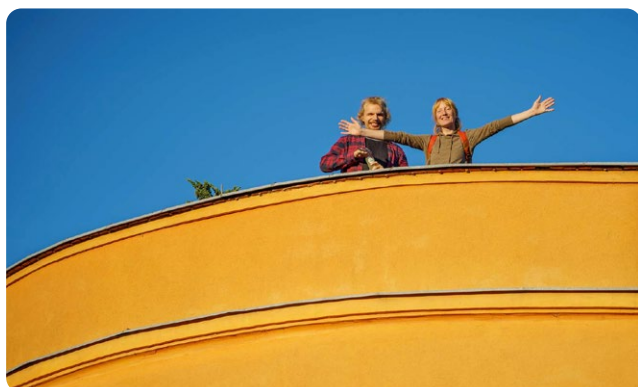
NÁRODNÍ
SPORTOVNÍ
AGENTURA



WHAT ARE OUR PLANS FOR 2024?

Our club is developing very organically – the number of training sessions, members, and teachers is growing, as is the quality of our practice and teaching. This natural growth will continue in 2024 – we will train, travel, learn, and spend time together. Specifically, we have several international and club seminars planned, teacher training sessions, and trips to France, Germany, and Slovakia. We are preparing to expand some youth training sessions. We are also planning to publish several electronic and printed articles and publications about Aikido.

We have many plans and are open to other opportunities that may come our way with a bit of luck. We look forward to the journey ahead in 2024 and thank you for being with us on all our adventures.



CLUB TEACHERS



Ing. Martin Švihla, PhD.
5. dan Aikikai, 1st class trainer

Martin has been practicing martial arts since 1988 and Aikido since 1995. Around 1997, he began teaching Aikido to both children and adults. Shortly after, he completed coaching studies at the Faculty of Physical Education and Sport at Comenius University in Bratislava, with a final thesis on child development through Aikido. He also completed a three-year study of Japanese shiatsu massage. In 2007, he earned a PhD in Informatics and Computer Science from the Czech Technical University in Prague. He currently leads Aikido Praha Vinohrady, teaches Aikido, conducts personal development and corporate training seminars, is a co-founder of the personal development center Prostor 8, and works on several educational projects. In the Czech Federation of Aikidó, he is responsible for international relations and communicates with the Aikikai Hombu Dojo, the world headquarters of Aikido.



Mgr. Vanda Švihlová, 4. 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, 4. 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., 2. 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, 2. 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, 2. 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, 1. 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, 2. 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.

...and others:

Tatsuya Štemberk, 3rd class trainer

Anna Prokešová, 3rd class trainer

Klára Gregorová, 3rd class trainer

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. 2023

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: jednoduché účetnictví vedené v účetním programu Pohoda

Výsledek hospodaření resp. rozdíl mezi příjmy a výdaji: 105.379,90

Podíl spolku v jiné právnické osobě: *ne*

Závazky spolku:

Finanční úřad: 4.455,- (splatnost do 31. 1. 2024)
Česká správa sociálního zabezpečení: 0,-
Další subjekty: 44.770,- (mzdy za 12/23, splatnost do 20. 1. 2024)

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 resp. rozdíl mezi příjmy a výdaji:

- v hlavní činnosti: - 6.594,92
- v hospodářské činnosti: 111.974,82
- pro účely daně z příjmů: 121.640,82

Zaměstnanci spolku:

Počet zaměstnanců: 10

Mzdové náklady: 335.890,-

Náklady na sociální pojištění: 0,-

Náklady na zdravotní pojištění: 0,-

Počet uzavřených dohod o provedení práce či dohod o pracovní činnosti: 10

Daňová povinnost za toto období: 0,-

Daňová povinnost za předchozí období: 0,-

Podpis oprávněné osoby: Ing. Martin Švihla
čestný předseda

Přehled o příjmech a výdajích

Přehled o příjmech a výdajích
podle Přílohy č. 1
vyhlášky č. 325/2015 Sb.

ke dni **31.12.2023**
(v celých tisících)

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

IČ 22689338

Označení položky	A. Příjmy	Činnost v běžném úč. období		Činnost v minulém úč. období	
		Hlavní	Hospodářská	Hlavní	Hospodářská
01	Prodej zboží	0	52	0	0
02	Prodej výrobků a služeb	0	444	0	0
03	Příjmy z veřejných sbírek	0	0	0	0
04	Přijaté peněžní dary mimo veřejné sbírky	101	0	0	0
05	Přijaté členské příspěvky	1 541	0	0	0
06	Dotace a příspěvky přijaté z veřejných rozpočtů	125	0	0	0
07	Ostatní	0	0	0	0
08	Průběžné položky	219	0	0	0
09	Kursově rozdíly	0	0	0	0
10	Příjmy celkem	1 986	496	0	0
Označení položky	B. Výdaje	Činnost v běžném úč. období		Činnost v minulém úč. období	
		Hlavní	Hospodářská	Hlavní	Hospodářská
01	Dlouhodobý nehmotný a hmotný majetek	0	0	0	0
02	Materiál	12	0	0	0
03	Zboží	0	44	0	0
04	Služby	0	0	0	0
05	Mzdy	336	0	0	0
06	Pojistné za zaměstnance a zaměstnavatele	0	0	0	0
07	Ostatní osobní výdaje	0	0	0	0
08	Ostatní	1 425	340	0	0
09	Průběžné položky	219	0	0	0
10	Kursově rozdíly	0	0	0	0
11	Výdaje celkem	1 992	384	0	0
99	Rozdíl příjmů a výdajů	-6	112	0	0

Sestaveno dne:
28.04.2024

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.:

Přehled o majetku a závazcích

Přehled o majetku a závazcích
podle Přílohy č. 2
vyhlášky č. 325/2015 Sb.

ke dni **31.12.2023**
(v celých tisících)

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

IČ 22689338

Označení položky	A. Majetek	Stav k rozvahovému dni běžného účetního období	Stav k rozvahovému dni minulého účetního období
01	Dlouhodobý nehmotný majetek	0	0
02	Dlouhodobý hmotný majetek	0	0
03	Finanční majetek	0	0
04	Peněžní prostředky v hotovosti a ceniny	26	5
05	Peněžní prostředky na bankovních účtech	1 054	969
06	Zásoby	0	0
07	Pohledávky	0	0
08	Úvěry a zápůjčky poskytnuté	0	0
09	Ostatní majetek	0	0
10	Majetek celkem	1 080	974
Označení položky	B. Závazky	Stav k rozvahovému dni běžného účetního období	Stav k rozvahovému dni minulého účetního období
01	Závazky	18	-2
02	Úvěry a zápůjčky přijaté	0	0
03	Závazky celkem	18	-2
99	Rozdíl majetku a závazků	1 062	976

Sestaveno dne:
28.04.2024

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 (Riegrovy sady)
120 00 Praha 2

Prostor 8
Šmilovského 8
120 00 Praha 2

For more information, please contact

Martin Švihla
phone: +420 737 848 627
email: info@aikidovinohrady.cz



Aikido Praha Vinohrady, z.s.

Šmilovského 8
120 00 Praha 2
IČ: 22689338