Aikido and Judo in teaching of shihan Wojciech J. Cynarski

Background. Scientific framework is defined by sociology and anthropology of martial arts, and the Humanistic Theory of Martial Arts. Problem. The author describes and attempts to explain a short history of the pathway – study and teaching of Cynarski sensei. The description will be focused on aikido and judo. Method. The main methods are: sources analysis (documents and newspapers), and scientific literature review - a broad discourse. Results. The study presents a person who played an important role in the institutionalisation of martial arts in Europe, i.e. development of related organisations and academic research. He is also a martial arts teacher, an activist and a researcher. He mainly promotes Idokan style martial arts, but his work is also important for aikido and judo. Conclusions. Techniques and ideas of aikido and judo are present in Cynarski’s teaching. Yet, it is not competitive judo, or aikido as developed at a later period by Ueshiba, but Idokan judo and techniques of classic aiki-jujutsu.

Keywords
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Aikido Shihan Masatake Fujita. "Until that time I had thought of Aikido as some kind of incomplete Judo…I didn’t really know what it was, maybe something similar to that. For that reason, I didn’t have any particular preconceptions. O-Sensei’s speeches were full of references to the Gods, and I didn’t understand any of them, but in spite of that, he was O-Sensei. " - Masatake Fujita Sensei meets Aikido Founder Morihei Ueshiba in "Interview with Aikido Shihan Masatake Fujita, Part 1", on the Aikido Sangenkai blog. Aikido Martial Arts Martial Arts Quotes Aikido Quotes Wisdom Karate, Kendo, Kung Fu, Judo, Aikido, as well as lesser known disciplines of Budo, Hapkido, and the Thai martial arts. 192 pp. Overlook Press. This is the shape of Aikido and the dynamic shape at the foundation of all energies of existence. Aikido movement can only be understood from its roots in universal law and the processes of nature. The sincere practice and study of Aikido deepens our appreciation for the perfection of nature's balance and brings us back into harmony with our environment, other people, and ourselves. Saotome, Mitsugi [1937  The Essence of Aikido: Spiritual Teachings of Morihei Ueshiba. compiled and translated by John Stevens. foreword by Kisshomaru Ueshiba. 200 pp. Kodansha International. “Secret Teachings of Budo (Poems)” – from "Budo Renshu", 1933 also see “Three Doka and the Aiki O-Kami”. Kenji Tomiki, also a senior student of Judo Founder Jigoro Kano, would go on to become Morihei Ueshiba’s designated representative at Kenkoku University in Japanese occupied Manchuria. Kenji Tomiki and Morihei Ueshiba in Manchuria, 1942.  Like “Aikido Maki-no-Ichi” mentioned above, this manuscript (which includes a forward written by Jigoro Kano’s son Risei Kano –嘉納 夫正) was recovered through the efforts of Scott Burke, who lives in Fukuoka, but often comes to Hawaii to join the local Sangenkai workshops. About half of the work itself is text – but the pictorial content in the remaining sections should be understandable even to non-Japanese speakers. Enjoy! A series of DVD by shihan Ryuji Shirakawa, an aikido teacher who has gained international attention thank to his splendid and dynamic techniques. In this, first volume, focusing on the idea that "thorough study of the basics creates endless techniques" shihan Shirakawa presents a broad spectrum of possible movements and techniques. ★Teaching/supervision: Ryuji Shirakawa, 6th dan Aikikai As part of Japan's delegation in the 2013 World Combat Games, he demonstrated his amazing techniques to numerous fans of aikido. Currently, in addition to being the head of a dojo in Japan's Tohoku area, he is traveling extensively abroad: about twenty-five percent of his time is spent in over 10 countries from which he receives invitations to teach.