

Beginners motivation for aikido practicing

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Introduction. Aikido is a martial art where beginners' motivation is not clear. There are neither competitions nor quick physical development. Research on motivation has recognized early on that motivation can only be one of the many causes of behaviour, and this extends to the causation of affect and cognition as well (Gollwitzer and Oettingen, 2001). According to The Gale Encyclopedia of Psychology (2001), motivation is the drive that produces goal-directed behaviour. Drive-reduction theory, which is biologically-oriented but also encompasses learning, centres on the concept of homeostasis, or equilibrium. Except primary drives, there is also a system of learned drives known as secondary drives that are not biological. We were interested in motivation for aikido practice in beginners.

Aim of the study. The aim is to explore and describe motivation of aikido beginners for aikido training.

Material and methods. Research was realized in two Moravian towns in the Czech Republic, Brno and Hranice. All new members in both of clubs were asked to fill in questionnaire immediately after first practice. In the period of September 2006 to February 2007, n=19 people (6 females, 13 males) between 10 and 50 years were examined. Their education and age groups is showed in tables 1, 2 and 3. Most of respondents (n=13) were students.

Tab.1 Age groups in asked persons

	10-14	15-18	19-25	26-33	34-40	41-50
n of persons	3	3	9	2	1	1

Tab. 2 Education in asked persons

	Basic education	Occupational training	Grammar school	Graduated
n of persons	5	2	10	2

Questionnaire was constructed from both open and closed questions. While filling it up was researcher in attendance. Time for complete all the questions was not set.

Results and discussion The basic question was: Why are you starting to practice aikido? Answers were divided into five groups (A-E). Five persons said that aikido is visually attractive and interesting (**A group**). Their motivation was more external. Four persons are looking for complex development and are interesting in Japanese culture (**B group**). Three persons seems aikido as fulfilling of their spare time (**C group**). Another three persons are looking for development in self-defence skills (**D group**). Four persons do not know to express their motivation (**E group**).

A group. All the persons (3 females, 2 males) are no older than 25 years. They want to know all the techniques, self-defence and to achieve technical grades. A group describe aikido as Japanese art of self-defence. They started after recommendation of friend, or relatives, or were captured by poster. Persons in this group have not or not serious experience with another martial arts. We were interesting in time gap between decision to start in aikido and real entering to aikido club. One person had basic information about aikido only one week. He immediately starts to attend aikido club. Other persons in A group knew longer than one year about aikido. It takes about a half year from decision to real starting aikido practice.

B group. Age dispersion is very wide, between 15 and 50 years (1 female, 3 males). They want to develop both of their physical and psychical abilities. In same cases on the absolute human limits. They think that aikido can help in better connection between mind and body of practitioner on self-defence basis. Also Asian culture with their mysteries is very interesting for them. One person has very good knowing about aikido, its theory. On other hand two persons know really nothing (but they want to change this). We could not to find common information source for knowing about aikido course. Three persons of B group expect to develop better motor and mind control. They expect also good relaxation. Contrary they want to know self-defence. Two of persons have little

experience with other martial arts (judo, ninjutsu). There was not common time gap between decision and starting aikido practice.

C group. All that persons are aimed to achieve any technical grade. They were familiarized with aikido by book, brother, or friend. They know nothing about aikido, except that person which had red aikido book. All three people were brought by a friend to aikido practice. One person has long term experience with judo. Other persons are without such experiences. All persons knew more than year about aikido before they decide to start practising it. It takes about one week from decision to attending aikido training.

D group. Although in this group was self-defence the main motivation, only one of three persons said, that his aim is to know how to defend oneself. They choose aikido because he is „fascinated by it“, or he „likes it“. Interesting is that now no one is talking about self-defence. They have very poor information about theory of aikido. They expect development in self-defence skills and in one case in inner balance and peace. One person had previous experience with jujutsu. Time gap between decision to attend aikido club and real attending was about one quarter to one half of year.

E group. They want to „know something“, or to „learn something new“. One person seems aikido as aesthetic art. Other person thinks that aikido is the best. E group persons know basic fact about aikido. They associate it with medieval samurais. They expect to develop self-defence skills, to learn how to fight, and in one case „coordination of mind and body in contact and harmony“. We could not find any common time gap between decision to start and starting aikido practising.

Conclusions. As we can see, persons that want to attend aikido training have no adequate information about aikido. They are linking it with self defence, fighting, and harmony of movement. There is big difference between answers at question Why are you starting to practice and what are you looking for, or What do you want to achieve.

References

Gollwitzer P. M. and Oettingen G. (2001). Motivation: History of the Concept. In *International Encyclopedia of the Social & Behavioral Sciences*. Elsevier Science. pp. 10109-10112. ISBN: 0-08-043076-7

The Gale Encyclopedia of Psychology. (2001). Bonnie R. Strickland, executive editor. Gale Group : Farmington Hills. 701 pp. ISBN 0-7876-4786-1

Aikido motivation 01 Shirakawa Ryuji Shihan - aikikai 6th dan ç™½â·ç«œæ¬¡ â„«ç̄, â^æ°—ã¼šĩ¼—æ@µ Face book ã€ŠShirakawa Ryuji sensei Fanpage ã€•ã,šã,ªã,¹ãf—ãffã,~ãŽç™½â·ç«œæ¬¡â..^ç”Yã@ãf•ã,ãf³ã,µã,ªãf^ã€â†“ Shi.. 58:28. THE WAY OF SAMURAI | Epic Music Mix.Â When Beautiful Girls Practice KARATE !! BEST Karate Motivation What did you all think of the karate in this video? comment below! thanks for tuning in! For more: Second Martial Arts channel: uaclips.com/channel/UCJi-MbqdmK_d52h4RR6FBuA?.. 03:01. Aikido advanced ukemi tutorial for advanced Aikido practitioners. This video explains a soft high fall preparation exercise which can lead even beginners to Vassilis Nykteris Seminar, October 2015. Sensei Vassilis Nykteris (5 dan Aikikai) seminar in Aikido Academy, October 2015. More ideas. O'Sensei. Aikido Principles and Philosophy.Â I choose to live by choice, not by chance. to be motivated, not manipulated, to be useful, not used, to make changes, not excuses, to excel, not compete. I choose self-esteem, not self-pity, I choose to listen to my inner voice, not to the random opinions of others. I choose to do the things that you won't so I can continue to do the things you can't. aikido - beginners handbook - Free download as PDF File (.pdf), Text File (.txt) or read online for free. a book about aikido for beginners.Â The only way to understand Aikido is through physical practice, but this guide will help you begin to develop an understanding of Aikido and the way we practice the art. It will also provide answers to some of the questions that may arise for you as you observe Aikido or begin the practice of Aikido. Once you start practicing, donâ€™t feel that you have to memorize the information in this beginnerâ€™s handbook. It is here to help you, just in case you have some questions. If you have any questions about what you are doing, seeing or feeling as you enter into the world of Aikido practice, ask. Ask Aikido is presented as a Japanese martial art that has many direct parallels to principles of modern leadership. The authors outline how they use aikido to present physical metaphors of powerful leadership principles in a 2-hour experiential session. Both MBA students and executive program participants respond very favorably. This exercise provides a useful complement to more Western and traditional methods of teaching leadership. Å€EasÅ¥ 3}, keywords = {aikido; beginners motivation; knowledge for practising}, language = {eng}, location = {Rostov na Donu}, isbn = {0-01-100061-9}, pages = {18-19}, publisher = {Rossijskaja Asociacija psihologov fiziÅeskoj kulture i sporta}, title = {Beginners Motivation for Aikido Practicing}, year = {2008} }.Â REGULI, Zdenko and Lucie MLEJNKOVÃ. \textit{Beginners Motivation for Aikido Practicing}. In \textit{MeÅ¾dunarodnaja nauÅno-praktiÅeskaja konferencija "Rudnikovskie Åtenija". Trudy uÅastnikov.