

Doug Barnard
3rd Degree Black Belt



Sensei Doug Barnard has been studying Aikido since 1995. He was awarded the rank of sandan (third degree black belt) by his instructor, David Alexander, 6th dan. His black belt rank is internationally recognized by the Hombu Aikikai in Tokyo, Japan. This organization was set up by Morihei Ueshiba, the Founder of Aikido.

Doug specializes in the traditional form of Aikido that was practiced by the Founder during his seclusion in the WWII years. The Iwama Ryu style bears the name of the small town where the Founder set up his personal school. The style was popularized by the late Morihiro Saito, with whom Doug has attended many seminars.



TRADITIONAL *Aikido* OF KEY WEST



Learn to use your opponent's strength against them in this modern martial art with ancient roots

Cultivate an alert and flexible mind able to strategically cope with aggression

Increase coordination, flexibility, agility, concentration and overall health and fitness for young and old

Techniques require no undue effort or strength, suitable for all body types.
Excellent for women.

Classes taught in a relaxed, friendly, non-competitive atmosphere

Discounts for active duty law enforcement and bouncers



"merge with your opponent's force and take control"



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What is Aikido?

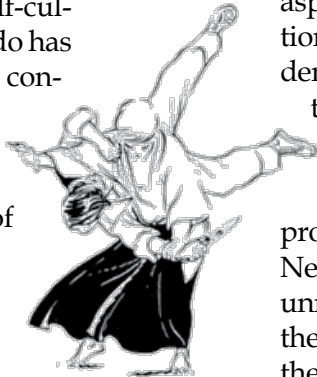
In the words of the Founder, he describes his ideals of training:

Although Aikido is a relatively recent innovation within the world of martial arts, it is heir to a rich cultural and philosophical background. Aikido was created in Japan by Morihei Ueshiba. Before creating Aikido, Ueshiba trained extensively in several varieties of jujitsu, as well as sword and spear fighting. Ueshiba also immersed himself in religious studies and developed an ideology devoted to universal socio-political harmony.

Incorporating these principles into his martial art, Ueshiba developed many aspects of Aikido in concert with his philosophical and religious ideology.

Aikido is not primarily a system of combat, but rather a means of self-cultivation and improvement. Aikido has no tournaments, competitions, contests, or "sparring." Instead, all Aikido techniques are learned cooperatively at a pace commensurate with the abilities of each trainee.

At the same time, the potential of Aikido as a means of self-defense should not be ignored. One reason for the prohibition of competition in Aikido is that many Aikido techniques would have to be excluded because of their potential to cause serious injury. By training cooperatively, even potentially lethal techniques can be practiced without substantial risk



"Aikido decides life and death in a single strike, so students must carefully follow the instructor's teaching and not compete to see who is the strongest."

"Aikido is the way that teaches how one can deal with several enemies. Students must train themselves to be alert not just to the front but to all sides and the back.

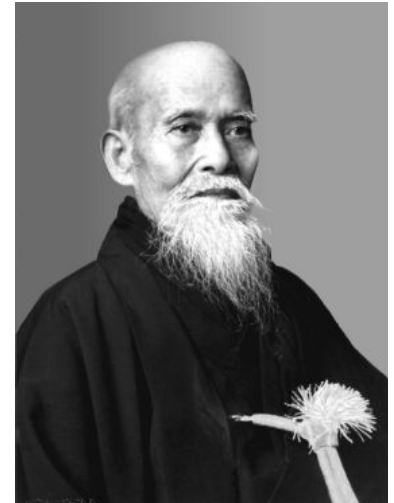
"Training should always be conducted in a pleasant and joyful atmosphere.

"The instructor teaches only one small aspect of the art. Its versatile applications must be discovered by each student through incessant practice and training.

"In daily practice first begin by moving your body and then progress to more intensive practice. Never force anything unnaturally or unreasonably. If this rule is followed, then even elderly people will not hurt themselves .

"The purpose of Aikido is to train mind and body and to produce sincere, earnest people. Since all the techniques are to be transmitted person-to-person, do not randomly reveal them to others, for this might lead to their being used by hoodlums."

合気道



*Morihei Ueshiba "O-Sensei" (1883-1969).
On the left, the Japanese kanji for "Aikido"*

At Traditional Aikido of Key West, we strive to emulate O-Sensei, and his many teachings. Class is conducted in the formal manner befitting the serious study of martial arts.

As Aikido is comprised primarily of joint locks, holds, throws and escapes, we practice with partners. Each technique is dissected, and practiced many times slowly to gain the maximum proficiency. Each student progresses at their own rate, with no pressure to compete with others.

Traditional Aikido weapons are also taught. These consist of the wooden sword, or bokken, and the short staff, or jo. The weapons are not used for contact, but as teaching aids for the movements.