

# Aikido classes at Drummond Community High School

✘ Having practised at Drummond Community School for over 25 years, Still Point Aikido extends a welcome to anyone who would like to take on a challenging but rewarding activity.

Aikido is a martial art, which does not rely on strength and may be of interest to tai chi and yoga practitioners, but no previous experience is required.

It would be easy for us to talk about how we practice and have developed our practice over this time. However we had asked two of our newer member to share their experience of practising with Still point aikido

“I heard about Still Point Aikido because of an interest in Zen meditation and what I discovered has been a martial arts practice, which is enormously fulfilling.

I have been practicing for nearly two years and every session is challenging, rewarding and always new. I was lucky to find this small but dedicated group with a unique blend of precise thoughtful practice and mischievous playfulness.

When you get aikido right, it feels like you have been tricked: your attacker all of a sudden is lying on the ground and you don't feel like you have done anything. If you like spinning, rolling and getting your arms twisted, and you are interested in exploring the subtleties of human interaction and the psychology of attack, this is the class for you!”

“From the first session, I knew I had found the right group – the instructors have deep knowledge and the group is friendly. While I am a rather small-sized Asian lady, I have learnt that this can be an advantage in aikido, and have been shown how to use it. “

If you are interested in joining or trying out our practice please get in contact.

We practise at Drummond Community High School (41 Bellevue Place Edinburgh, which is just down from Broughton Street) on a Monday and Thursday 7pm to 9pm and just ask the jannie where to find Dance studio.

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<http://www.stillpointaikido.co.uk>