



## Joe Thambu: Aikido: The Art of Being



Joe Thambu Shihan, 8th Dan Aikido and Chief Instructor of Aikido Shudokan International, has been a practitioner of Aikido, “*the Way of Harmony*”, for 48 years. His martial training in combination with years of crowd control experience enables him to share real accounts of Aikido embodiment in action. He is passionate about sharing how the physicality and culture of Aikido helps people to become more aware of self and others, and grow.

**TOP EMBODIMENT TIP:** Don't think. Do.

### Aikido:

- **Aikido is a form of Japanese martial arts** and it started off with swords.
- **The point Aikido is to control someone without hurting them**
- Initially it was centred around swords.
- Aikido evolved to targeting the joints, which are the weak spots of the body.
- Learning is not step-by-step, it is a spiral.
- The most important thing in martial arts is the way of bowing which is how you conduct yourself.
- The most important thing in Aikido is to keep your center.

### What is embodiment?

- Embodiment is about this sequence: **Look, Think, Feel and Act**
- Embodiment is about working with other people; it's about being strong in yourself and helping other people grow.
- We all have implicit biases, we often just act from an egoic place.
- Knowledge by itself is no good, wisdom is what we seek.
- Chi means wisdom which means the thread with which we sew all the bits of knowledge together.

### Resources

- ❖ **Courses:** Find Aikido programs [here](#)
- ❖ **Website:** <http://www.aikidoshudokan.com>
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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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