



Rokas Leonavicius: Does Aikido Need to Change for the Modern Age?



Rokas Leonavicius is a practitioner and professional instructor of Aikido, Yoga and Meditation. He is also a critical thinking enthusiast and has his own martial arts youtube channel “Martial Arts Journey” with over 140,000 followers. Explore the question whether Aikido needs to change for the modern age?

TOP EMBODIMENT TIP: Be honest. The mind, the heart, the body; those need to go together. Be honest about our mentality, our thinking. The body needs to be honest as well; Does my body feel true doing this? To feel what feels right, to trust that, not only on the mind level, but on the body level.

Lost in Translation: **Numerous Translations Across the Years have Resulted in Multiple Interpretations.**

- As a result of numerous translations, multiple interpretations and a fundamental difficulty in understanding the founder, Aikido has evolved into many different styles, cultures and traditions.
- Has this diluted the modality and purpose?

Aikido as a Method of Self Defence: **Can Aikido Legitimately Claim to Offer Self Defence Techniques in the Modern Age?**

- Having trained for fifteen solid years in multiple variations of Aikido, and teaching in his own Dojo, Rokas questions the ability of the art to provide any level of self defence in the real world.
- Matched against an MMA fighter, Rokas was unable to defend himself with any of his trained skills.

Loss of Popularity: **Current Online Google and YouTube search Engines Evidence a Decline in Popularity.**

- Many years ago, films with Steven Seagal led to a huge rise in popularity for Aikido as a Martial Art form. In the modern age that popularity has declined drastically,

If Aikido Should Change, How Should it Change?

- **If Aikido is to claim that it is a means of Self-Defense, should it be updated and adapted to facilitate this?**
- Should we create a new system of self defence despite their being many other practices that are able to practically teach this?
- Brazilian Ju-Jitsu is good for ground grappling; Boxing is good for hand striking.
- Can we define Aikido more specifically to a target audience?

Honesty and Clarity: **Can we be Honest that Aikido is Beneficial in Other Ways than for Self-Defence?**

- Instead of claiming that Aikido will help us defend ourselves, can we classify it as a moving meditation, a cultural experience, or spiritual practice instead?

Resources:

- ❖ **Website:** [YouTube: Martial Arts Journey](#).
- ❖ **Resources:** Josh Gold; [Ikazuchi Dojo](#).



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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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