



GRIFFIN AIKIDO CLUB BALZERS

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Club Sponsorship Opportunity: Griffin Aikido Club Balzers

Local clubs have proven to improve and solidify communities, with sport clubs offering the additional benefits to an individual's health and physical wellbeing. Sponsorship from local organizations is crucial to these activities, ensuring their offerings are easily available to the communities they serve, while providing a great way to create positive exposure for businesses.

What is Aikido and what does it offer?

Aikido is a martial art that focuses on limiting harm to others. Aikido comes with the expected structure and discipline of a martial art but provides a non-competitive environment that allows participants to practice from the age of 5 to over 90, with a strong focus on learning to fall safely and working with others.

What is Griffin Aikido Club?

Griffin Aikido Club Balzers was funded by Sensei Sara Crawford in Balzers in 2021, is recognized as part of Birankai Suisse and by Hombu Dojo, home of the official international Aikido association Aikikai.

The club currently offers a range of Aikido training to the local community of Balzers and the surrounding region of the Rhine Valley, with a growing youth and adult Aikido community. Visit **www.GAC.li** for more information on the club and its offerings.

What does the Griffin Aikido Club need?

At this time, the Griffin Aikido Club has outgrown the communal facilities and is looking to expand its program and offerings with a dedicated training location. **We need your support to establish a professional and dedicated training facility to support the fast growing Aikido training program, supporting Balzers and the surrounding region.**



Find more information and background on the sport and art of Aikido on the next page.



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Aikido as a Martial Art - Background & Information

Aren't all Martial Arts fighting sports?

Aikido is a newer martial art, developed in the 1930s, with the specific purpose of learning how to defend oneself without causing unnecessary harm to others, this includes training partners. This allows participants to learn and practice a martial discipline and training without the expectation of constant bruising and injury. At the Griffin Aikido Club, training is designed for students to learn how to keep themselves safe, not learn how to take a hit.

This approach has resulted in the only sport that practices and studies falling safely. Learning to fall properly, and building muscle memory to develop automatic responses, has the added benefit in everyday life when we inevitably fall. This has the benefit of reducing the occurrence and intensity of injuries in other sports, such as mountain biking, skiing and horseback riding, and from simple accidents, such as tripping down stairs or slipping in the shower.

But does Aikido promote violence, or teaches how to do harm?

No. Learning Aikido will not teach anyone how to fight professionally, as the practice's focus is on defensive techniques, sometimes Aikido is referred to as a "defensive martial art". A limited selection of attacks are used in training and are only taught to provide enough energy and intent for practice purposes. Doing so allows students to develop the automatic responses needed to help keep themselves safe when something is, for example, coming towards their face quickly, regardless if it is a person throwing a punch or if there is suddenly a tree branch you didn't see coming.

Without competition, how do students progress without the motivation to be the best?

Without competition, the Aikido training environment is focused on self-paced learning, removing the pressure and expectations of "being the best" to "how best to train". While the training is intensive and intended to push the physical and mental of the students, it can also be tailored, allowing for multiple ways for a person to find a place within the training community, including the respect and recognition that comes as they progress at their own pace.

Instead of using competitions as a method to encourage development, Aikido regularly supports the students' development through Seminars, where multiple dojos and teachers come together to train. This ensures students gain a broader range of experience and perspectives, while building and supporting the international Aikido community that bridges the gaps of culture and language.

Why does the club need sponsors?

Our current training space is the gymnasium of the middle and high school in Balzers, where the physical training space is more than ample, but where there is no space for storing the required equipment for members to progress in their training, and the available training time is limited to 1 morning on the weekend & 1 evening during the week. At this time, the Griffin Aikido Club is no longer able to meet the demand of those interested in training due to the facility and equipment limitations, and the current members cannot progress in their training.

We are currently looking for sponsors to support the development of our training facility financially or through goods and services to facilitate the construction of the training facility and associated fundraising efforts.