

Aikido

A form of Martial Arts to help with self harmony



Eunice and Tom are helping each other with a new skill.



**Photos and Story line
By: Amanda Kral
Photography Editor**

Aikido started here at the college about 30-years ago. Judy Leppert introduced it and still is active with it today.

In order to be a part of Aikido Club you must be a student to practice. There are no competitions in Aikido. "To learning through cooperation instead of competition," Aikido Instructor, Matt Lynch said.

"The students learn how to throw, pin their partner in a way that doesn't damage the partner."

Lynch has also lived in Japan for three years. For two of those years he practiced at Aikido World Headquarters, which is lead by the grandson of the founder of Aikido.

Lynch's wife, Yesenia Romo who is actively involved and feel that Aikido helps improve her focus and her balance. "It helps understand the body, the surroundings, improves self-esteem, doesn't require body strength and uses momentum," Romo said.

The whole class practices safety by not going too fast for their partner's level. Aikido is a form of martial art, and based on harmony and non-aggression due to the movement's in which create momentum and help lead their partner instead of dominating them.

In the basic beginners class students and adults are learning techniques and to connect with proper Aikido etiquette.

"It helps understand the body, the surroundings, improves self-esteem, doesn't require body strength and uses momentum."

**YESENIA ROMO
Aikido Assistant**



Matt Lynch flipping Yesenia Romo in the air with the help of her momentum.



Student Megan and founder Judy Leppert enjoying a stretching workout.