



AIKIDO ON AND OFF THE MAT

JIN-humanity, charity, benevolence

Benevolence

A common questions students ask is: “What’s the blue thing I wear over my uniform?” It is called a *hakama* . It is part of the official adult training uniform . Aikido becomes a way of life in addition to learning self-defense. The pleats of the Hakama each have a name and a symbolic meaning: **Yuki**, symbolizes courage, valor, and bravery; **Jin** stands for humanity, charity, benevolence; **Gi** stands for justice, righteousness, and integrity; **Rei** stands for etiquette, courtesy, and civility; **Makoto** symbolizes sincerity, honesty, and reality; **Chugi** stands for loyalty, fidelity, and , **Meiyo**, symbolizes honor, dignity, and prestige .Aikido students wear the *hakama* to remind us of our ultimate goal of bringing the training into our everyday lives.

Ideally, all students develop these skills on the mat during their training. Benevolence means taking care of your partner and making sure he or she is safe whether you are the one throwing or being thrown. Try taking this concept with you outside of the dojo as well. Try these activities below to practice benevolence out of the dojo. You will be a happier person in return!

1. Befriend the someone new in school. Invite him or her to eat lunch with you. Introduce the new student to your friends. Not only will this help your new friend, but it will also bring a sense of well being, safety and caring in the classroom which will lead to a happier classroom.
2. Offer to help out your teacher or parents with a task that needs to be completed.
3. Help your parent set the table for dinner without being asked.
4. With your parent’s permission, call a relative to say hello and ask how their day was.
5. With your parent’s assistance, help an elderly neighbor with a task.
6. Write in your own ideas about benevolence!

A. _____

B. _____

C. _____

Hand in this completed form to receive a special gift!

Parent’s Signature: _____

Practicing benevolence on and off the mat allows for a deeper understanding of etiquette and courtesy.

