

Introduction

International 24 hrs Aikido Marathon

“True budo means to win over yourself”

O'sensei Morihei Ueshiba

IAM Introduction

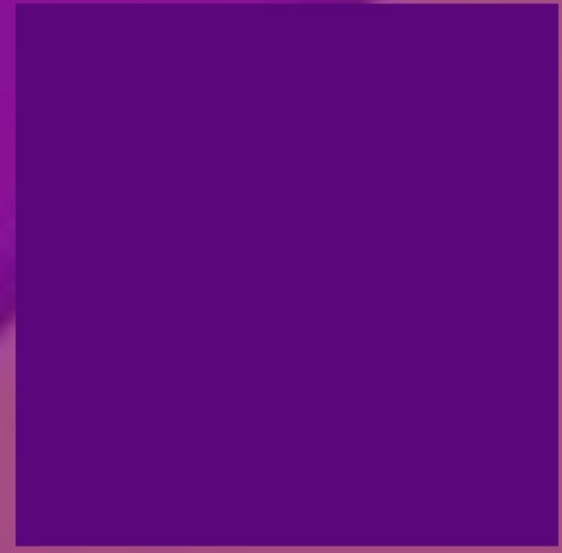
International 24 hrs Aikido Marathon



General info



Ideas



Goals

IAM Introduction

International 24 hrs Aikido Marathon

The International Aikido Marathon (IAM) is an open project with its:

- ideas
- principles
- goals
- rules
- conditions
- programme and advice for coordinators

General info

Ideas

Goals

**The International Aikido
Marathon (IAM) is an open
project with its:**

- ideas
- principles
- goals
- rules
- conditions
- programme and advice
for coordinators

IAM Introduction

International 24 hrs Aikido Marathon

The International Aikido Marathon (IAM) is an open project with its:

- ideas
- principles
- goals
- rules
- conditions
- programme and advice for coordinators

General info

Ideas

Goals

IAM Introduction

International 24 hrs Aikido Marathon

The International Aikido Marathon (IAM) is an open project with its:

- ideas
- principles
- goals
- rules
- conditions
- programme and advice for coordinators

General info

- IAM as a platform to implement Aikido values in terms of cooperation and unity
- IAM as international joyful event based on collective effort and win-win principle
- IAM as a great and unique training tool

Ideas

Goals

do
open

- IAM as a platform to implement Aikido values in terms of cooperation and unity
- **IAM as international joyful event based on collective effort and win-win principle**
- IAM as a great and unique training tool

IAM Introduction

International 24 hrs Aikido Marathon

The International Aikido Marathon (IAM) is an open project with its:

- ideas
- principles
- goals
- rules
- conditions
- programme and advice for coordinators

General info

- IAM as a platform to implement Aikido values in terms of cooperation and unity
- IAM as international joyful event based on collective effort and win-win principle
- IAM as a great and unique training tool

Ideas

Goals

IAM Introduction

International 24 hrs Aikido Marathon

The International Aikido Marathon (IAM) is an open project with its:

- ideas
- principles
- goals
- rules
- conditions
- programme and advice for coordinators

General info

- IAM as a platform to implement Aikido values in terms of cooperation and unity
- IAM as international joyful event based on collective effort and win-win principle
- IAM as a great and unique training tool

Ideas

- to support the individual overall growth of all participants
- to create a bond between participants in the atmosphere of comradeship and connect the people
- to deepen tolerance and acceptance despite the diversity of political views, cultural or other differences of the individuals
- to foster further (international) collaboration
- to promote and popularise Aikido

Goals

to
values in
ion and

nal joyful
llective
n principle

d unique

- to support the individual overall growth of all participants
- to create a bond between participants in the atmosphere of comradeship and connect the people
- to deepen tolerance and acceptance despite the diversity of political views, cultural or other differences of the individuals
- to foster further (international) collaboration
- to promote and popularise Aikido

Goals

IAM Introduction

International 24 hrs Aikido Marathon

The International Aikido Marathon (IAM) is an open project with its:

- ideas
- principles
- goals
- rules
- conditions
- programme and advice for coordinators

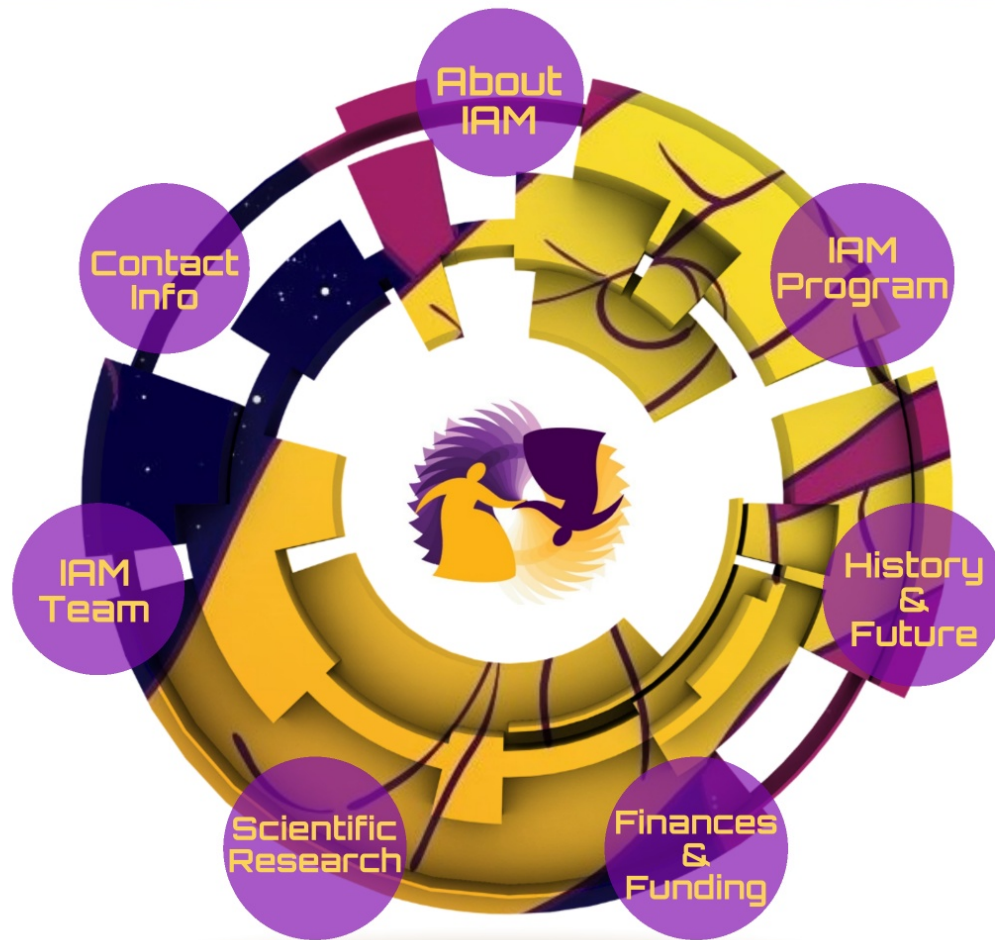
General info

- IAM as a platform to implement Aikido values in terms of cooperation and unity
- IAM as international joyful event based on collective effort and win-win principle
- IAM as a great and unique training tool

Ideas

- to support the individual overall growth of all participants
- to create a bond between participants in the atmosphere of comradeship and connect the people
- to deepen tolerance and acceptance despite the diversity of political views, cultural or other differences of the individuals
- to foster further (international) collaboration
- to promote and popularise Aikido

Goals



Keiko and Atmosphere

Aikido Marathon is a new organizational form of Aikido practice (beside training, seminar, demonstration or exams).

It proves that even tough there is no competition in Aikido, such training can provide its own physical and psychological challenges similar to those of sports.

IAM is an exceptional opportunity for everybody to experience himself/herself on the deeper level.

To bathe in Aikido, to soak with Aikido, to blend with Aikido mentally and physically. It is an opportunity to grow.

Organization

IAM schedule:

- **24 Keiko lessons**
1 lesson= 45 min
- **3 lessons = 1 block,**
Σ 8 blocks.
- **23 breaks:**
short(5-10min)-between each
lesson within the block

long(20-30min)-between each
block

extra long (60-90 min)- 2
breaks evenly distributed
during the day and night

IAM
Program

IAM is for everybody regardless the gender, age or Aikido level. Personal growth based on overcoming the inner limits is one of the main goals of the Marathon.

IAM
Participants

Ambassadors are all invited instructors who teach the lesson during the Marathon.

They serve as a role model-they train beside other students. They inspire and contribute to positive atmosphere.

Ambassadors support and motivate the participants to persist and reach the highest personal limit.

IAM
Ambassadors

IAM schedule:

- **24 Keiko lessons**

1 lesson= 45 min

- **3 lessons = 1 block,
Σ 8 blocks.**

- **23 breaks:**

**short(5-10min)-between each
lesson within the block**

**long(20-30min)-between each
block**

**extra long (60-90 min)- 2
breaks evenly distributed
during the day and night**

IAM is for every
the gender, age
Personal growth
overcoming the
one of the main
Marathon.

IAM

IA

Organization

IAM schedule:

- **24 Keiko lessons**
1 lesson= 45 min
- **3 lessons = 1 block,**
Σ 8 blocks.
- **23 breaks:**
short(5-10min)-between each lesson within the block

long(20-30min)-between each block

extra long (60-90 min)- 2 breaks evenly distributed during the day and night

**IAM
Program**

IAM is for everybody regardless the gender, age or Aikido level. Personal growth based on overcoming the inner limits is one of the main goals of the Marathon.

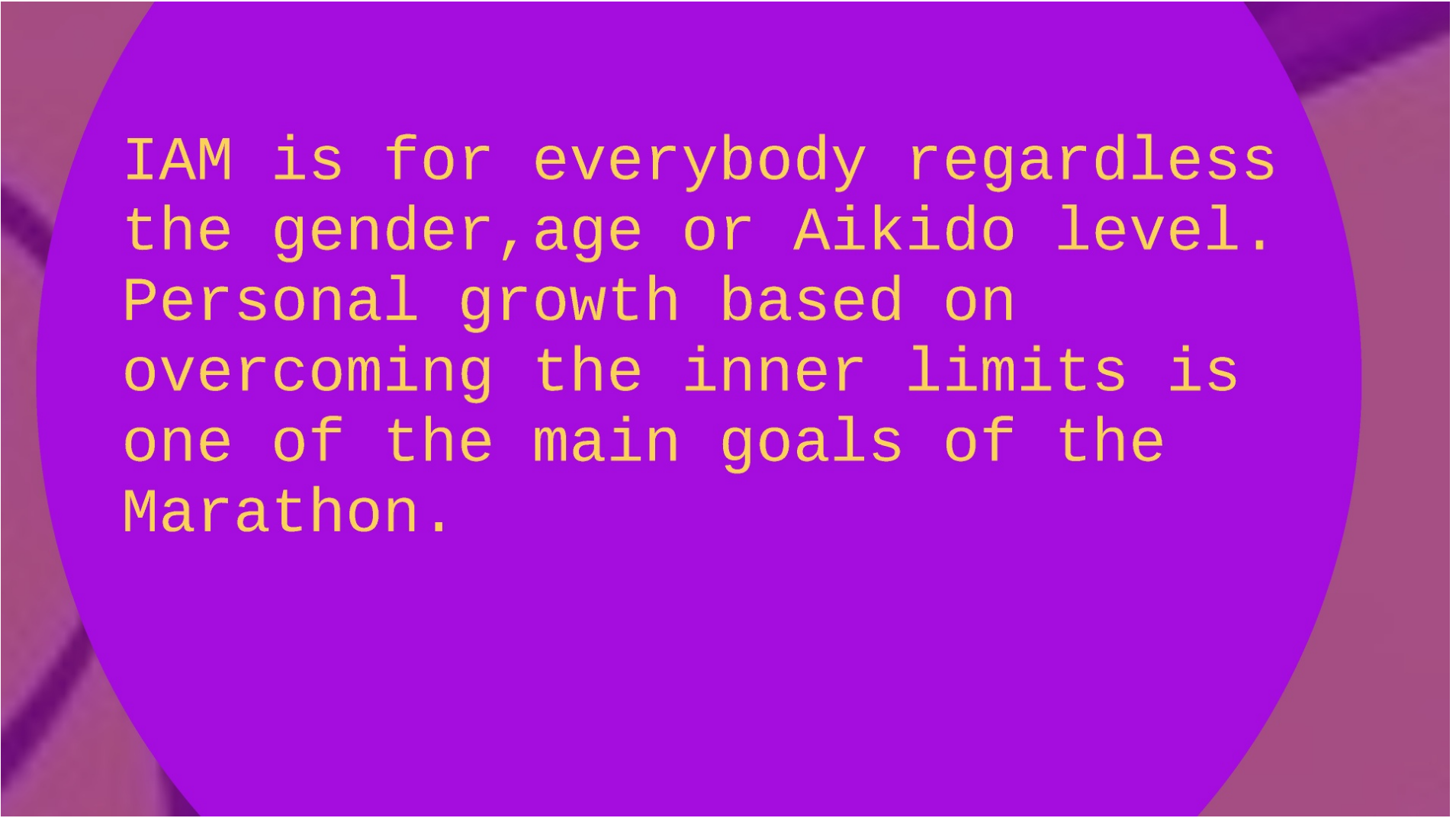
**IAM
Participants**

Ambassadors are all invited instructors who teach the lesson during the Marathon.

They serve as a role model-they train beside other students. They inspire and contribute to positive atmosphere.

Ambassadors support and motivate the participants to persist and reach the highest personal limit.

**IAM
Ambassadors**



IAM is for everybody regardless
the gender, age or Aikido level.
Personal growth based on
overcoming the inner limits is
one of the main goals of the
Marathon.

Organization

IAM schedule:

- **24 Keiko lessons**
1 lesson= 45 min
- **3 lessons = 1 block,**
Σ 8 blocks.
- **23 breaks:**
short(5-10min)-between each
lesson within the block

long(20-30min)-between each
block

extra long (60-90 min)- 2
breaks evenly distributed
during the day and night

IAM
Program

IAM is for everybody regardless the gender, age or Aikido level. Personal growth based on overcoming the inner limits is one of the main goals of the Marathon.

IAM
Participants

Ambassadors are all invited instructors who teach the lesson during the Marathon.

They serve as a role model-they train beside other students. They inspire and contribute to positive atmosphere.

Ambassadors support and motivate the participants to persist and reach the highest personal limit.

IAM
Ambassadors

Ambassadors are all invited instructors who teach the lesson during the Marathon.

They serve as a role model—they train beside other students. They inspire and contribute to positive atmosphere.

Ambassadors support and motivate the participants to persist and reach the highest personal limit.

Organization

IAM schedule:

- **24 Keiko lessons**
1 lesson= 45 min
- **3 lessons = 1 block,**
Σ 8 blocks.
- **23 breaks:**
short(5-10min)-between each
lesson within the block

long(20-30min)-between each
block

extra long (60-90 min)- 2
breaks evenly distributed
during the day and night

IAM
Program

IAM is for everybody regardless the gender, age or Aikido level. Personal growth based on overcoming the inner limits is one of the main goals of the Marathon.

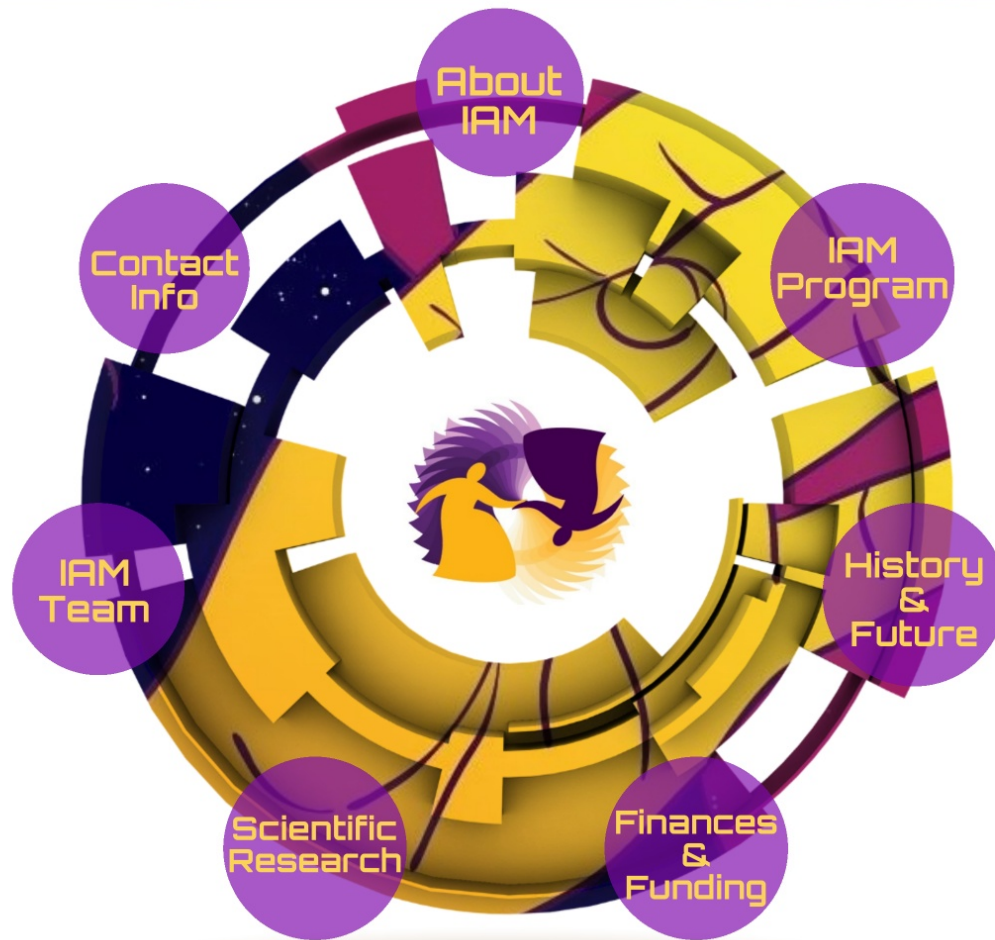
IAM
Participants

Ambassadors are all invited instructors who teach the lesson during the Marathon.

They serve as a role model-they train beside other students. They inspire and contribute to positive atmosphere.

Ambassadors support and motivate the participants to persist and reach the highest personal limit.

IAM
Ambassadors



History of IAM

IAM has been growing organically for more than 20 years. From year to year, the marathon has been gradually changed to the current picture.

Content and form of IAM are result of the vision of Aikido cooperation, previous experience and scientific research.

We are grateful to all organizers, instructors and participants who have contributed for over those years to the idea of Aikido Marathon and helped to bring it to the current level.

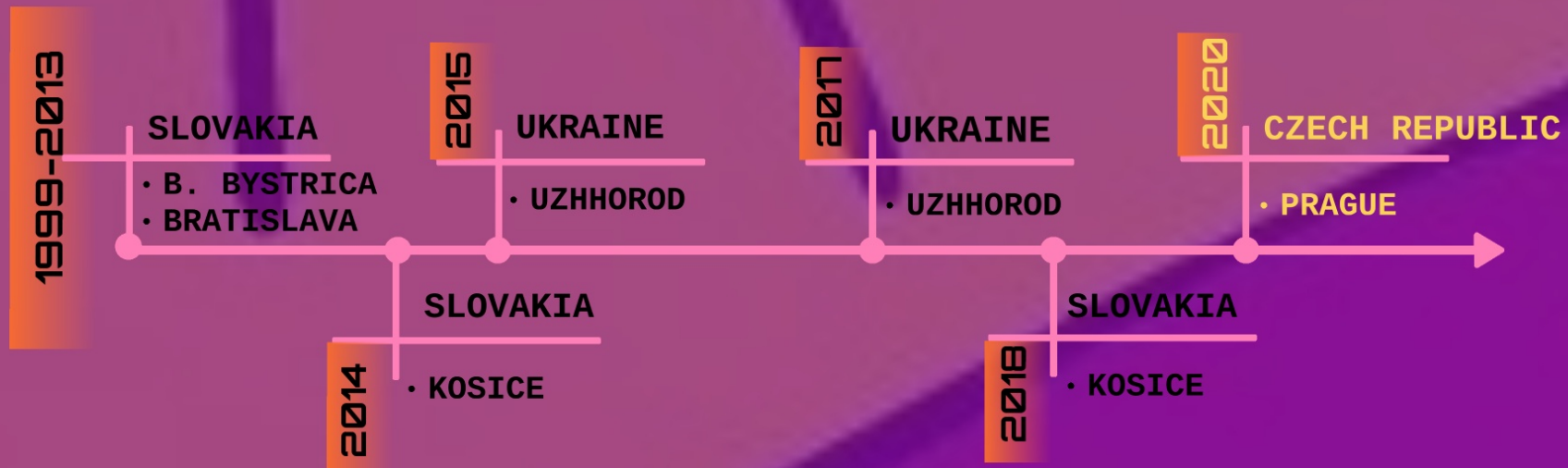
Since 2017 IAM has become sustainable project with clear structure, democratic management and consistent communication. Anyway, the event is more a playground than a finished product or an institution and it is open to all aikidokas who share ideas and aspirations described above.

Today, marathon is a combination of a professional frame and friendly and experimental content. It is believed, that these aspects can serves as a foundation for evolution witch can positively surprise all of us in the future.

History of IAM



History of IAM

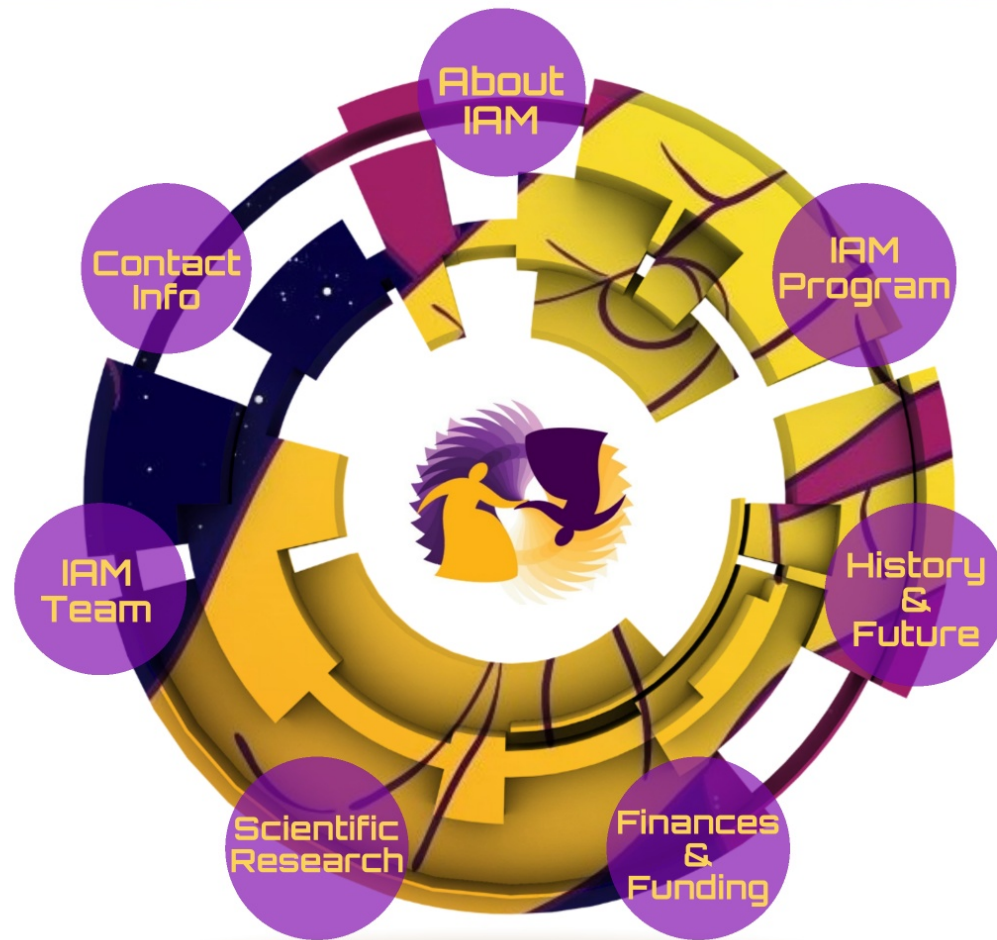













Funding Approach

Built on 2 economical aspects. Five fundamental principles that are stated to maintain the IAM values, independence and spirit:

Funding Approach

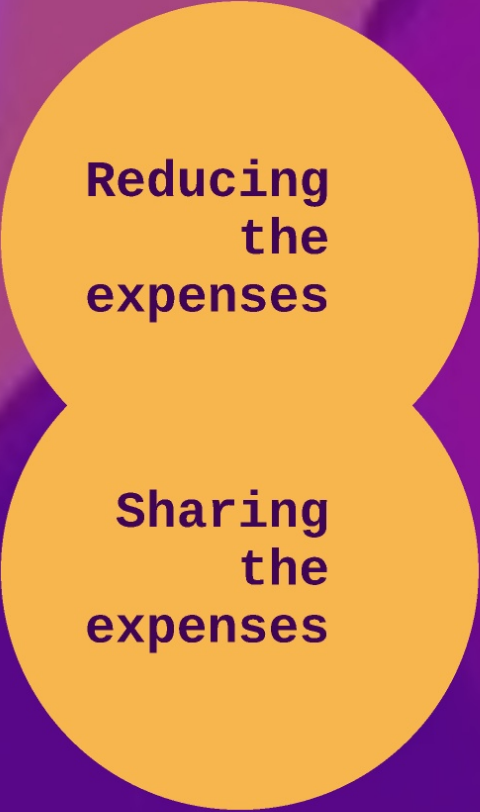
Built on 2 economical aspects. Five fundamental principles that are stated to maintain the IAM values, independence and spirit:



Reducing
the
expenses

Funding Approach

Built on 2 economical aspects. Five fundamental principles that are stated to maintain the IAM values, independence and spirit:



Reducing
the
expenses

Sharing
the
expenses

Funding Approach

Built on 2 economical aspects. Five fundamental principles that are stated to maintain the IAM values, independence and spirit:

**Reducing
the
expenses**

1. Financially balanced
2. Low-cost
3. Financial self sustainable
4. Non commercial
5. Financial independence

**Sharing
the
expenses**

1. Financially balanced
2. Low-cost
3. Financial self sustainable
4. Non commercial
5. Financial independence

Funding and Finances

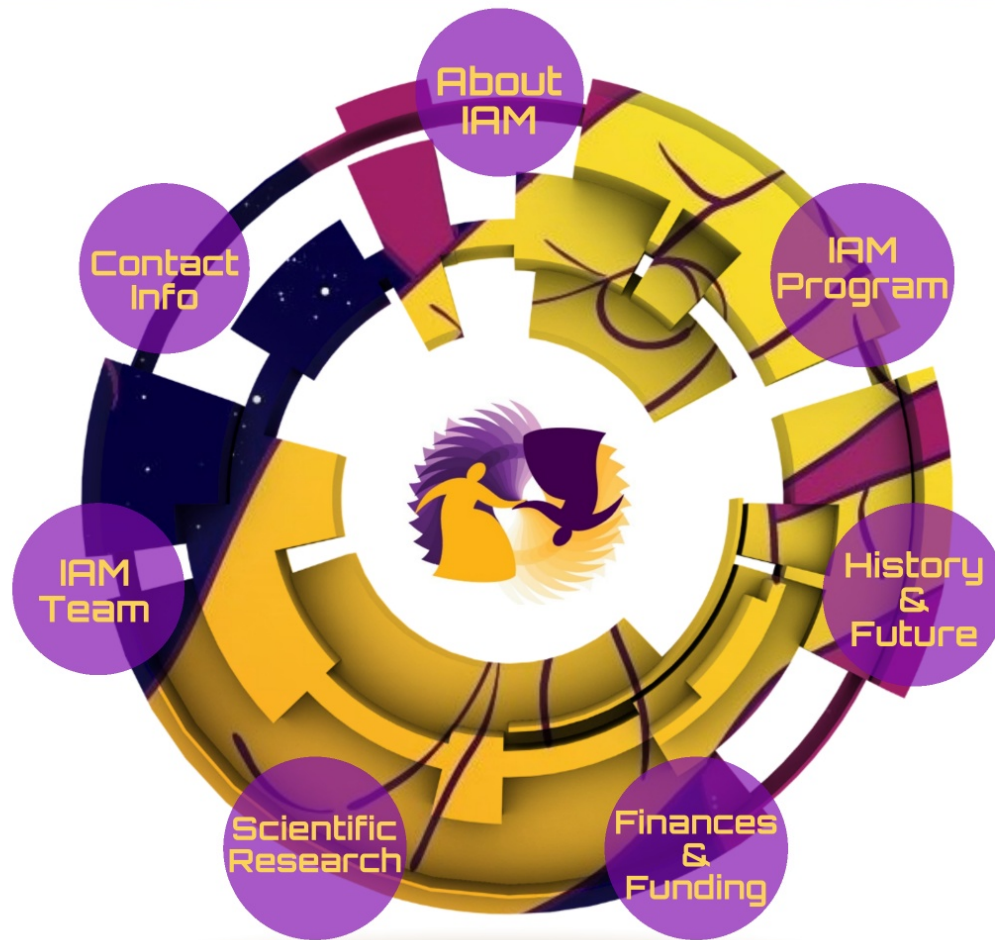
Funding Guideline

The Funding approach provides a backbone for sincerity and trust of all IAM stakeholders:

The Funding Guideline together with Financial Report:

- Offers clear and transparent approach
- Unites the system in IAM funding
- Presents the funding standards
- Introduce the financial pattern
- Helps future organizer to create financial package of estimated expenses

Financial Report



Scientific Research

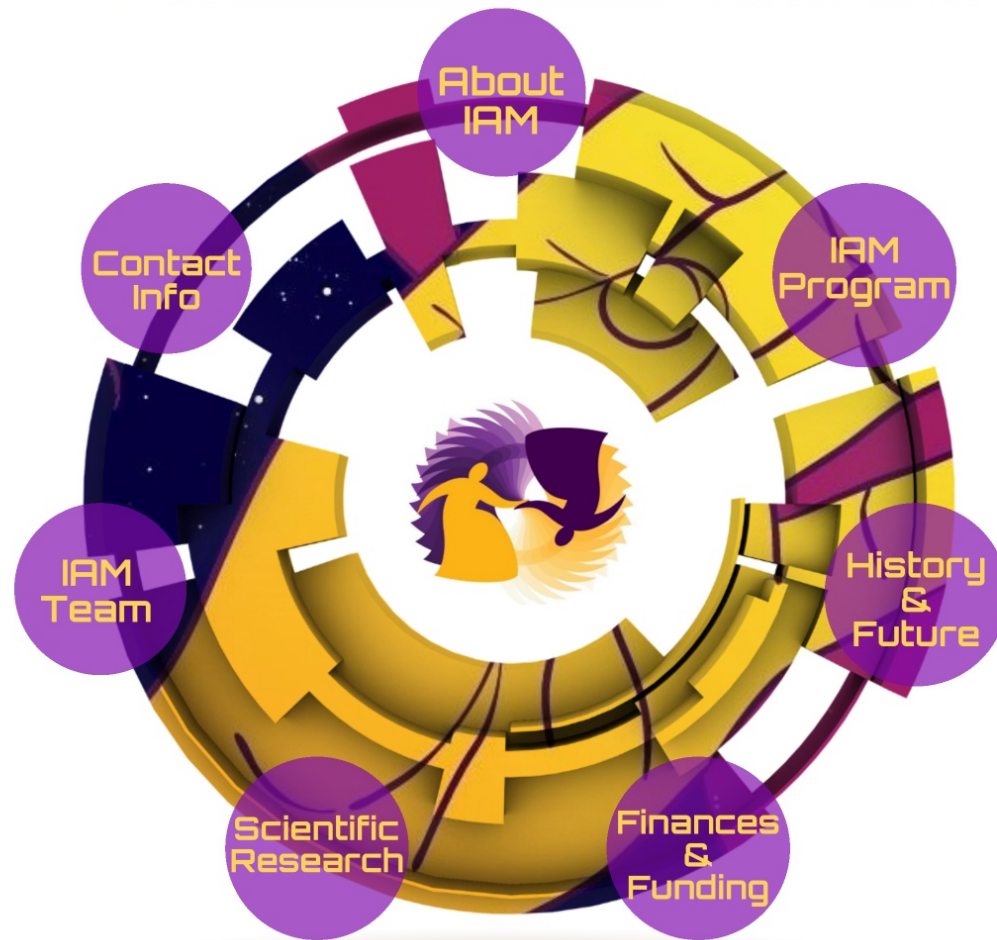
IAM has been creating the space for international scientific academic research of high level Aikido practice. Research serves for recognizing the positive aspects of Aikido.

The results of this examination were published and should serve as the foundation for further scientific research, Aikido promotion.

Universities involved in the research:

- Technical University of Kosice
Slovakia
- Masaryk University in Brno
Czech republic





Who's in the Team

IAM is a product of collaboration of people from different countries and various Aikido organizations, most of them recognized by Aikikai Hombu Dojo.



Current Team

Czech Republic, Slovakia, Sweden, Ukraine

IAM Core Group

Andreas FALK, Ph.D.
Ing. Martin FRANKOVIC, Ph.D.

Matus PANGRAC

Ake PEKKARINEN

Assoc. Prof. PhDr. Bc. Zdenko REGULI, Ph.D.

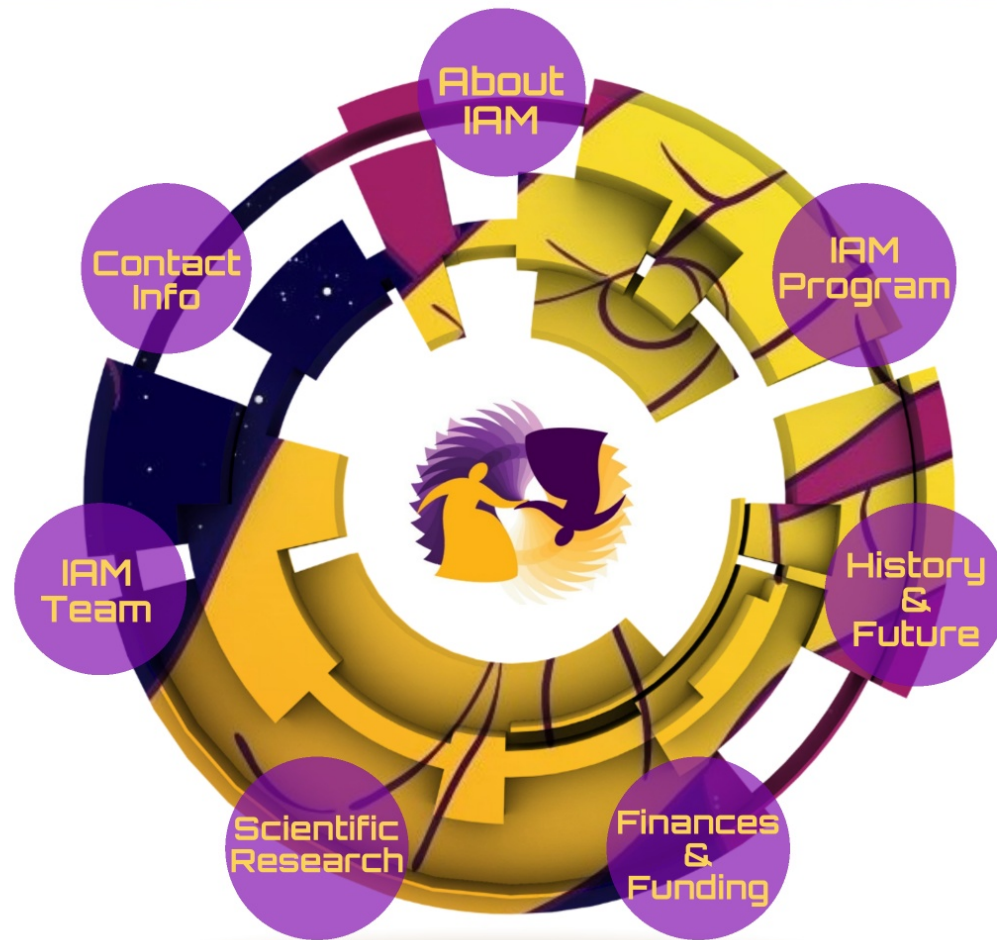
Mgr. Mikhail ROGACH

Ing. Martin SVIHLA, Ph.D.

IAM media graphic designer

IAM webmaster

Ba. Helen DOVHZENKO
Ondrej LEHOCKY



Contact Details

Where you can find us?



www.aikido-marathon.org

info@aikido-marathon.org
coregroup@aikido-marathon.org

00421 908 469 877

Check the web page for:

- IAM Manual; IAM
- Funding Guideline
- IAM MOU
- IAM in Numbers etc.

- Author FRANKOVIC
- Text by Frankovic, SVIHLA
- Music by TOMKO

