

Many, many, many, many years ago, in Yugoslavia, when my scrawny, skinny, 15 year old dad was on his way to the movies. Two older guys suddenly stopped him. One guy grabbed him while the other guy hit him, then searched his pockets. Poor dad! They took the lithe money he had.

Afterwards, he felt guilty about being helpless and was more determined than ever to become stronger. Finally a good friend took him along to a karate school. My dad was hooked! There was no stopping him now! Not only did he learn two styles of karate but also the Japanese martial art Aikido. He hasn't stopped practising martial arts since.

After my dad came to Canada at age 21, he began to study the Korean martial art Tao Kwon Do. His great teacher was Master Sung-In Hong, one of the highest ranking belts in the world. He learned from him, taught for him, then eventually began a new club on his own. My dad and his colleagues call their style of teaching "Seikido" which means 'vital force, that enlivens the universe'. Seikido combines the skills of Tae Kwon Do and Aikido with new refined techniques based on scientific principles. Seikido has been taught to hundreds of students since 1987.

My whole family is involved in Seikido. There are many families in our club. The parents and children practice together in the some class.

We practice kicking, blocking, punching, grappling and throwing techniques as well as breakfalls. A breakfall is a way of falling gently so that we avoid injury. We learn to roll like a wheel! We also practice patterns, sparring and several self defence techniques.

A pattern is an arranged sequence of kicks, blocks and punches. When practicing our patterns we get to show our instructors how well we can attack and defend against the invisible ninja! Patterns teach co-ordination, balance, power, grace, and concentration.

When we spar, we can also practice kicking, blocking and punching, but with a real opponent. However, only light contact is permitted, and we wear protective equipment.

There are hundreds of self defence techniques to learn. We practice these with partners, and take turns either being the attacker or the defender. It is totally awesome how we kids can bring adult partners to the ground or

toss them in different directions by a simple twist of the wrist.

For testing you have to know the patterns and self defence techniques assigned to your level. You will also have to break boards using a kicking or punching technique or both.

My dad usually makes a speech after our classes. Often he talks about 'the way of the ad'. He mentions:

- COURTESY which means to always be polite and respectful;
- INTEGRITY which means to be honest and sincere;
- PERSEVERANCE which means to be patient and persistent in trying to achieve goals;
- SELF CONTROL which means to control your actions, to prevent injury to others;
- INDOMITABLE SPIRIT which means to be courageous, to never be defeated in mind as a victim, and to cherish life;
- HARMONY which means to blend with nature and the universe.

Sometimes my dad reminds the kids in the club that we should always do our homework and listen to our teachers because school is very important.

I have lots of friends at Seikido. We have fun get togethers like picnics, and parties. Most of the time I like to work out but sometimes I don't feel like going. By the end of the class, though, I usually feel pretty good. I think my dad is a good teacher because he is strict but also funny. When I ask him "How do I defend myself?" he says "Don't be there." Seikido teaches us discipline, respect, self confidence, and most importantly self defence.

I like being a member of the Seikido family!!!

**School speech submitted by Mila Petkovic, age 10, 1995.**

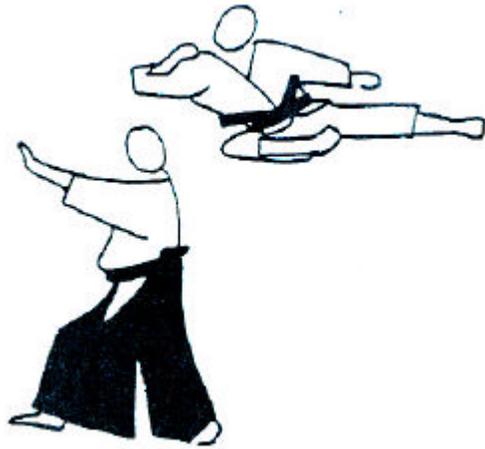


生身道

MASTER INSTRUCTOR:  
ZEKE Z. PETKOVIC

473-0630

[www.worldseikido.com](http://www.worldseikido.com)



SEIKIDO is a martial art which incorporates the most modern and scientifically sound principles of many older self defence arts. Kicking, striking and sparring techniques are Korean Tae Kwon Do which is based mainly upon older Japanese Shotokan Karate. Grappling, throwing and pinning techniques are derived from Japanese Aikido which is founded in older Jujitsu styles. "SEIKIDO" means "the way of universal force".

Instructors are qualified black belts with many years of experience. SEIKIDO was founded by Master Zeke Petkovic, Master Doug Gagel and Master Phil Rikley in September

of 1987. Experience in various styles and

acknowledgment of the diversity but not the concrete foundation led to the search for the martial art that would not only offer the sport aspect of practice but more fundamental necessities for true and practical self defense. Tae Kwon Do offers excellent kicking, blocking and punching variations but lacks the grappling, choking and holding techniques found in the martial art Aikido. Aikido employs an endless variety of effective self defense techniques through the use of flexible, continuous and circular movements. The basic strategy is non-resistance. However it is limited due to lack of kicks, blocks and punches.

SEIKIDO goes back to the basics. The main goal of the practitioner is self defense, defense in which one uses all possible means. However, the basic strategy of defense is not to be there. Evasive and lateral movements in SEIKIDO are diligently practiced until they become reflex reactions or unification of body and mind. The spirituality of the art clearly defines one's goals.

The teaching stresses courtesy, self control, perseverance and harmony. It will give you self confidence as well as physical fitness. SEIKIDO is suitable for men, women and children of all ages.

School Locations: (\*NOTE: NO LONGER VALID. CHECK NEW BROCHURE!)

Main School:

Veteran's Psychiatric Institute  
South East corner of Commissioner's and Wellington Roads.

Mondays, Wednesdays and Fridays:

Beginners: 6:00-7:00 p.m

Advanced 7:00-8:30 p.m

Saturdays: All levels: 12:00-3:00 p.m (open class)

Branches:

London Health Sciences Centre  
University Hospital Campus

Perth Conference Room

Parking Garage, 5<sup>th</sup> Floor

Tuesdays and Thursdays,

7:00- 8:00 p.m

Phone Zeke or Linda Petkovic at 473-0630