

The New and Innovative Martial Arts: That Is All About Peace

If you had told me 30 years ago that I would be excited to announce that my student, Dr. Robert Akikta, created a Martial Arts that is all about peace, I would have laughed you out of the room. However the older I've gotten the more I realize how much peace is truly needed in the world and how important this will be for the future generations. This new and Innovative Martial Arts is going to lead the change to a more peaceful world!

What Is A.O.B.

This incredible new Martial Arts is called the Aishokan Okinawan Bushido (A.O.B.). This martial arts system was created thirty-four years ago by Dr. Robert L. Akikta Shodai Soke. His background is in Kempo, Shuri-ryu, Shorie-ryu, Judo, Kung-Fu, Aikido, Tai Chi Chung Fa, and Okinawan (Tague) Kobudo.

The Aishokan Okinawan Bushido System is a 100% martial art system that practices peace at any cost. I know what you're thinking. Why would someone create a Martial Arts that is only about peace? After an intense thirty-four years of doing research regarding infants all the way up to one's death, it was revealed to Dr. Akikta that there has to be a new way and effective process to get across the concept of peace. In this new generation peace has gotten a bad wrap. A lot of humans focus their energy on being the best, the strongest, the meanest, or simply just surviving. However through all of these years of working with all different types of people, Robert realized that most people were truly searching for one thing. Inner Peace. And the only way for anyone to have peace in their life is by someone being holistically socially-emotional centered, as well as a connection to God.

From meditation to kata's. Anyone who learns the A.O.B. will learn that the philosophy and practices are completely in an alignment with God's design which is Peace and Love. The A.O.B. practitioners will learn to be emotionally, psychologically, analytically, physically, spiritually, and universally willing to humble themselves to fight against their nature of acting out negatively and angrily. Both internally or externally. The A.O.B. is all about not being reformed like the world, but to be transformed into something new!

How It Started

The Aishokan Okinawan Bushido was created by Dr. Akikta, in Cincinnati, Ohio. The thought of A.O.B originated when a colleague of his came to him asking for help with his students to reduce the violence in school. Many students were being labeled because of their inappropriate

behaviors and fighting, and the school had an extreme uprising in suspensions and expulsions. Through trial and error the A.O.B. evolved into a martial arts system that was once a mocked version of the Shuri-ryu system without the fighting aspect. Yet, that was not enough. The students were still getting into trouble because once they felt like they were threatened, the students would resort to what they were taught in the martial arts class (Kicking and punching drills). Even though they were taught not to fight Back, there was still a conflict. The conflict was that the student was focusing on the kicking and punching and not on the peaceful mindset they were being taught. It was at that moment Dr. Akikta realized what people need is a martial art that is not about fighting at all, but instead about a full transformation of peace and love.

Who Is It For?

Everyone! A.O.B is for anyone who is wanting to practice a martial art system, get a good workout in, and fully understands that all human beings are making the best of their life according to their own personal experiences. The Aishokan Okinawan Bushido is also for anyone dealing with issues of aggression, shyness, anger, displacement, negativity, anxiety, and trust issues. This martial art system is not the only way but it is a way! A martial art system of peace that needs to be shared with the entire world.

- *Grandmaster Jim Thomas, Ph.D./D.Sc./Ma.Dsc*