UMS VC suggests Aikido lesson in its co-curriculum

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KOTA KINABALU: Universiti Malaysia Sabah (UMS) Vice Chancellor Professor Datuk Dr Mohd Harun Abdullah suggested at the 36th International Aikido Seminar, that the university consider Aikido lesson as part of its co-curriculum.

"Japanese are educated from young that they as a race are special. They give up their individuality to become cogs in a system where the workplace is seen a family set-up, rather than a source of income, working together for the common good," Dr Goldsbury said.

"Aikido is a way to harmonise universal life energy. It is centred on the principle of non-aggression, non-resistance, non-competitive and short mastering of the art of peace and harmony. "This martial art not only teaches self-defence but also promotes health and the development of mind, body and spirit. Thus, enrol yourself. I mean work and exercise fitness," said Dr Mohd Harun.

"Generally, Aikido is a way to develop good values, even from Aikido. Aikido lesson here in UMS so that you have a balance and healthy lifestyle," said Dr Mohd Harun.

The newly established UMS Aikido Training Centre is helmed by Darwis Asyaud and UMS lecturer and Chief Aikido instructor, Sensei Suazali Mohamed, who represented Malaysia in two major International Aikido events — the World Combat Games held in Beijing, China in 2013 and in St. Peterburg, Russia in 2013.

The UMS Aikido Training Centre plans to send delegates to attend the International Aikido Federation Congress in Tanasaki, Japan from Sept 25 to Oct 3, 2016. Dr Mohd Harun hoped the UMS Aikido Training Centre will become a major centre to promote healthy lifestyle through self-defence.

Also present were Haji Muhammad Ha-need, Aikikai Malaysia Technical Chairman, President of the association, Zainuddin Abdul Khalic, and Japanese Consular officer Kenro Takahashi.

Dr Goldsbury attributed "Gambiar" or doing one's best in all situations in life's social class station is a Japanese cultural trait that ensured their remarkable post-war recovery from widespread destruction.