

# Glasgow Martial Arts Guide



An introduction to the  
martial arts for Glasgow.

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## Introduction

Is this the start of your martial arts journey? You should commend yourself for taking the first step forward towards a new adventure in your life. This guide is intended to encourage you to move forward to the first real step in training – to attend a class!

This guide includes a basic introduction to the martial arts and some information of classes in Glasgow that you can attend. Over 90 clubs are featured. Please make up your own decision about these classes by contacting them personally. We can not guarantee that each class will be right for you or provide the level of training you require.

Of course, going along to a class for the first time can be a completely nerve wracking experience. You may be filled with fantasies of worst case scenarios. In general, the martial arts are trained in an atmosphere of respect and encouragement and classes are welcome to new beginners and may even have classes specifically to help and encourage beginners.

As a child, I had always liked the idea of practising a martial art but never got the chance. Later in life, I was invited to an Aikido class by a man I worked with and I enjoyed it from the start. It seemed like it was exactly what I was looking for.

For me Aikido provided me with the self defence aspect that was necessary for me to build my confidence and eliminate fear and stress in the real world. At the same time, the practise helped me developed skills to stay relaxed and centred in life and walk into all situations with a sense of ease and confidence.



*Sensei Ronnie Smith, 3rd Dan Aikido*

For me, there is a deeper, mystical element to Aikido that not all people will appreciate. I have had many mind expanding and hard to explain experiences in the Aikido dojo. These can be hard to explain and must be experienced personally.

The art continues to fascinate me and there is more to develop and learn. I have also met many great people through Aikido and the social aspect to training is a great benefit also.

As I developed, I realised that to take my training further I should start my own dojo. This led me to establish the dojo at Palace Of Art, Paisley Road West, Glasgow. Our club started in November 2022 and we are still open to new members right now.

Feel free to attend on Monday nights at 7.30pm. Or, you can contact me:

Email: [aikidofglasgow@gmail.com](mailto:aikidofglasgow@gmail.com)

Phone/Whatsapp: 07936875064

Set up a scheduled call: <http://calendly.com/fruitfest/aikido>

Sensei Ronnie Smith, 3<sup>rd</sup> Dan Aikido

# Martial Arts And Their Benefits

Martial arts are a diverse group of combat practices that originated in different regions and cultures around the world. These practices are characterized by the use of physical techniques, such as strikes, kicks, and grappling, to defeat an opponent or defend oneself. There are many different styles of martial arts, each with its own unique techniques, philosophy, and history.

Some of the most well-known styles of martial arts include karate, judo, taekwondo, and kung fu. Karate, which originated in Okinawa, Japan, is a striking art that focuses on punches, kicks, and open-hand techniques. Judo, which was developed in Japan, is a grappling art that emphasizes throwing and grappling techniques. Taekwondo, which originated in Korea, is a striking art that focuses on powerful kicks and punches. Kung fu, which originated in China, is a broad term that encompasses a variety of different styles, including both striking and grappling techniques.

Other styles of martial arts include Brazilian jiu-jitsu, which is a grappling art that emphasizes ground-fighting techniques, and aikido, which is a Japanese martial art that focuses on redirecting an opponent's energy and using their own momentum against them.

In addition to the physical techniques, many martial arts also incorporate philosophical and spiritual elements, such as discipline, respect, and self-improvement. Training in martial arts can provide many benefits, including improved physical fitness, self-defense skills, and mental focus and discipline.

## The Benefits Of Training Martial Arts

Training in martial arts can provide many benefits, both physical and mental. Some of the potential benefits of martial arts include:

**Improved physical fitness:** Martial arts can provide a full-body workout that can help to improve strength, endurance, flexibility, and coordination.

**Self-defence skills:** Many martial arts styles focus on techniques for defending oneself in a physical confrontation, which can provide a sense of safety and confidence.

**Mental focus and discipline:** Martial arts training often involves setting goals and working towards them, which can help to improve focus and discipline.

**Stress relief:** The physical exertion involved in martial arts training can help to reduce stress and improve mental well-being.

**Social interaction:** Many martial arts schools have a strong sense of community, which can provide opportunities for social interaction and friendship.

It is important to note that the specific benefits of martial arts training will vary depending on the individual and the style of martial arts they are practising.

# Karate

Karate is a martial art that originated in Okinawa, Japan. It is a striking art that involves the use of punches, kicks, and open-hand techniques to defeat an opponent or defend oneself. Karate training typically involves practising set patterns of movements called kata, as well as sparring with an opponent using protective gear.

Karate training emphasizes discipline, focus, and respect. Students are often expected to follow a strict code of conduct, and they may progress through a system of belt ranks to indicate their level of proficiency. In addition to the physical techniques, karate also incorporates philosophical and spiritual elements, such as the concept of ki, or life energy.

The benefits of karate training can include improved physical fitness, self-defence skills, and mental focus and discipline. It is important to find a reputable instructor and a suitable training environment in order to get the most out of karate training.



## Karate In Glasgow

**Satori Karate** - Address: Shawlands, Glasgow G41 4AE, Phone: 07807 172843

**JKS Karate** - Address: 1445 Argyle St, Glasgow G3 8AW, Phone: 07584 627427

**Kyokyushin Karate** - Address: 105, Axiom Building, 54 Washington St, Glasgow G3 8AZ  
Phone: 07422 943308

**Glasgow Karate Association** - Address: Kelvin Hall, Argyle St, Glasgow G3 8AW  
Phone: 07592 827148

**Glasgow Karate Academy** - Address: 111 Killin St, Glasgow G32 9AH  
Phone: 07944 239292

**Oh Kami Karate** - Address: Community hall, Hyndland Rd, Novar Dr, Glasgow G12 9PU  
Phone: 07966 355306

**Shirokawa Karate Academy** - Address: The David Cargill Centre, 166 Ledard Rd, Glasgow G42 9RA  
Phone: 07779 137947

**Hokushin Karate Academy** - Address: Seaward Ln, Glasgow G41  
Phone: 07535 466656

**Glasgow Karate East End** - Address: 14 Rogart St, Bridgeton, Glasgow G40 2AA  
Phone: 07838 951745

**Lanarkshire Karate Academy** - Address: 29 Edderton Way, Glasgow G34 9AE  
Phone: 07718 651271

# Judo

Judo is a martial art that originated in Japan. It is a grappling art that involves throwing, grappling, and submission techniques in order to defeat an opponent or defend oneself. Judo training typically involves practicing set patterns of movements called kata, as well as sparring with a partner using protective gear.

Judo emphasizes the principle of using an opponent's energy against them, rather than relying on strength or force. This philosophy is reflected in the concept of "maximum efficiency, minimum effort," which is one of the core principles of judo. In addition to the physical techniques, judo also incorporates philosophical and spiritual elements, such as respect and discipline.

The benefits of judo training can include improved physical fitness, self-defence skills, and mental focus and discipline. It is important to find a reputable instructor and a suitable training environment in order to get the most out of judo training.



## Judo Classes In Glasgow

**Pro Judo** Address: Princes House, 50 W Campbell St, Glasgow G2 6SE  
Phone: 0141 488 3671

**Glasgow Judo Club** Address: 8YA, 34 Gairbraid Ave, Wyndford, Glasgow G20 8YE  
Phone: 07443 332693

**Clyde Judo Club** Address: 53 Clark St, Paisley PA3 1QS

# Boxing

Boxing is a combat sport that involves two opponents fighting each other using their fists. It is a striking art that originated in ancient Greece, and it has been a popular form of competition and entertainment for many centuries.

In modern boxing, opponents wear gloves and are divided into weight classes, with the goal being to land punches on the opponent's body or head and score points while avoiding being hit oneself. A match is typically decided by a panel of judges, who score the bout based on the number and quality of the punches landed. If a fighter is knocked down and unable to continue, the match is ended by a technical knockout (TKO).

Boxing training typically involves a combination of strength and conditioning exercises, technical drills, and sparring. The benefits of boxing training can include improved physical fitness, hand-eye coordination, and self-defense skills. It is important to find a reputable trainer and a safe training environment in order to get the most out of boxing training.



## Boxing In Glasgow

**Kynoch Boxing Address:** 31 Portman St, Glasgow G41 1EJ  
Phone: 07554 377761

**Glasgow Boxing Academy:** Address: 249 Govan Rd, Mezzanine, Glasgow G51 2SE  
Phone: 07795 076701

**Morrison's Gym Address:** 198 Swanston St, Glasgow G40 4HW  
Phone: 0141 554 7777

**Boxing Scotland:** Orr St, Bridgeton, Glasgow G40 2QH

**The Edge:** Address: Broomhill 80, Clydeview Lane Off, Broomhill Ave, Glasgow G11 7AF  
Phone: 07821 076657

**Noble Art Boxing Gym:** Seamill St, Glasgow G53 7AX

**Auchengeich Boxing Club:** Whitehill Farm Rd, Stepps, Glasgow G33 6BT

**Partick Amateur Boxing Club:** Address: John Paul Sports Centre, 2 Arrochar St, Glasgow G23 5LY  
Phone: 07926 046194

**Rock Steady Boxing Glasgow:** Address: 7 Melrose Ave, Rutherglen, Glasgow G73 3BU  
Phone: 07970 637915

**Southside Boxing Academy:** Address: 179 Prospecthill Circus, Glasgow G42 0LA  
Phone: 07806 827971

# Tae Kwon Do

Taekwondo is a martial art that originated in Korea. It is a striking art that involves the use of punches, kicks, and blocks to defeat an opponent or defend oneself. Taekwondo training typically involves practicing set patterns of movements called forms, as well as sparring with an opponent using protective gear.

Taekwondo emphasizes the use of powerful kicking techniques, and it is known for its acrobatic kicks and flashy spinning and jumping moves. In addition to the physical techniques, taekwondo also incorporates philosophical and spiritual elements, such as discipline and respect.

The benefits of taekwondo training can include improved physical fitness, self-defense skills, and mental focus and discipline. It is important to find a reputable instructor and a suitable training environment in order to get the most out of taekwondo training.



## Tae Kwon Do In Glasgow

**Caledonian Tae Kwon Do** Address: 358 Netherton Rd, Glasgow G13 1AX  
Phone: 0141 950 2550

**Glasgow South Tae Kwon Do** Address: Hutchesons' Grammar School, P. E block, Beaton Rd, Glasgow G41 4NW  
Phone: 07561 157995

**Glasgow Traditional Tae Kwon Do** - Address: Garnethill Multicultural Community Centre, 21 Rose Street, Glasgow G3 6RF  
Phone: 0141 942 4778

**Glasgow East Tae Kwon Do** - Address: 39 Wellhouse Cres, Glasgow G33 4JW  
Phone: 07946 314480

**Sokcho Taekwon Do** - Address: 111 Baltic St, Bridgeton, Glasgow G40 8BF

**UKTC Tae Kwon Do** - Address: Shettleston Community Centre, 54 Amulree St, Glasgow G32 7UT  
Phone: 01786 845060

**XS Tae Kwon Do** - Address: 11 Corkerhill Pl, Bellahouston, Glasgow G52 1RU  
Phone: 07770 210705

# Wrestling

Wrestling is a combat sport that involves two opponents grappling with each other, using a variety of holds and manoeuvres, in order to gain an advantage or defeat the opponent. Wrestling is one of the oldest sports in the world, and it has been part of the Olympic Games since ancient times.

In modern wrestling, opponents are divided into weight classes and compete on a mat, with the goal being to pin the opponent's shoulders to the mat for a set amount of time. A match is typically won by the wrestler who scores the most points, through a combination of takedowns, near falls, and other techniques.



Wrestling training typically involves a combination of strength and conditioning exercises, technical drills, and live wrestling. The benefits of wrestling training can include improved physical fitness, grappling skills, and mental toughness. It is important to find a reputable coach and a safe training environment in order to get the most out of wrestling training.

## Wrestling In Glasgow:

**Source Wrestling School:** Address: 22 Cogan St, Glasgow G43 1AP

**Grassroots Wrestling Scotland:** Address: 25 Auchinairn Rd, Bishopbriggs, Glasgow G64 1RX  
Phone: 07528 185619

**The Griphouse:** Address: Top Floor, 10 Possil Rd, Glasgow G4 9SY  
Phone: 07710 769490

**Renegade Wrestling Dojo:** 22 Cogan St, Glasgow G43 1AP

# Kung Fu

Kung fu is a broad term that refers to a variety of different Chinese martial arts styles. It originated in China, and it encompasses both striking and grappling techniques. Kung fu training typically involves practicing set patterns of movements called forms, as well as sparring with an opponent using protective gear.

Kung fu styles are known for their unique techniques, such as powerful kicks, precise strikes, and complex forms. In addition to the physical techniques, kung fu also incorporates philosophical and spiritual elements, such as discipline, respect, and self-improvement.



The benefits of kung fu training can include improved physical fitness, self-defence skills, and mental focus and discipline. It is important to find a reputable instructor and a suitable training environment in order to get the most out of kung fu training.

## Kung Fu In Glasgow:

**Yee Hung's Ga Glasgow Kung Fu:** Address: Burgh Hall, 9 Burgh Hall St, Partick, Glasgow G11 5LW

**UK Wing Chun Kung Fu:** Address: St Ninians Church, 1 Albert Dr, Glasgow G41 2PT  
Phone: 07877 102306

**Wing Chun Kung Fu:** Phone: 07877 102306

**Wing Tsun Kung Fu -** Address: 2 Kirkwood St, Rutherglen, Glasgow G73 2SL  
Phone: 07387 813229

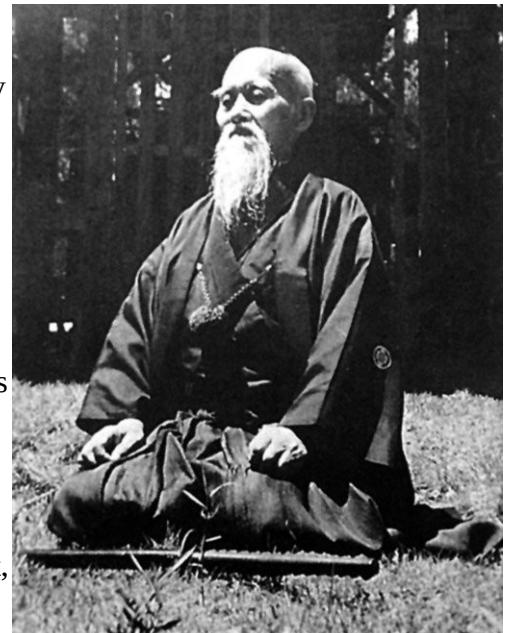
**Hung Fut Scotland Kung Fu:** Address: 32 Clarendon Pl, Glasgow G20 7PZ  
Phone: 07798 755368

## Aikido

Aikido is a Japanese Martial Art who's origins can be traced back to the 12th Century. Aikido was created in the 1920's by Morihei Ueshiba (1883 – 1969), one interpretation of the name is "The Way of Harmony of Spirit". It is an art that does not seek to meet violence with violence yet maintains its martial origins.

It is based on spherical movements by which an attackers aggressive force is turned against itself . The main form of Aikido techniques are joint immobilisations and throws using the opponents momentum. Practices with bokken and jo (wooden training weapons) serve to assist in the understanding of techniques and their development. Traditional Aikido has since its conception been non-competitive, however several styles have developed which has introduced competitive aspects.

Since Aikido does not require physical strength or aggressive spirit, it can be practised by people of all ages and sexes. Based on full and natural body movement, Aikido exercises the whole body. It teaches and develops flexibility, co-ordination, balance and quick reaction. Because Aikido is essentially a method of practical self-defence, the practitioner will eventually acquire a sound basis of quick reaction and effective movement which should prove useful if an occasion should demand it in real life.



## Aikido Classes In Glasgow

**Monday Night** - Palace Of Art, Glasgow, Sensei Ronnie Smith 3<sup>rd</sup> Dan 7.30pm – 8.30pm  
Phone: 07936 875 064

**Tuesday Night** – Barrhead Sports Centre, Sensei Edward Dunne, 7<sup>th</sup> Dan 8pm – 9.30pm

**Wednesday Night** – Kelvin Hall, Sensei Richard Firestone, 4<sup>th</sup> Dan 8.15pm – 9.45pm

**Thursday Night** – Barrhead Sports Centre, Sensei Edward Dunne, 7<sup>th</sup> Dan, 8pm – 9.30pm

**Friday** – Sir James Clark Buiding, Paisley, Sensei Graeme Ede, 4<sup>th</sup> Dan, 7.30pm -8.30pm

**Sunday** - Sir James Clark Buiding, Paisley, Sensei Graeme Ede, 4<sup>th</sup> Dan, 11.30am-12.30pm

**Sunday** – Kelvin Hall, Sensei Richard Firestone, 4<sup>th</sup> Dan, 6.30pm – 8pm

**Senshin Dojo** - Address: community central halls, 292 Maryhill Rd, Glasgow G20 7YE  
Phone: 07905 588026

**Yudan Nashi Kan Aikido Club** - Address: Overnewton Community Centre, 2 Overnewton Square, Glasgow G3 8RW  
Phone: 07973 817805

**Azam-Kai Glasgow** - Address: Kelvinhall, 1445 Argyle St, Glasgow G3 8AW  
Phone: 07774 685804

**Makotokai Aikido Riai Scotland**: Address: 211 New City Rd, Glasgow G4 9PA  
Phone: 07762 085997

**Aikido Gi Yu Jin** - Address: 31 Bellahouston Dr, Bellahouston, Glasgow G52 1HH  
Phone: 07866 010049

**Aikido Thistle Aikikai** - Address: 173 Chryston Rd, Chryston, Glasgow G69 9LE  
Phone: 01236 631465

**Allander Aikido** - Killermont Parish Church Hall,, Rannoch Dr, Bearsden, Glasgow

**Ki Aikido Scotland** - Calderwood Rd, East Kilbride, Glasgow G74 3EU

## Mixed Martial Arts (MMA)



Mixed martial arts (MMA) is a combat sport that involves the use of a combination of striking and grappling techniques from various martial arts disciplines, including boxing, wrestling, Brazilian Jiu-Jitsu, Muay Thai, and others. MMA fighters compete in a caged or fenced area, known as an octagon, with the goal of either knocking out or submitting their opponent.

MMA has gained popularity in recent years and is now considered one of the fastest-growing sports in the world, with millions of fans worldwide. While it may seem like a violent sport, MMA is heavily regulated, with strict rules in place to ensure fighter safety. If you're interested in learning more about MMA, there are many resources available, including training programs, instructional videos, and live events.

### **MMA in Glasgow:**

**New Life Gym MMA** - Address: 37 Lochburn Rd, Wyndford, Glasgow G20 9AE  
Phone: 07305 312569

**The Grphouse** - Address: Top Floor, 10 Possil Rd, Glasgow G4 9SY  
Phone: 07710 769490

**Mark Connor MMA** - Address: 2nd floor, 10 Possil Rd, Glasgow G4 9SY  
Phone: 07721 933648

**Hybrid Fight Academy** - Address: 5 Dornoch St, Bridgeton, Glasgow G40 2QT  
Phone: 07872 529094

**Mike Krause Martial Arts** - Address: 54 Washington St, Glasgow G3 8AZ  
Phone: 07960 299170

# Brazilian Ju Jitsu

Brazilian Jiu-Jitsu (BJJ) is a martial art and combat sport that originated in Brazil and is based on the principles of grappling and ground fighting. It emphasizes the use of leverage, technique, and strategy over brute force, making it an ideal form of self-defence for people of all ages and sizes. BJJ practitioners use a variety of techniques, including joint locks, chokes, and other submission holds, to control and ultimately defeat their opponents.

BJJ has become increasingly popular in recent years, with a large and dedicated following worldwide. The sport has also gained recognition in mixed martial arts (MMA) competitions, where BJJ-trained fighters often excel due to their expertise in ground fighting.



One of the key aspects of BJJ training is sparring or rolling, which involves practising techniques and strategies against a live, resisting opponent. This not only helps to develop technical proficiency but also provides an excellent workout and a means of developing mental toughness and problem-solving skills.

Whether you're looking to improve your self-defence skills, compete in BJJ tournaments, or simply get in better shape, BJJ offers a fun and challenging way to achieve your goals. With proper instruction and consistent training, anyone can learn the art of Brazilian Jiu-Jitsu.

## Brazilian Jiu Jitsu In Glasgow

MNBJJ Glasgow- Address: 53 Kilbirnie St, Glasgow G5 8JD  
Phone: 07862 064584

Gracie Barra Jiu Jitsu - Address: 1 St Luke's Pl, Glasgow G5 0TS  
Phone: 0141 429 1961

Connection Jiu Jitsu - Address: 200 Woodville St, Glasgow G51 2RL  
Phone: 07432 568576

Ronin Grappling - 2nd Floor, 90 Main St, Rutherglen, Glasgow G73 2HZ

10<sup>th</sup> Planet Jiu Jitsu - Address: Duntocher House, Roman Rd, Duntocher, Clydebank G81 6BT  
Phone: 07505 022838

# Muay Thai and Kick Boxing

Muay Thai and Kickboxing are two popular combat sports that share some similarities but also have distinct differences.

Muay Thai is a martial art and combat sport that originated in Thailand and is known for its use of powerful strikes using the hands, feet, elbows, and knees. In addition to striking, Muay Thai also emphasizes clinch work, throws, and sweeps. It is known for its effectiveness in real-life self-defence situations and is a popular choice for both fitness enthusiasts and competitive fighters.



Kickboxing, on the other hand, is a hybrid combat sport that combines elements of traditional boxing with kicks from various martial arts disciplines, such as karate and taekwondo. Like Muay Thai, it emphasizes powerful strikes, but the range of techniques used in kickboxing is generally more limited.

Both Muay Thai and kickboxing offer excellent workouts and provide a fun and challenging way to improve fitness, coordination, and overall health. They are also popular choices for those looking to compete in combat sports competitions, with many opportunities available at both the amateur and professional levels.

Training in Muay Thai or kickboxing typically involves a combination of technique drills, pad work, bag work, and sparring. As with any combat sport, safety is a top priority, and proper equipment, including gloves, shin guards, and mouthguards, is necessary.

Whether you're interested in learning self-defence, getting in shape, or competing in combat sports, Muay Thai and kickboxing offer excellent options for beginners and experienced fighters alike.

## Muay Thai and Kickboxing In Glasgow

Glasgow Thai Boxing Academy - Address: Units 1&2 Clydegrove Industrial Estate, Hamilton St, Glasgow G81 1LY  
Phone: 07974 258246

BoxFit Glasgow - Address: 26B Renfield St, Glasgow G2 1LU  
Phone: 07790 788368

Pro Muay Thai Glasgow - Address: Parklands Country Club, 196 Ayr Rd, Newton Mearns, Glasgow G77 6DT  
Phone: 07572 601416

Punisher Kickboxing Academy Address: 4 Hunter Rd, Rutherglen, Glasgow G73 1LB  
Phone: 07812 083446

Japanese Kickboxing Address: Axiom Building, Studio 105, 1st Floor, Washington St, Glasgow G3 8AZ  
Phone: 07422 943308

Glasgow Kickboxing:

Address: Gracie Barra Scotland, 40 Broomielaw, Glasgow G1 4QN

Phone: 07590 670165

Braveheart Martial Arts Gym - Address: 66 Bredisholm Rd, Baillieston, Glasgow G69 7HL

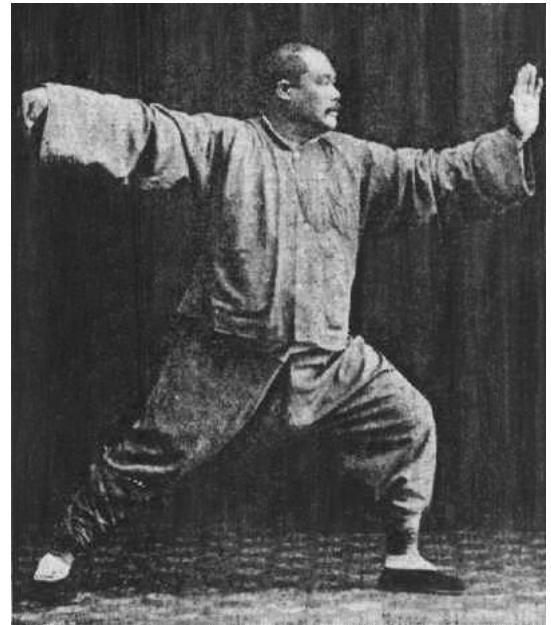
Phone: 07545 80033

# Tai Chi

Tai Chi, also known as Tai Chi Chuan, is a traditional Chinese martial art that emphasizes slow, flowing movements and deep breathing. It has been practised for centuries and is believed to promote physical and mental health, as well as improve balance, coordination, and flexibility.

Tai Chi is often referred to as "moving meditation" because of its emphasis on mindfulness and the integration of movement and breath. It is typically practised in groups and involves a series of postures and movements, which are performed slowly and with great attention to detail.

In addition to its many health benefits, Tai Chi also has practical applications as a martial art. Its emphasis on balance and control makes it effective for self-defence, and its flowing, circular movements can be used to redirect an opponent's force.



Tai Chi is suitable for people of all ages and fitness levels, making it an excellent choice for those who are looking for a low-impact form of exercise. Its emphasis on relaxation and mindfulness also makes it an excellent stress-relief tool.

To get started with Tai Chi, it is recommended to find a qualified instructor who can teach you the proper techniques and provide guidance as you begin your practice. With consistent practice, Tai Chi can be a rewarding and fulfilling way to improve your overall health and wellbeing.

## **Tai Chi In Glasgow:**

Tai Chi Glasgow South - Address: The Gateway, 100 Merrylee Rd, Glasgow G43 2RA  
Phone: 07712 523876

Five Winds Tai Chi Chuan - Address: 304 Maryhill Rd, Glasgow G20 7YE  
Phone: 07981 864474

Body Mind And Movement - Address: Partickhill Bowling and Community Club, 46 Partickhill Rd, Glasgow G11 5BY  
Phone: 07546 327589

Glasgow Health Qi Gong And Tai Chi - Phone: 07498 046505

Far Mountain Tai Chi - Address: Andalus, 211 New City Road, Glasgow G4 9PA  
Phone: 0141 357 5102

Tai Chi Glasgow West End - Address: 61 Arlington St, Glasgow G3 6DT  
Phone: 07887 398813

# Krav Maga

Krav Maga is a self-defence system developed by the Israeli military that is designed to be practical, efficient, and effective in real-life situations. It emphasizes simple, instinctive movements that can be easily learned and applied by anyone, regardless of size, strength, or skill level.

Krav Maga techniques include strikes, kicks, knee strikes, elbow strikes, and grappling, as well as defence against weapons such as guns and knives. The system is based on the principle of "retzv," which means continuous motion and aggressive action to overwhelm an attacker.



Krav Maga is often taught in a high-intensity, scenario-based format that simulates real-life self-defense situations. This type of training helps to develop mental toughness and quick decision-making skills, as well as physical fitness and conditioning.

Krav Maga is suitable for anyone looking to improve their self-defence skills, from law enforcement officers and military personnel to everyday people looking to feel more confident and secure in their daily lives. It is also a popular choice for those looking for a challenging and effective workout.

To learn Krav Maga, it is recommended to find a qualified instructor who can provide proper instruction and guidance. Krav Maga training typically involves both physical techniques and mental training, such as situational awareness and conflict resolution skills.

With consistent practice, Krav Maga can be an excellent way to improve your self-defense skills, physical fitness, and overall confidence and wellbeing.

## Krav Maga In Glasgow

**Glasgow United Krav Maga:** Address: 10 Possil Rd, Glasgow G4 9SY **Phone:** 07787 415299

**Scottish Krav Maga Systems:** [Address:](#) Firhill Sports Complex, Glasgow G20 7HH **Phone:** 07512 027411

**Iron Skull Krav Maga:** Iron Skull Gym, The Pentagon Centre, 36-38 Washington St, Glasgow G3 8AZ, Phone: 07964 587629

**IKMS Krav Maga:** IKMS Glasgow Krav Maga, Tower 464, 39 Muirhouse Street, Glasgow, Lanarkshire, G41 1QD, 07745722306

**Tactical Defence Krav Maga:** Newlands South Church, 37 Riverside Rd, Shawlands, Glasgow G43 2EG

## Kendo

Kendo is a Japanese martial art that is based on the traditional use of the sword. It emphasizes discipline, focus, and a strong spirit, as well as physical fitness and skill in swordsmanship.

Kendo practitioners use bamboo swords, called shinai, and wear protective armor, known as bogu, to simulate combat while minimizing the risk of injury. The techniques used in Kendo include strikes, thrusts, and parries, as well as footwork and body positioning.

Kendo training focuses on developing mental and physical discipline, as well as technical proficiency in swordsmanship. It is also a way to develop character and cultivate a sense of personal responsibility and honor.

Kendo is suitable for people of all ages and skill levels, and it can be practiced as a recreational activity, a competitive sport, or as a way to improve physical fitness and mental well-being.

To learn Kendo, it is recommended to find a qualified instructor who can teach you the proper techniques and provide guidance as you progress. Kendo training often involves practice matches, known as keiko, as well as formal competitions, called shiai.

With consistent practice, Kendo can be an excellent way to improve your physical fitness, mental focus, and overall sense of discipline and character.

**Shiraoka Kendo Kai:** Address: Sir Matt Busby Sports Complex, 50 Main St, Bellshill ML4 3DP  
Phone: 07771 536840

**Royal College Gym:** 204 George Street, Glasgow, G1 1XW, 07521604271  
Email:[fabianocapaldi0710@gmail.com](mailto:fabianocapaldi0710@gmail.com)

**Taiseidokai** Islamic Centre, New City road hall G4 0P, Glasgow, G4 0 PA, 07831 182 001  
[unix@datumis.com](mailto:unix@datumis.com)

**Glasgow University Kendo Club** 216 Stevenson Building, 77 Oakfield Avenue, Gilmorehill, Glasgow, G12 8LT, [captain-kendo@gusa.gla.ac.uk](mailto:captain-kendo@gusa.gla.ac.uk)



## Iaido

Iaido is a Japanese martial art that focuses on the use of the sword, specifically the art of drawing and cutting with a Japanese sword, or katana. It emphasizes mindfulness, discipline, and a deep understanding of Japanese swordsmanship.

Iaido practitioners use a real or replica katana to perform a series of kata, or pre-arranged forms, which involve drawing the sword from its scabbard, executing a series of cuts, and returning the sword to its scabbard. The practice of Iaido is often described as "moving meditation," as it requires a high level of focus and concentration.

Iaido training emphasizes proper form, breathing, and mental focus, as well as the cultivation of a sense of inner peace and tranquility. It is a non-competitive martial art, and its focus is on personal growth and self-improvement.

Iaido is suitable for people of all ages and skill levels, and it can be practiced as a form of physical exercise, a means of self-improvement, or as a way to deepen one's understanding of Japanese culture.

To learn Iaido, it is recommended to find a qualified instructor who can teach you the proper techniques and provide guidance as you progress. Iaido training typically involves solo practice, as well as partner practice and group training.

With consistent practice, Iaido can be an excellent way to improve your physical fitness, mental focus, and overall sense of well-being, while also deepening your understanding of Japanese culture and swordsmanship.

### Iaido In Glasgow:

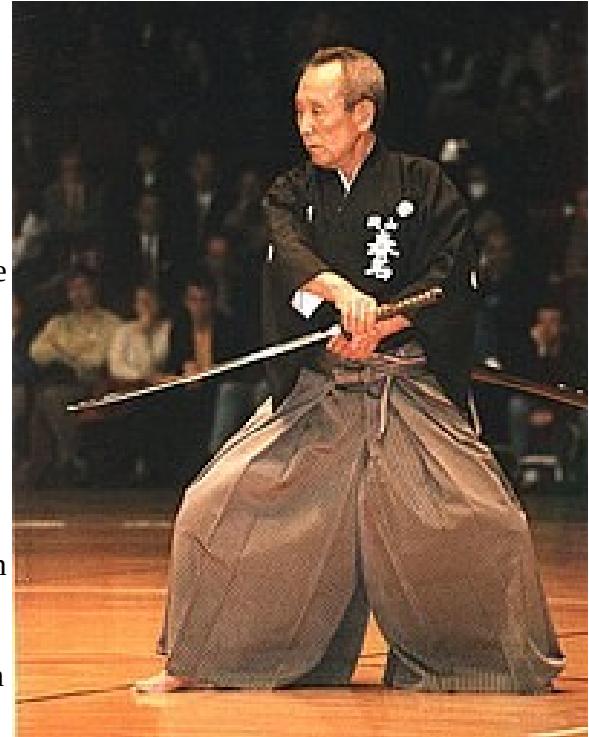
**Yushinkan** Parklands Country Club, 196 ayr road, newton mearns, g77 6dt  
Phone: 07712825143, Email: [bydand5678@hotmail.co.uk](mailto:bydand5678@hotmail.co.uk)

**TA Roshukai** - Glasgow Kensaki The Pheonix Community Centre, 5 Shandwick St, Easterhouse,, Glasgow, G34 9BN, Phone: 07547391510, Email: [Roshukai.kensaki@outlook.com](mailto:Roshukai.kensaki@outlook.com)

**Shonenjiku** Cleveden Secondary School, Cleveden Road, Glasgow, G12 0JW, Mr W Smart  
Phone: 0141 954 8535, Email: [billy.smart@btinternet.com](mailto:billy.smart@btinternet.com)

**Yushinkan**, MEADOW CENTRE, Meadow Road, DUMBARTON, G82 2AA  
Phone: 07712825143, Email: [bydand5678@hotmail.co.uk](mailto:bydand5678@hotmail.co.uk)

**Yushinkan**, ALEXANDRIA COMMUNITY CENTRE, Main Road, ALEXANDRIA, G83 0NU  
07712825143 Email: [bydand5678@hotmail.co.uk](mailto:bydand5678@hotmail.co.uk)



# Historical European Martial Arts (HEMA)

Historical European Martial Arts (HEMA) is an umbrella term for various martial arts systems that originated in Europe during the Middle Ages and Renaissance periods. HEMA includes the study and reconstruction of various armed and unarmed combat techniques and systems, including sword fighting, wrestling, dagger fighting, and polearms.

HEMA practitioners use replicas of historical weapons, such as swords, shields, and armor, and study historical manuals and treatises to learn the techniques and strategies of historical European martial arts. The practice of HEMA is often described as a combination of martial arts training and historical research.



HEMA training emphasizes safety, historical accuracy, and practical application. It involves both individual training and partner drills, and often includes sparring and competitions. HEMA is suitable for people of all ages and skill levels, and it can be practiced as a recreational activity, a competitive sport, or as a way to deepen one's understanding of history and martial arts.

To learn HEMA, it is recommended to find a qualified instructor who can provide proper instruction and guidance. HEMA training typically involves both physical techniques and historical research, including the study of historical manuals and treatises.

With consistent practice, HEMA can be an excellent way to improve your physical fitness, mental focus, and overall sense of historical knowledge and understanding. It also provides a unique and challenging way to engage in martial arts training while learning about Europe's rich martial arts history.

**Glasgow Hema:** Located in: Partick Burgh Hall, Address: 9 Burgh Hall St, Partick, Glasgow G11 5LN

**The Vanguard Centre:** 63 Commerce Street, Glasgow, G5 8AD, United Kingdom, 07477 234 020

**Saorsa Swords** 113th Burnside Scout Hall, 3 Crawford Rd, Rutherglen, Glasgow G73 4JB

## More About Sensei Ronnie Smith, 3<sup>rd</sup> Dan and Aikido

Thank you for being open to trying something new. It can take a great deal of courage to take a step into the unknown and try something different. I was in that position myself 14 years ago when I first stepped into an Aikido dojo. At the time, I worked at Morrisons in Cardonald and was filling bottles of wine onto the shelf when I heard a voice shout over to me.

### **“Do you want to try Aikido?”**

I turned round to see John the Butcher standing at the end of the aisle. This was a completely out of the blue request but strangely enough I was open to it....

A few years earlier I had some friends that practised Ninjutsu (the martial art of the Ninja). I remembered being in the Borders bookshop in town while one of those friends was looking to buy a martial arts book as a gift for his brother. He was looking at an Aikido book and showed me pictures of the founder of Aikido, Morihei Ueshiba. He spoke enthusiastically about Aikido.

In my childhood I always loved the idea of practising a martial art, but perhaps coming from a big family it was outside of the ability of my parents to commit to the time or finances to go to such a class. My dad had at one point practised karate but never seemed interested in showing us what he had learned. Instead myself and my brothers would rent out WWF wrestling videos from the local video shop and attempt to emulate the moves (that we were warned against trying to emulate).

By a strange coincidence, John the Butcher had practised Karate with my uncle Terry and my cousins. Perhaps this was why he asked me to go along to Aikido with him. Maybe he thought a desire to practice martial arts ran in the family?

I arranged to go along with him and we were picked up by car by John’s friend Russell. It turned out I recognised Russell as he was always in Morrisons. His wife worked there and he must have lived nearby.

### **My first class....**

When we got to the class, at Kelvin Hall, I looked into the dojo only to see another familiar face. The first student I saw in the room was Ashby, who had been the science technician at the high school I had attended. It seemed like a strange coincidence and coincidences often make me think I am in the right place.

At the class I met my teacher Sensei Richard Firestone, who I still train with to this day. In the class he demonstrated the power of the martial art and taught us about the principles of Ki. The concept of Ki can be a hard one to grasp for many people but I was very open to it.

I began practising meditation not long before attending the class and was curious about the concept of internal development and energy. I have always had an interest in the esoteric and mystical side of life.

I joined the class not long after and have continued to study the art to this day. I was awarded my 1st Dan Black Belt by Sensei William Andrew 8th Dan after around 4 years of training. Sensei Andrew sadly passed away less than a month after I achieved my black belt. I have since been awarded my 2nd and 3rd Dan Black Belts from Sensei Edward Dunne (7th Dan).

I have personally found that training in Aikido has had many great benefits. It has improved my confidence and reduced my fear and anxiety in the world to almost zero.

### **Can you imagine walking alone at night, in the “bad” parts of town and having no stress and no worries?**

This is not because I have become an invincible fighter through Aikido but actually because I learned that my fears were an illusion and based on a false idea I had of the world.

Of course, I do believe I can defend and take care of myself much more than I could have before training but in truth I have never had to use the physical side of Aikido. I have however been able to remain calm and controlled in confrontations and this has allowed me to avoid fighting or being attacked. With training, I believe you start to exude a greater confidence that makes you less of a target in the world.

Physically I have improved in balance, co-ordination and self-awareness. Aikido training teaches us to become more centred in our movements and to co-ordinate our body to move from our “one point”, a point in the lower abdomen below the below button which is our centre of gravity (and in some traditions the centre from which our “life force” emanates).

Aikido training has also taught me to be able to fall without hurting myself too much. There are numerous stories of Aikido practitioners coming off of motorbikes and being able to use Aikido break falls to survive without almost no injury.

### **Aikido has helped me to develop a more positive attitude to life and has helped me feel more comfortable in my own skin.**

We train not only to centre our body but also to learn to centre our mind.

Do you ever find yourself getting caught up in your own head? Are you endlessly distracted by racing thoughts? Are you plagued with fears, worries and anxieties about your past and future?

I find that the training we offer helps to bring our awareness back into our body and into our centre or “one point”. This allows us more and more to live in the moment and allows us to feel more free to act and respond effectively to the challenges around us without getting overwhelmed by them.

Anyway, enough about me, how about you?

### **Why Do Something New?**

Is it time for you to get out of the house and try something new? Physical activity of all kinds is not optional but absolutely essential to a healthy life. Our body is designed to move and many of the physiological systems of the body require exercise and movement to work at their best. Learning new movements is also good for the mind and has been found to be beneficial for overall brain function.

Coming to a class environment is also a great place to meet new interesting and like minded people. We are truly social creatures and friendship and human connection are also essentials elements of a healthy life. My goal is to create a thriving class full of positive “Ki” where Aikido can be practised seriously but also with a great spirit of fun and joy. You need good people to practise with in Aikido and we always learn through practising with each other.

## **Why Practise a Martial Art?**

The martial arts not only teach self-defence skills but are a way to build other skills that can be carried forward into other areas of life. A new sense of confidence and a greater sense of awareness come with training. Many people will get fitter, lose weight, improve their balance and co-ordination and develop a new sense of calm and inner peace from training.

The world can be a scary and confrontational place at times. Martial arts training can help you feel more confident and at peace in the world around us. If Aikido is not for you, I am happy to help recommend other options to you.

## **Why Practice Aikido?**

As a martial art, Aikido is a little bit different. Aikido generally has no competitive tournaments and we train in purely defensive techniques (such as joint controls and throws) not attacking techniques (such as punching and kicking).

Aikido combines effective self-defence skills and strategies with a philosophy of non-violence. Our style of Aikido focuses on the development of "Ki", which in Japanese mean "universal energy" but encompasses co-ordination, timing and living calmness.

While other martial artists reach their peak often in their 20s or 30s (with the limitations of the physical body), in Aikido we can continue to improve over time as often the effectiveness of the art is not about the physical aspect. This is hard to explain and must be experienced to fully grasp.

## **What is Aikido?**

The word Aikido is a Japanese word that has no exact translation in English but roughly translates to: "the way of harmonising with Ki". The word Ki may be translated as "life force" or "universal energy". Therefore, Aikido is "The way of harmonising with universal energy".

Many people see Aikido as being the martial art famous for a few things

- using the attacker's energy against them
- defending ourselves without harming the attacker (as much as is possible)

You may also have seen Aikido demonstrated by Steven Seagal in some of his successful blockbuster films.

The techniques of Aikido can seem strange at first and many people would ask "who would attack you like that?".

Indeed, the techniques really come from an early time when swords and weapons were commonly carried and protective armour may have been worn. Some people say "Aikido comes from the sword" and this may be true. The techniques of Aikido allow us to develop our body and mind. Correct practise of the technique allows us to develop our Ki.

We learn joint locks that allow us to control and disarm an attacker. We also study defence from multiple attackers and from weapons. We have a form of sparring training known as randori in which we learn to develop kokyunage (breath throw) techniques to deal with on coming attacks. Aikido can be fun, effective and mind expanding. You have to come along to see for yourself.

## **What is Included in Our Syllabus**

As part of the club, you will have the opportunity to train for grading up to 3rd Dan level (this can take roughly 10 years of continuous practice). We all start as white belts and truly we must all remember to practice with the attitude of a beginner. Within 6 months you can go for the first grading which is yellow belt. Black belt can be achieved with regular practise in 3.5 to 4 years.

We train in Ki Aikido and our lineage goes back to Koichi Tohei Sensei who was for many years the chief instructor of the Hombu Dojo (the home dojo of Aikido in Japan). He added the training of Ki alongside the practise of the physical techniques. The entire grading syllabus consists of 9 techniques which must be learned from 16 different attacks (which we call “forms”). On top of this, we learn weapons techniques and katas using the tanto (knife), the bokken (sword) and the jo (staff). We also learn techniques from 2 or 3 people holding us and techniques from a kneeling position.

## **What Aikido is Not**

If you are looking for combat and competition, then Aikido is probably not for you. We do not have competitions or practise with intense sparring. If you are looking to fight or learn to be a fighter, this is most likely not for you but you are welcome to come along.

Though Aikido can be good for fitness, if you are looking for something for a high intensity workout, this may not be right for you either. Aikido is good exercise but will not help you develop elite levels of strength or cardio fitness and you should continue to find other activities to develop those with.

## **Why Practise with Sensei Ronnie Smith?**

Here is a little about me:

I was born in 1984, and I have been practising Aikido in Glasgow for 14 years under the tuition of Sensei Richard Firestone 4th Dan. I am from Irish and Scottish descent mostly, my grandfather on my mother's side comes from Donegal, Ireland. My grandparents on my father's side were from the Isle of Lewis. I attended Sir John Maxwell Primary in Pollokshaws, Glasgow which had a Gaelic unit at the time and I speak pretty good Gaelic.

I grew up having a love for many sports. A little later on I developed a great passion for music after picking up my first guitar age 10. My dreams of rock stardom have not quite manifested (yet) but I have played all over the UK in bands. I studied Law at university but never found a traineeship to go further in that career. Funnily enough, the only interview I got for a legal traineeship was with a man who asked me about Aikido (as it was in my CV). I think that was the only reason he brought me in for the interview. I later found out he was looking for a class to join (he was at that time running the Glasgow Zen Meditation group, which was funny as my mum had told me to take “meditation” off of my CV as one of my interests!).

I worked in a variety of retail and civil service jobs before eventually starting my business which is an international raw vegan festival called UK Fruitfest. This event has been held in England for the last 10 years. I have a great interest in health and wellness throughout my life and have travelled the world to learn from great teachers about nutrition and healthy living. I have been practising a 100% raw vegan diet for around 10 years.

I believe that Aikido is an excellent way to continue to develop the body and mind throughout life and I am committed to continuing to practise and develop Aikido. I believe through the practise of Aikido we can learn to be better people and deal with confrontation and stress in a more effective way.

## **When is the Class On?**

I personally teach one class per week currently as I am just opening my first club. Membership to the club allows you access to 25 other classes a month at our other dojos at no extra fee. My class will take place at 7.30pm every Monday night. I hope to add more classes as the club builds and also add on classes for children in time.

## **How to Find the Class**

The class takes place at Palace of Art, 1121 Paisley Rd West, Bellahouston, Glasgow, G52 1EQ. Please let me know if you have any issues with finding the building. Do not confuse it with Bellahouston Sports Centre, which is just a little further down the road.

## **Why Pay for Lessons?**

My goal is to create a thriving and sustainable club with many members. I have learned that this takes a great deal of work and a growing number of expenses are involved to keep the club going. Many people will come and go over time as is normal with life and we will continue to have to build our membership through investing in promoting the club. On top of this the organisation of the club will take up time and effort in administration, customers service and preparation of financial statements for tax purposes.

The more successful the club is, the more opportunities can be offered to its' members. In time, we will require members to step up and teach classes and help with other activities (for which they will be paid or at least receive a discount on their fees). The more the club thrives, the more the members will be able to benefit from it.

## **How Much Are Lessons?**

Monthly Lesson Fees for Members (1 class per week): Club members must set up on a monthly payment for membership and access to all classes.

The monthly payment for members, covering all Monday night classes, is £42 per month (around £9.50 per class).

Monthly payments can be ended any time and there is no ongoing contract. Payments will continue to be taken and no partial refund will be offered if you do not contact me to let me know you are leaving the club.

As we are just starting out, I have yet to figure out discounts that will be given to couples, families and groups of friends that wish to join. Please feel free to enquire about these options and I will update you as I make decisions on this.

# **Addressing Your Concerns and Questions**

“I’m just a beginner” - Most of our new students will be complete beginners. There is no prior experience required.

“I’m too old/young/unfit for Aikido” - You will not be forced to practise beyond your abilities. Lessons can be tailored around your level. Please consult with your doctor if you feel you have a condition that will prohibit you from practising.

“Can I bring my children to class?” - Right now, I am starting off with this adult class. A child’s class will come in time. The minimum age for our adult class is 16.

“What should I wear” – For your first night there is no need to step on the mat, you can just watch if you like. If you wish to participate (recommended) then wear casual joggers and a t-shirt or hoodie.

“I’m concerned about getting injured”- In 14 years of practising Aikido I have never been injured. Injuries are extremely rare and I personally take great care not to injure anyone.

## **What to Do Next**

If this all sounds good to you then make it your intention to come along to the club on Monday nights at Palace of Art at 7.30pm. Please feel free to invite anyone else along. Aikido is excellent to practise together with friends and family.

If you would like to talk to me beforehand, please feel free to contact me by email or phone. My details are listed above.

I look forward to seeing you on the mat,

**Keep Extending Ki,  
Sensei Ronnie Smith  
Aikido UK**

Email: [aikidoforglasgow@gmail.com](mailto:aikidoforglasgow@gmail.com)

Phone/Whatsapp: 07936875064

Set up a scheduled call: <http://calendly.com/fruitfest/aikido>