

اللجنة الثقافية

الأيكيدو
الأيكيدو

بين الإنسان والكون

جمعية السلام الرياضية للأيكيدو وفنون الحارب

مراكش

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Kumagusu Minakata

1867

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1886

"Tanabe"

1904

Ueshiba

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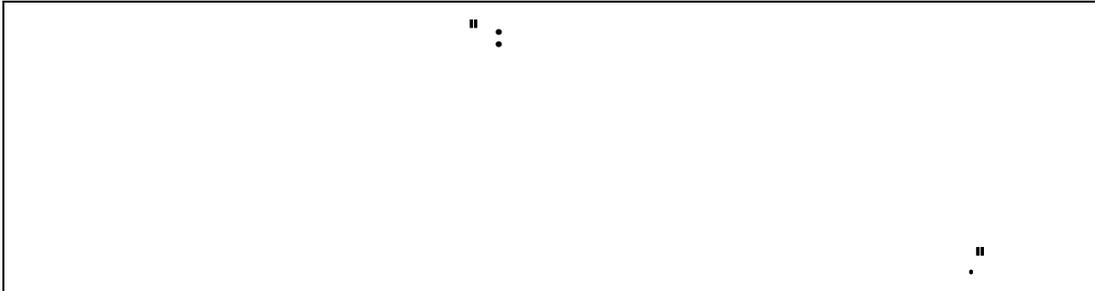
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" BIG BANG"



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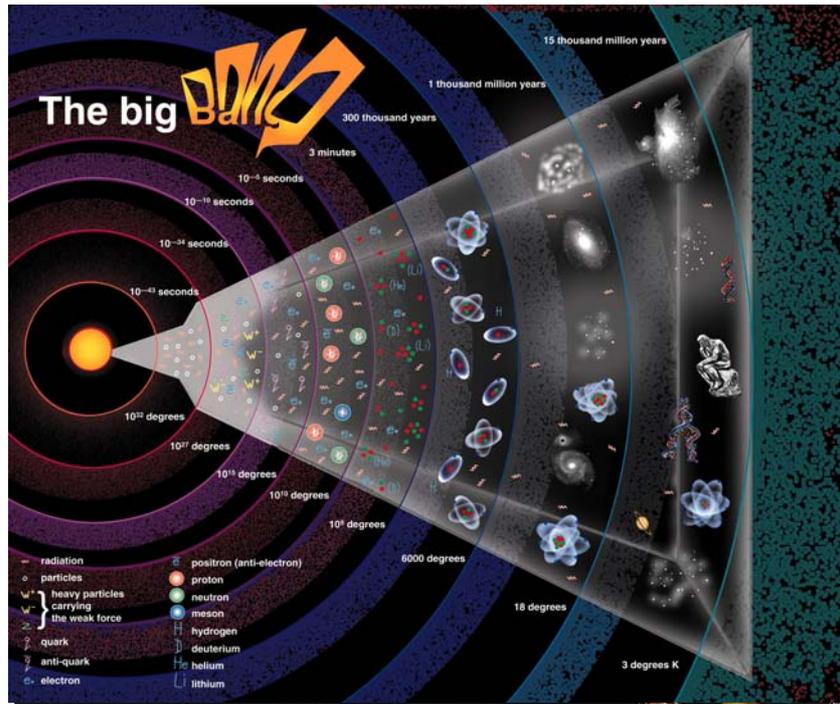


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THE BIG BANG THEORY

TIME BEGINS

ONE SECOND

PRESENT DAY

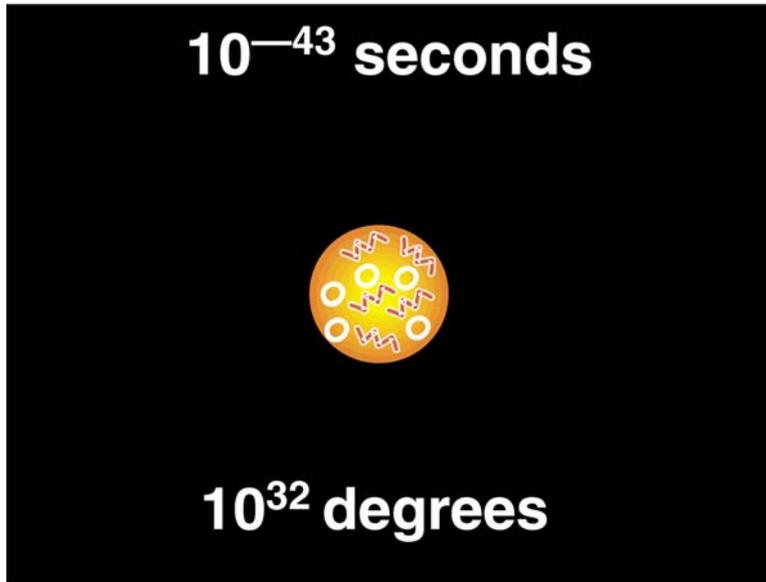
Time	10 ⁻⁴³ sec.	10 ⁻³² sec.	10 ⁻⁶ sec.	3 min.	300,000 yrs.	1 billion yrs.	15 billion yrs.
Temperature		10 ²⁷ °C	10 ¹³ °C	10 ⁴ °C	10,000 °C	-200 °C	-270 °C

- 1** The cosmos goes through a superfast "inflation," expanding from the size of an atom to that of a grapefruit in a tiny fraction of a second.
- 2** Post-inflation, the universe is a seething, hot soup of electrons, quarks and other particles.
- 3** A rapidly cooling cosmos permits quarks to clump into protons and neutrons.
- 4** Still too hot to form into atoms, charged electrons and protons prevent light from shining; the universe is a superhot fog.
- 5** Electrons combine with protons and neutrons to form atoms, mostly hydrogen and helium. Light can finally shine.
- 6** Gravity makes hydrogen and helium gas coalesce to form the giant clouds that will become galaxies; smaller clumps of gas collapse to form the first stars.
- 7** As galaxies cluster together under gravity, the first stars die and spew heavy elements into space; these will eventually form into new stars and planets.

NOTE: The numbers in cosmology are so great and the numbers in subatomic physics are so small that it is often necessary to express them in exponential form. Ten multiplied by itself, or 100, is written as 10². One thousand is written as 10³. Similarly, one-tenth is 10⁻¹, and one-hundredth is 10⁻².

Source: The Birth of the Universe, The Kingfisher Young People's Book of Space. TIM: Graphic by Ed Gabriel

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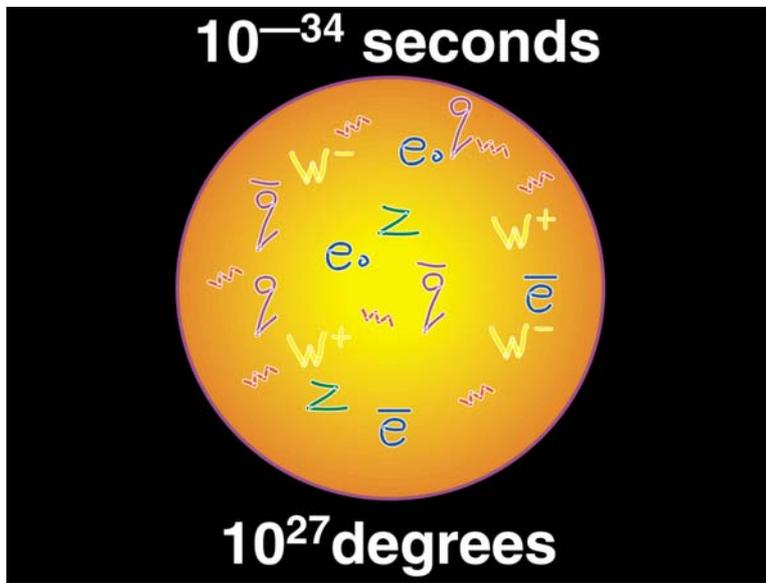


10^{-43}



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10^{-34}

neutrons

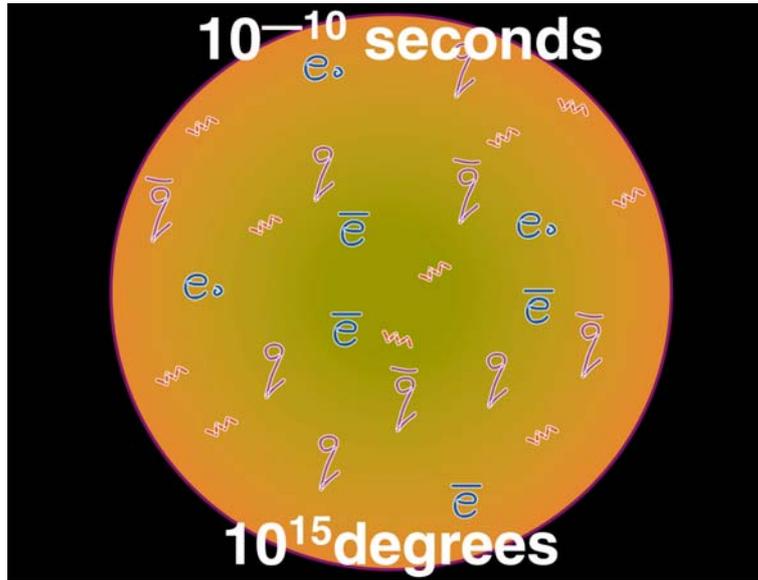
protons

(quarks) q

quarks

photons

W Z

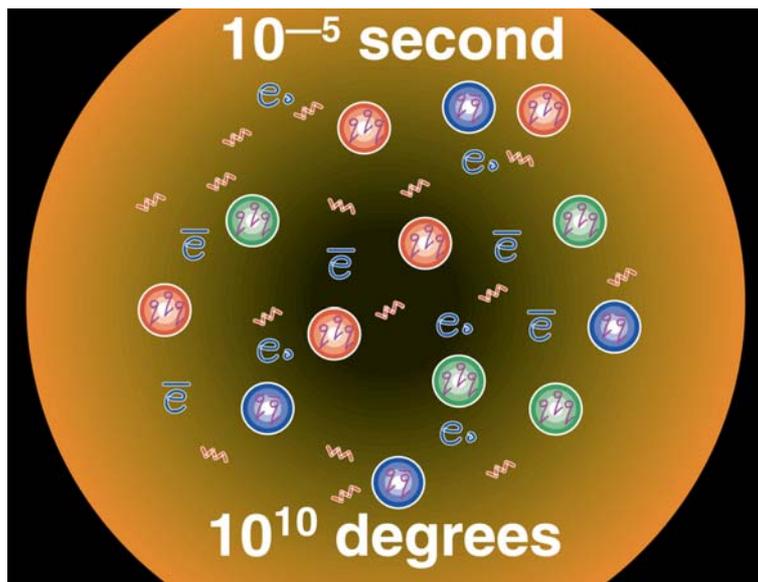


10^{-10} 10^{-10}
 10^{-10} 10^{-34}
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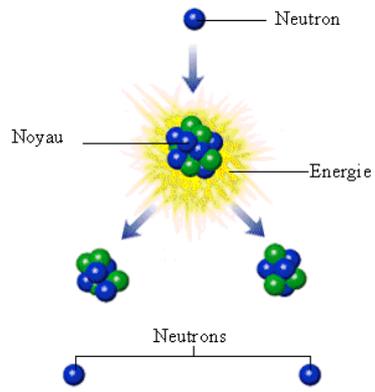
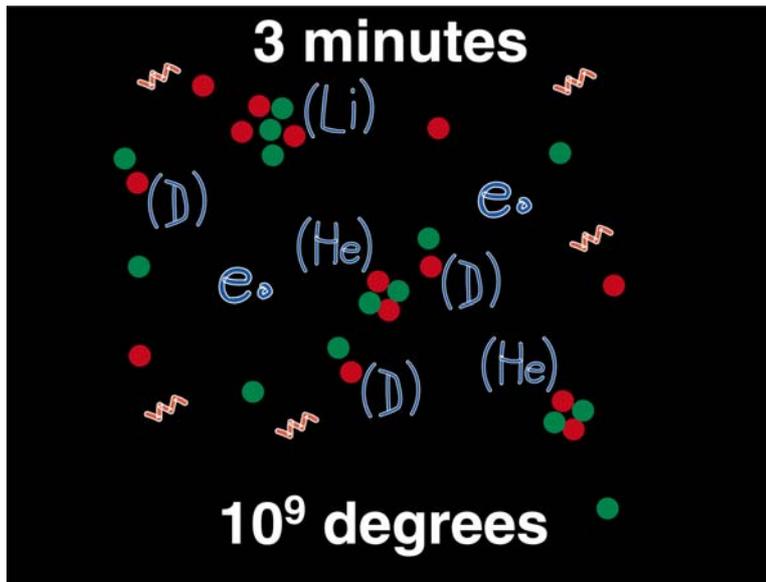
(mésons)

. q q

q q

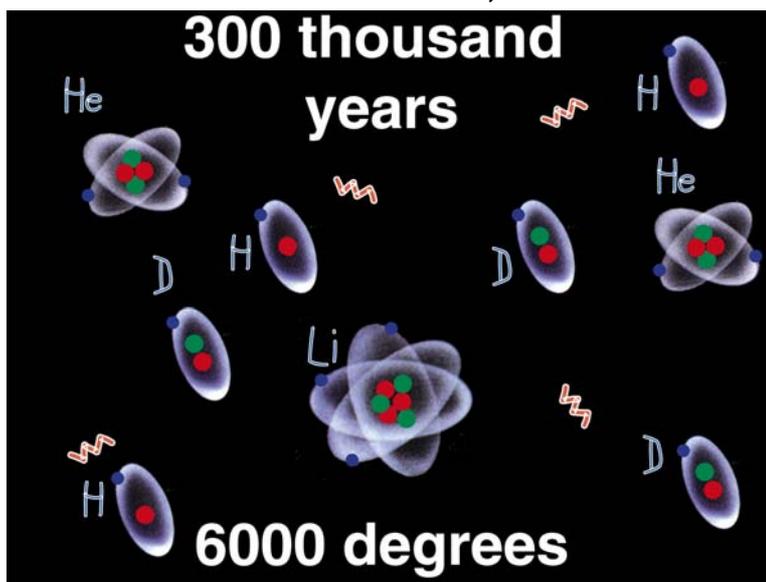


10^{-05}



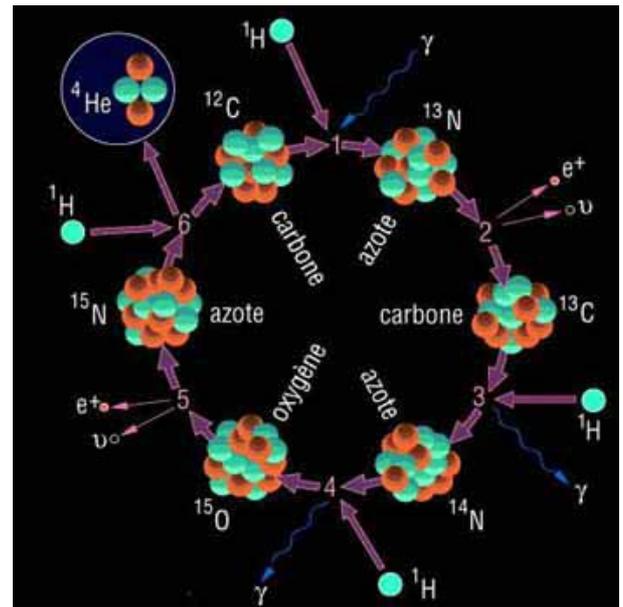
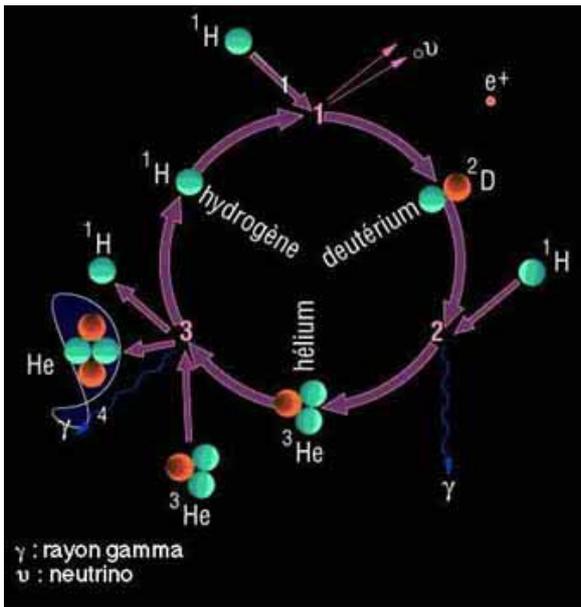
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(Li He D H) Li He D H



300000

Li He D H



1000

elliptique

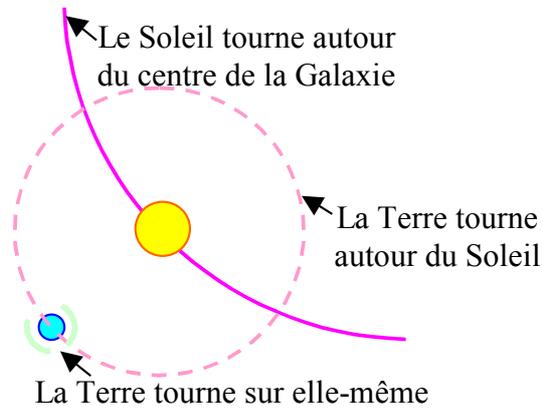
spiral



15000



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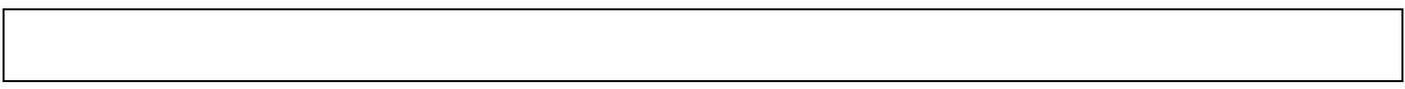
() + :

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. *action et réaction*



(ouverture)

(Hanmi Kamae) " "

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(mobilité)

(souplesse)

" "

(vibration

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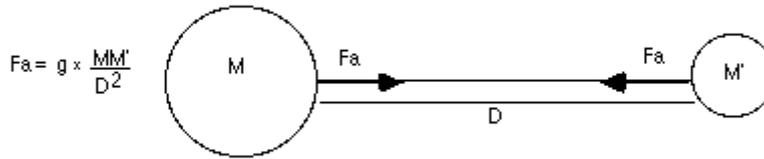
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irimi, 'frappes ou saisies'

'aiki nage'

'tenkan, ayumi ashi, tsugui ashi

FIG. 1 - LA FORCE D'ATTRACTION - Deux astres de masses M et M', séparés par une distance D exercent l'un sur l'autre une force d'attraction Fa, dirigée suivant la droite qui les joint et d'intensité:



$$F_a = g \times \frac{MM'}{D^2}$$

et proportionnelle à la masse des astres, mais inversement proportionnelle au carré de la distance entre ces deux astres; g est la constante de gravitation universelle.

Loi de gravitation

$$F = G M_1 M_2 / D^2$$

$$G = 6.67 \times 10^{-11} \text{ NM}^2 \text{KG}^{-2}$$

Soit deux corps de 70 kg chacun ,séparés de D= 1000m

$$F = 33 \cdot 10^{-14} \text{ N}$$

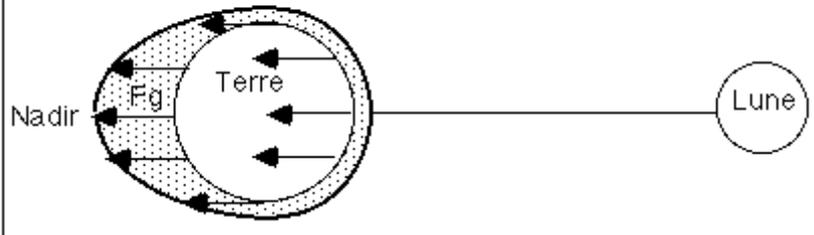
Soit deux corps de 70 kg chacun ,séparés D= 1m

$$F = 3,3 \cdot 10^{-7} = 33 \text{ millions} \cdot 10^{-14} \text{ N}$$

Supposons que D=0 (exemple : un étranglement..)

$$F = \text{'infini}$$

FIG. 3 - LA FORCE CENTRIFUGE -

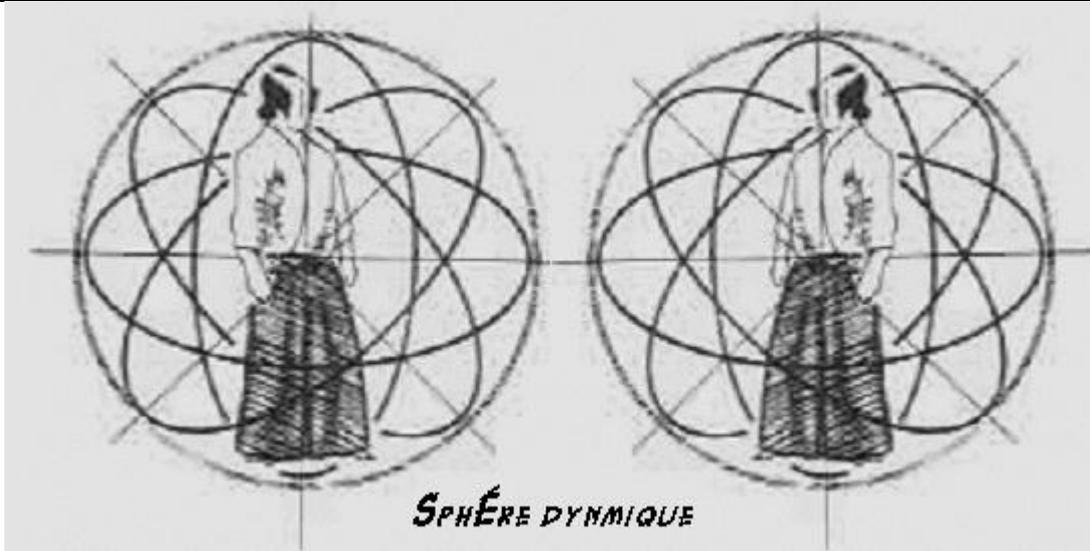


$$\text{Formule de force centrifuge } C = MV^2 / R$$

Soit corps de 70 kg se déplaçant d'une vitesse de V = 1m/s

Si R= 1m Alors F=70N

Si R= 0.5 m Alors F=140N



' hara'

() mouvement centrifuge

projection-nage waza :

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) mouvement centripète

immobilisation - katame waza :

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(ikkyo- nikyo- sankyo- yonkyo- gokyō)()
 tai -ukemi) . (kote gaeshi- shiho nage- kaiten nage)
 (sabaki
 : (vibration énergie)
 . ()

L'aïkido englobe donc l'étude et la recherche de la coordination mentale et physique de l'énergie.

"Soyez le moyeu de la roue, et ignorez si les rayons tournent."

Que l'univers entier soit pour moi, par rapport à mon corps, ce qu'est le bâton d'un aveugle par rapport à sa main. Il n'a réellement plus sa sensibilité dans sa main, mais au bout du bâton. Il y faut un apprentissage.

Restreindre son amour au sujet pur et l'étendre à tout l'univers, c'est la même chose. »

Simone Weil, *La pesanteur et la grâce*.

19 / 8 / 2004 - 930 :

-17 1995-7-15 325 " "

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