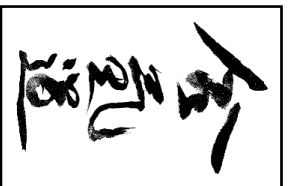


origins of aikido



Aikido is a true Budo (Martial Way) and was developed in Japan by Morihei Ueshiba, also known as O'Sensei (Great Teacher). As a young man, O'Sensei trained diligently in other traditional martial arts. He was a gifted martial artist whose early mastery of *kenjutsu* (sword arts), *jojutsu* (wooden staff arts), *sojutsu* (spear arts), and *ju-jitsu* (traditional hand-to-hand combat arts) won him wide acclaim. He was also a dedicated student of the human spirit. Thus, Aikido evolved into a unique martial art form designed to refine one's martial skills, as well as to enhance one's personal growth.

principles and dynamics of aikido



Aikido is a non-competitive martial art that emphasizes blending with an opponent's attack. The essence of Aikido techniques are circular in nature; its movements are designed to coordinate the defending and attacking bodies in order to redirect the natural flow and energy of the attack and to neutralize it. In this way, Aikido attempts to harmonize the motion in a positive way instead of trying to conflict with it.

Daily Aikido practice is based on mutual respect. Although most of Aikido training is done through partner practice, deeper training can also be achieved through solitary practice using weapons. In partner training each member of the pair alternates in the role of uke (attacker) and nage (defender). Sincere and committed participation in each role allows the student to explore both perspectives and develop skills required to make their training complete. Through this training process students also gain sensitivity to and awareness of their partner and themselves, both physically and emotionally.

A basic premise of Aikido is that the mind, body, and spirit must act together. This applies not only to the individual, but to the partnership as well. The philosophy, ideals, and ethics of Aikido are inseparable from the actual physical training. In order to "lead" another person into the circle, we must first be in control of ourselves and be the stable, energized center.

benefits of training



Because Aikido is a multidimensional martial training system, it offers the practitioner a myriad of benefits. Aikido students gain a deeper knowledge of many aspects of themselves physically, mentally, and emotionally.

Some of the benefits are improved coordination, increased strength, greater stamina, increased flexibility, better posture and balance, and improved overall cardiovascular fitness. Aikido techniques also facilitate concentration, develop sensitivity, and promote relaxation. Training in Aikido helps nurture a strong—yet supple and relaxed—body as well as a calm, clear mind. Through serious training one acquires the fortitude to maintain self-control during critical moments and develops one's ability to respond to adverse situations in life with equanimity. As one's awareness and focusing ability is enhanced, balance and calmness are easier to attain and maintain. At its highest level, Aikido is a welcome alternative to violence.



about the dojo _____



Gold Coast Aikikai is a member of the United States Aikido Federation (USAF). The USAF is a non-profit organization made up of affiliated Aikido dojos from all areas of the United States, parts of Canada, and Latin America. It is recognized as an official representative of the Aikikai Foundation, Aikido World Headquarters, in Japan. The chief instructor is Wee-wow Dumlao, 5th dan and Shidoin (certified instructor) of the USAF.

Visitors are welcome.



class schedule _____

Monday:	6:00 – 6:45 pm 7:00 – 8:15 pm	CHILDREN's class AIKIDO
Tuesday:	7:00 – 8:30 pm	AIKIDO
Wednesday:	5:45 – 6:30 pm 6:45 – 7:45 pm 8:00 – 9:00 pm	CHILDREN's class AIKIDO General AIKIDO Basics
Thursday:	7:00 – 8:30 pm	AIKIDO
Friday:	6:00 – 6:45 pm 7:00 – 8:15 pm	CHILDREN's class AIKIDO
Sunday:	10:30 – 11:30 am 11:45 – 12:45 pm	AIKIDO Basics AIKIDO General

fees

Registration + 1 month:

Adults (over 18)	\$140
16-17 yrs. & Full-time College Students	\$130
15 yrs. and younger	\$120

Registration + 3 months + Uniform:

Adults (over 18)	\$305
16-17 yrs. & Full-time College Students	\$275
15 yrs. & younger	\$245

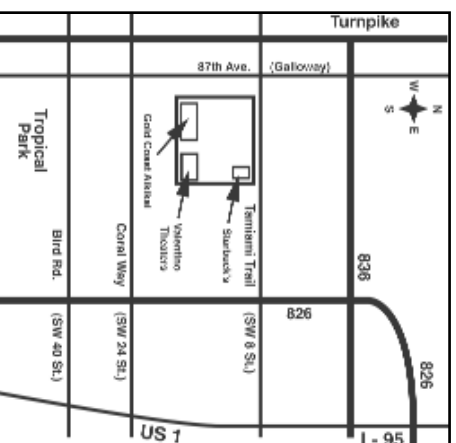
Monthly tuition renewal:

Adults	\$90
16-17, Students	\$80
15 and under	\$70

3-Month tuition renewal:

Adults	\$255
16-17, Students	\$225
15 and under	\$195

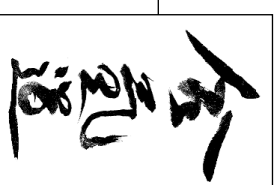
Ask about **family rates** and **OTHER CLASSES** rates.



ai

ki

do



8532 sw 8th street, #282
 miami, fl 33144
 305.264.1773 (dojo)
 786-245-9035 (mobile)
 www.aikikai.com
 info@aikikai.com