

## FUN

Aikido is a great work out. It is a defensive art that requires a partner. One practices a set of techniques all the while trying to get your partner to smile!

## MOVEMENT

Aikido involves blending rather than opposing the attack. Physical repetition of the circular flowing movements used in Aikido have an effect on one's mind.

## UNIFICATION

Aikido works best when you are centered and balanced. Rather than trying to defeat a partner, off-balancing and redirecting negative energy into a positive outcome is key.

| Class Schedule |          |                |
|----------------|----------|----------------|
| Mon.           | Adults   | 7:00-8:30 PM   |
| Tue.           | Children | 6:15-7:00 PM   |
|                | Adults   | 7:00-8:30 PM   |
| Wed.           | Adults   | 7:00-8:30 PM   |
| Sat.           | Children | 9:15-10:00 AM  |
|                | Adults   | 10:00-11:30 AM |

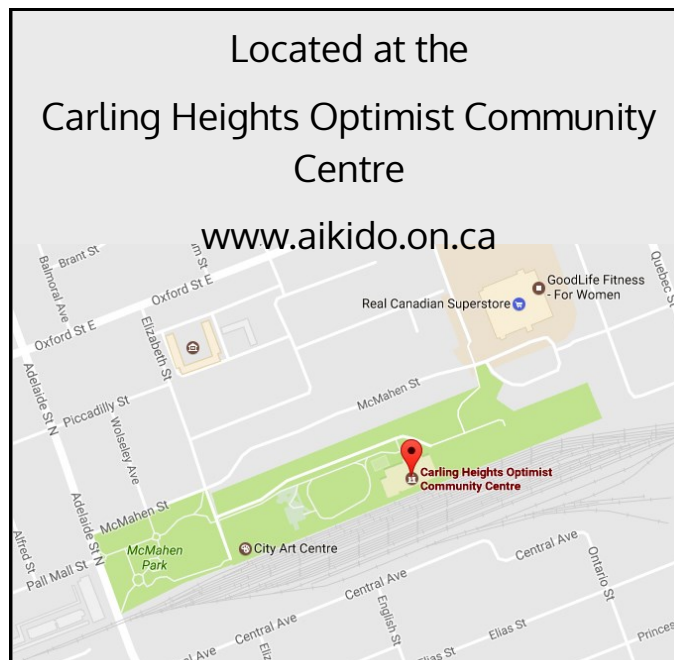
# 合氣道

**合** Ai is the Japanese word for "joining" or "unifying".

**氣** Ki is the term used to describe the spirit or life energy in living things.

**道** Do is the "path" or "way".

**Aikido** is a martial art that has often been described as "moving zen".



# AIKI BUDO CENTRE

Yoshinkan Aikido  
since 1995



A martial art that will change  
your life forever.



## HISTORY OF AIKIDO

The founder of Aikido, Morihei Ueshiba (1882-1969), developed the martial art based on his lifetime study of combining technical skill and spirit.

Aikido unites elements of self-defence, physical fitness and nonviolent philosophy into a modern martial art. Its history dates back to the Samurai era of Japan.

## QUALIFIED, EXPERIENCED INSTRUCTION FOR ADULTS, YOUTH AND CHILDREN

Several of our instructors have trained and taught in Japan, and are qualified to train and test all belt levels.

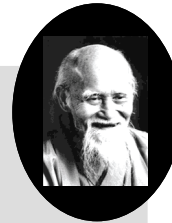
The Aiki Budo Centre is committed to promoting the study of Aikido and is a member in good standing of the Aikido Yoshinkai Foundation (AYF).



## PERSONAL GROWTH

Training goals include relaxation, flexibility and endurance. Less emphasis is placed on strength training. Aikido also involves the ability to relax your mind and body, even under stress.

A calm spirit comes from learning how to move our body rationally and softly. Genuine respect for others means taking time to learn how to control ourselves and match our movement with the cadence and movement of others.



**"To injure an opponent is to injure yourself. To control aggression without inflicting injury is the Art of Peace."**

~Morihei Ueshiba (Ō-Sensei)

## VISIT US SOON!

Try a free class - visitors are always welcome!

We would suggest you come for your first class on Tuesday night at 7:00 PM as this class is designated as a new beginner class.

You may also come on Saturday morning at 10:00 AM, which is an open adult class.

Wear loose comfortable clothing, e.g. track pants and a T-shirt. Shoes and socks are to be removed before you step on the mat.

When you arrive, please introduce yourself to any of the Black Belts so they know that you are attending class.

## IMPORTANCE OF POSITIVITY

Keep YOUR THOUGHTS positive because your thoughts become YOUR WORDS.

Keep your words positive because your words become YOUR BEHAVIOUR.

Keep your behaviour positive because your behaviour becomes YOUR HABITS.

Keep your habits positive because your habits become YOUR VALUES.

Keep your values positive because your values become YOUR DESTINY.

## PEREGRINE FALCON

The peregrine falcon is the symbol of Aikido. Falconry is a sport of the noble class, and as such falcons represent the warrior spirit.

They are renowned for reaching speeds over 320 km/hour, have strong hunting ability, high trainability, and are effective and versatile. The City of London has our own nesting pair of Peregrine Falcons!

