



Cambridge Aiki Dojo

Aikido

Classes for young people (from age 6)

What is Aikido?

Aikido is a Japanese martial art. It was founded by Morihei Ueshiba (1883-1969). Aikido can be translated as “the way/method(do) of harmonising (ai) the spirit (ki)”.

Traditional Aikido does not include competitions and is practised for its own sake, without a spirit of aggression or fighting. In Aikido, force is not met by force, but the attacker’s force is deflected by the defender’s body movement and led in such a way as to nullify it or turn it back upon the attacker.

Over time, Aikido develops flexibility, suppleness, co-ordination, balance & quick reactions.

What does a class look like in practice?

Just come along and see. You are also welcome to come along to any of our adult classes.

Classes generally begin with a greeting, followed by a warm-up, and the practice of “ukemi” (falling, “rolls”), which is an essential part of aikido practice. We learn to roll and fall safely, so that we can protect ourselves. Afterwards techniques are typically practised together with a partner.

Who are the teachers?

Britta Kleinsorge (2nd Dan) started practising Aikido 20 years ago and is an accredited children's and young person coach with the BAB (British Aikido Board).

Adriana Gonzalez has practised Aikido since 1992. She is also 2nd Dan.

Where & when are the classes?

Classes will take place during school term time on Wednesdays in Chesterton Sports Centre (Gilbert Road, Cambridge CB4 3NY). Please get in touch regarding exact times.

What to wear?

Like most martial arts generally people who practise Aikido wear a dogi (Judo/Karate uniform). To begin with, comfortable clothing is sufficient: long sleeve sweatshirts or T-shirts and long comfortable trousers (leggings, track-suit).

Cost?

Cambridge Aiki Dojo is a non-profit organisation. Prices are to be paid per half term, depending on the number of Wednesdays in a half term. They will be £24 for the half term commencing September 2011. After a trial class you will be asked to become a member of the Komyokan Aikido Association, which includes insurance with the BAB (British Aikido Board). This is currently £12 for a junior per year, initial trial rates are available.

More info: <http://www.cambridgeaikidojo.co.uk>
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