



AIKIDO

Cambridge Aiki Dojo

New classes for young
people
(from age 8)

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 an Aikido class look like?

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?

Adriana Gonzalez and Britta Kleinsorge both hold a 2nd Dan in Aikido and both started practising Aikido roughly 20 years ago at different ends of the globe (Colombia / Germany). Both hold coach certificates with the BAB (British Aikido Board), BK also holds a young people's coach certificate.



When and where are the classes?

From September 2013, classes will take place on **Tuesdays**, at Chesterton Sports Centre (Gilbert Road, Cambridge CB4 3NY). Classes will take place during school term time only.

Primary school children: 6:10-6:55 Secondary school children: 7:00-8:00 (advanced students are welcome to join in with the adult class from 8:00-9:00 or Sunday evening classes at St Luke's Barn).

** Parents will be asked to please help with setting up the tatami (mats) prior to classes so we can have a prompt start

What to wear? Like in most martial arts people who practise Aikido generally 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).

Shoes or flip-flops are to be taken off just before stepping onto the mats (tatami), so mats will stay clean.

Cost?

Cambridge Aiki Dojo is operated on a strict not-for-profit base. Prices per class will be £4 (3.50 for primary kids class) per person, £3 for other members of the same family. Please pay class fees per half term.

After a trial class you will be asked to become a member of the Komyokan Aikido Association, which includes insurance with the British Aikido Board. (£12 per year (junior rate), initial trial rates are available)



More information:

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"True victory is self victory"

Morihei Ueshiba

Founder of Aikido

(1883-1969)