



AIKIDO

Cambridge Aiki Dojo

New classes for young
people
(from age 10)

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 observe 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?

Vladmirs Artomonovs and Britta Kleinsorge both hold a 4th Dan in Aikido and both started practising Aikido in the last century – Vlad in Latvia and Britta in Germany. Both hold coach certificates with the [Joint Aikikai Council](#), and have long experience in teaching adults as well as young people.



When and where are the classes?

Junior classes take place on **Tuesdays**, 19:00 to 20:00 at Chesterton Sports Centre (Gilbert Road, Cambridge CB4 3NY). Children's classes are planned to take place during school term time only at the moment. The children's class will take place in parallel to an adults class (same sports hall, but different mats).

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).

As Aikido is a contact sport, please ensure everyone participating has clean hands and feet before stepping onto the mats. 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 £6 per person. The first class is free – we then request to 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 Joint Aikikai Council. (£15 per year, initial trial rates are available)



More information:

<http://www.cambridgeaikido.co.uk>

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Phone:

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Note: club welfare officer: Melanie Rose (bizarre256@hotmail.com)

"True victory is self victory"

Morihei Ueshiba

Founder of Aikido

(1883-1969)