

Beginning Aikido Training

What is Aikido?

The art of aikido affords a regular practice through which you can discipline yourself to live in a grounded, energized, and flowing manner. The art stems from Japanese traditions of Budo, the Way of the Warrior, understood by the founder of aikido as a spirit of loving protection for all living things. The core concept of this art is harmony: harmony with nature, harmony with those who attack us, and harmony within oneself.

As a method of self-defense, aikido works to neutralize the aggressive energy of an attacker by blending with and redirecting it. It sharpens reflexes, heightens perception, cultivates intuition, and improves your sense of timing. Aikido training also conditions the body to be flexible and fit, and to perform graceful and coordinated movements. It helps to maintain a calm, relaxed and alert attitude under trying circumstances. And it's lots of fun.

Starting Aikido

What do you need to start aikido? Only interest and a desire to learn. The willingness to maintain a beginner's mind is the secret of lifelong practice and progress. We suggest that prospective members watch at least one class before joining the club. Visitors are always welcome to watch classes.

Schedule of Dues & Classes

There is a one-time \$5 registration fee when you join, which entitles you to a copy of the Club Handbook. Dues for your training are \$25 per quarter, payable to University of Chicago Aikido Club.

Classes are held in the Field House Wrestling Room at these times:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Saturday</u>
7:00-8:30pm	4:00-5:30pm	7:00-8:30pm	7:00-8:30pm	11:15am-12:30pm

About the University of Chicago Aikido Club

One of the oldest campus dojos in the country, the U of C Aikido Club is open to all students, faculty, staff, and alumni. Instruction in the Club is provided by four University associated yudanshas (black belts), and by high-ranking guest visitors each year. This year is our 30th anniversary and it will be celebrated by many exciting seminars giving by special guest instructors, including Wendy Palmer Sensei, Saotome Sensei, Ikeda Sensei, Kevin Choate Sensei and more.

The Club welcomes training partners who may be connected with other aikido organizations. It maintains an affiliation with Aikido Schools of Ueshiba, founded and directed by Mitsugi Saotome, Shihan. This organization is a member of the International Aikido Federation, headquartered in Tokyo.

Saotome Sensei, who studied in Japan under aikido's founder for fifteen years, has published two books. *Aikido and the Harmony of Nature* (1986) is an in-depth study of the relationship of aikido to the movement and processes of natural phenomena. *The Principles of Aikido* (1989) focuses on basic and advanced techniques, the spirit, and meaning of training; and the fundamental principles of aikido.

Contact Info

Visit the club web site at <http://aikido.uchicago.edu/>

Subscribe to the club email list at <https://listhost.uchicago.edu/mailman/listinfo/aikido>