



ZENSHINKAN DOJO

AIKIDO

Teens & Adults

PROGRAM DESCRIPTION:

The Aikido program at Zenshinkan Dojo is conducted in the spirit of Budo – the Martial Way. Through rigorous martial training, students learn to respond to aggression with centered movement, to embody the principle of non-contention, blending with the energy of an attack and leading it to resolution.

The focus of Aikido training at Zenshinkan Dojo is to push through the limitations and barriers we impose on ourselves and move toward greater freedom in our lives. Aikido teaches us to find the power of physical and energetic connection. Body and mind are cultivated through physical exertion, refinement of technique, learning responsive ukemi, and development of the focus, effort, posture, and courage essential to effective self-defense.

Aikido is a martial art dedicated to the development of human potential. We contend not with those who attack but with our own hearts and minds, our own patterns of holding and resistance. In the words of O’Sensei, the founder of Aikido, “True victory is victory over the self.”

AIKIDO SCHEDULE:

Aikido students are welcome and encouraged to attend all classes listed below.

Monday	Wednesday	Friday	Saturday
	7:00-8:30 am Zen & Aikido		10:00-10:30 am Open Mat
			10:30-11:30 am Aikido
			11:30 am -12:30 pm Aiki Weapons
6:45-7:30 pm Beginners	6:45-7:30 pm - <i>split class</i> → 7th/6th kyu test coaching → “Sweatin’ to the Oldies” CARDIO KIHON - 6th kyu and above	6:00-7:00 pm → 1st Friday/month Advanced Class - - 4th kyu and above → Other Fridays Aiki Weapons - all levels	
7:30-8:30 pm Aikido	7:30-8:30 pm Aikido	7:00-8:30 pm Aikido & Zen	



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TRAINING & TESTING:

Aikido training should be done in quiet, cooperative study. Students should never attempt to prevent their partner from learning. When individual coaching is needed, a student may sit seiza facing the teacher. When the teacher approaches, the student may ask for help.

The training cycle covers a three-month period, each week of which is dedicated to the study of a particular Aikido technique or attack. This cycle ensures a balanced exposure to many dimensions of the art.

Readiness for a test is individual, dependent on each student's development. The key to success is repetition. Each student must take responsibility for doing the preparation needed to internalize the test requirements.

Students earn the opportunity to take promotion tests by:

- demonstrating technical competence on all requirements of the next rank during a pre-test
- training for a minimum number of hours and months specific to each rank
- strengthening and refining the performance of all previous material as both uke and nage
- consistently behaving in accordance with dojo etiquette and teacher expectations

On the day of a test, a student must submit a test application, test fee, and training record.

TRAINING FEES:

- Monthly Dues: \$115 adults / \$105 teens
- Gi: \$60
- Registration: \$25

KYU TESTING FEES:

- 7th kyu: \$60
- 6th kyu: \$65
- 5th kyu: \$70
- 4th kyu: \$75
- 3rd kyu: \$80
- 2nd kyu: \$85
- 1st kyu: \$90