

LEARN
AIKIDO



合気道



ご興味のある方は以下まで是非ご連絡下さい。

ロンドン合気道クラブ本部道場 垂矢フィップス (初段) 077-5277-3042

If you are interested, feel free to call us: Jo Wheeler 078-6684-2696

- △ The London Aikido Club
- Classes every day... (see website for timetable)
- 60A Windus Road, Stoke Newington, London N16 6UP

C O N F I D E N C E F I T N E S S S E L F - D E F E N C E

www.thelondonaikidoclub.co.uk

MORIHEI UESHIBA
THE FOUNDER OF AIKIDO



MORIHIRO SAITO SENSEI
ONE OF FOUNDER'S STUDENTS

LONDON AIKIDO CLUB



For fitness, confidence and self defence

Dojo cho Andy Hathaway (6th Dan Aikikai)

Aikido is an amazing martial art. Its roots lie in traditional Japanese systems, particularly Daito Ryu Aiki jutsu, but also sword, stick and spear schools. It is a very effective and practical fighting art, yet it is both profound spiritual training and an ethical system that seeks to resolve conflict. The techniques use a minimum of force to effectively subdue an assailant, so that all people may practice effectively regardless of their size and strength. Age is no barrier to the rewarding pursuit of Aikido. Our oldest member is 80, the youngest 15.

The London Aikido Club is devoted full time to the practice of Takemusu Aiki (i.e. Traditional Aikido) in the style of the late Morihiro Saito Sensei. We are affiliated to an international organisation called Takemusu Aiki Kyokai, headed up by the only two shihan (master teachers) created by Saito Sensei. We are also part of the Aikikai, the worldwide organisation led by the grandson of the founder, Uyeshiba Moriteru, and our dan ranks (black belts) register with the Aikikai.

We are members of the British Aikido Board, the governing body for Aikido recognised by Sport England. All our instructors have British Aikido Board Coach awards, and so are fully conversant with modern coaching practice and teaching skills.



The large pool of experienced Aikidoka that we have in the dojo make for excellent training, and newcomers are most welcome. There is a strong sense of community. Though a powerful martial art, there are no competitions and the general attitude is to take care of each other.

BASICS

The keynote of training is the learning of a series of basic techniques. These techniques are very rational ways of overcoming strong attacks. They stress the use of the whole body as a single, co-ordinated unit to attack an opponent's weak points. In this way, it is possible to overcome stronger enemies. The secret is in the hips and the angles.

MULTIPLE ATTACKERS

The basic body movements of Aikido are designed to deal with simultaneous attacks by groups of assailants.

WEAPONS

The basic movements derive in part from the use of Japanese sword, spear and similar weapons. We practice with these weapons for their inherent interest and as an aid to learning to use the body correctly.

FITNESS

Aikido is an excellent system of exercise. All the muscles of the body as well as the cardiovascular system are well worked in training. The body becomes more supple and agile, as you become more aware of how to apply efficient physical principles. Improved posture and sense of balance are the inevitable result of regular practice. These abilities are acquired via correct training. Emphasis is given to the gradual evolution of correct body habits. There is absolutely no need to have a high level of physical fitness to begin.

CONFIDENCE

Aikido naturally develops a positive world view. Practice develops both mind and body in such a way that training becomes a whole way of life. Training pays close attention to detail, with full attention to action in the moment.

SELF DEFENCE

Aikido is a brilliant system of self-defence. Holds, locks, throws and blows are used to subdue assailants approaching in any way imaginable. There is also a higher level of training which builds a sensitivity to danger, which should make it possible to avoid threatening situations before any need to engage in physical combat actually arises.

How to start

We have over 30 years' experience of teaching Aikido and many students of the dojo have gone on to create their own dojos throughout the world. The keynote of what we now call Takemusu Aiki training is the emphasis on basics and building by degrees. Training is slow and careful. There is no need to be fit or strong to begin. All our instructors are Aikido Board Qualified.

Courses are offered to both beginners and experienced students of aikido. Experienced students may join any of the classes on the timetable. Please feel free to simply turn up, all are welcome.

For students with no previous aikido experience, Key Concepts courses are a good basis for entering the main stream of dojo activity. After completion of the course, your instructor will advise you on how to proceed with further aikido training.

OPTION 1: KEY CONCEPTS COURSE

Japanese terminology is traditionally used in Aikido as a form of convenient reference. No special effort is needed to learn these terms. They are heard so often that they are picked up naturally.

Class 1 DEFENCES WHEN THE LAPELS ARE GRABBED (MUNA DORI)

Muna Dori Ago Oshi; Mune Dori Kokyu Nage; Muna Dori Kote Gaeshi

Class 2 DEFENCES AGAINST PUNCHES (MUNE TSUKI)

Mune Tsuki Kote Gaeshi; Mune Tsuki Kokyu Nage; Mune Tsuki Ago Oshi; Mune Tsuki Irimi Nage; Mune Tsuki Rokkyo

Class 3 DEFENCES AGAINST SWINGS (YOKOMEN UCHI)

Yokomen Uchi Ikkyo; Yokomen Uchi Irimi Nage; Yokomen Uchi Yonkyo

Class 4 DEFENCES AGAINST SHOULDER GRABS (KATA DORI)

Kata Dori Ikkyo; Kata Dori Kokyu Nage

Class 5 DEFENCES AGAINST KNIFE ATTACKS (TANTO DORI)

Yokomen Tsuki Gokyo; Mune Tsuki Gokyo; Gyakyu Chudan Tsuki Gokyo; Muni Tsuki Hiji Kime Osae; Mune Tsuki Kote Gaeshi.

Class 6 DEFENCES WHEN BOTH HANDS ARE HELD (RYOTE DORI)

Ryote Dori Kokyu Nage

Class 7 HOOK TYPE STRIKES AND THE ABSORBING PRINCIPLE (YOKOMEN UCHI)

Yokomen Uchi Shiho Nage; Yokomen Uchi Kote Gaeshi; Yokomen Uchi Irimi Nage

Class 8 MORE TECHNIQUES AGAINST PUNCHES (MUNE TSUKI)

Ai Hanmi Katate Dori Kokyu Nage; Ai Hanmi Katate Dori Irimi Nage; Mune Tsuki Kokyu Nage; Mune Tsuki Irimi Nage; Mune Tsuki Hiji Gatame

Class 9 ATTACKS FROM THE REAR (USHIRO)

Ushiro Dori Kokyu Nage; Ushiro Ryo Kata Dori Kokyu Nage; Ushiro Eri Dori Ago Oshi; Ushiro Katate Dori Kubi Jime Sankyo

Class 10 REVIEW

Option 2: General Tuition classes

Interested students who cannot attend a beginners' course are welcome to attend any of the classes marked 'general tuition' on the timetable page. In this case a senior student will work with a beginner on a one to one basis.

These classes are most suited to students who need a flexible routine as regular attendance on the same day and time each week is not necessary. There is no need to book in advance for general tuition classes. Cost: £80 - includes 10 hours training, and one martial arts suit. Come along 15 minutes before the start of the class with full payment and you can start immediately

Option 3: Alternatively

You may **drop in and train** at any time without commitment to any course of training, for a one off fee of £12 per class.

Beginners can start in **any** class at the West London Acton dojo. Turn up at 8pm any Thursday and speak to Allan Cowie, the instructor.

Prices (Cash or Cheque)

Any individual class	£12
Special Concepts course (1st course inc martial arts suit) If you bring a friend to your second key concepts course, the cost is £40	£80
West London	£90 for 10 weeks
Weapons Courses	£110 for 10 weeks
Junior Aikido Class	£6 per class

Special Prices for Standing Order

1. Attendance at ALL classes at the dojo and Twyford and Rushmore school (weapons). 2. Grading fees and British Aikido Board Membership	£90 per month
1. One dojo cho (Andy) class each week PLUS 2. Any or all of the following - Wednesday 11-1pm, Wednesday 6.30 -8pm, Friday 7-9pm, Saturday 12-1pm, Sunday 10-12 noon & 1-2.30 pm 3. Grading fees and British Aikido Board Membership	£50 per month

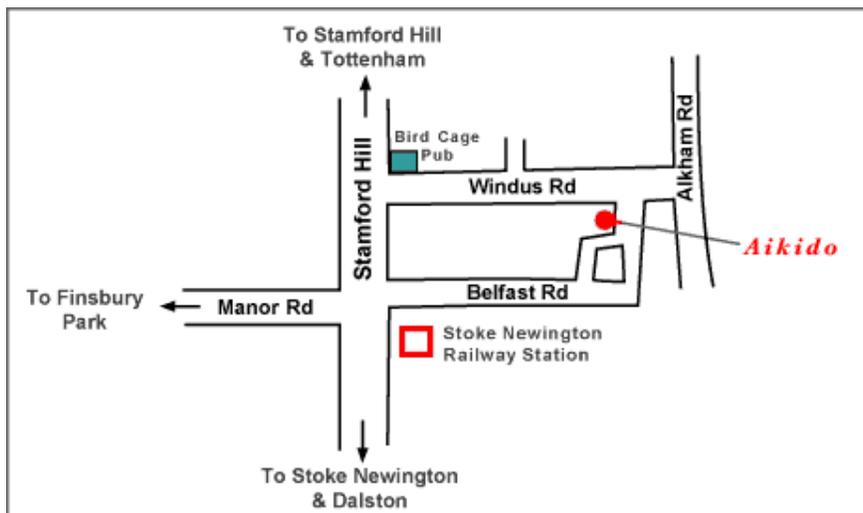
For standing order members, the only extra training costs are the bank holiday seminars and any extra occasional events at outside venues.

Registration

Generally it is most helpful if you register in advance for your course by completing the form at the end of this document. If you only find out about the course at short notice, a quick phone call to Jo Wheeler on 078 8684 2696 almost always secures a place.

There is no need to register or book if you are taking option 2 and attending general tuition classes. Please feel free to just turn up a few minutes before the start of the class.

How to Find Us



Stoke Newington Railway Station is a 15 minute journey from London Liverpool Street. Trains are either 20 or 30 minutes apart depending upon the time of day. Trains are every hour on Sundays. Buses which pass up Stamford Hill or Manor Road, include the 67, 73, 76, 106, 149, 243. The nearest tube is Seven Sisters which is a 10 minute bus journey north.

WEST LONDON BRANCH OF LONDON AIKIDO CLUB



Aikido is also taught as a general class suitable for beginners in West London at:

Twyford Sports Centre
Twyford Crescent
Acton W3

London Underground: short walk from Acton Town station (Piccadilly Line). Every Thursday 8pm - 10pm

For more information, please Contact Allan Cowie who is the local Instructor.

Tel: 07940 729 706



LLANAHAN, WALES

Phil Croskin has moved to Wales and is teaching Takemusu Aiki in Llanahan and in Aberystwyth. Phil has been practising Aikido at the London Aikido Club since the early 1980's and currently holds the rank of 4th dan.

For further information please contact Phil Croskin via his facebook page 'Aikido in Aberystwyth (Llanafan)' or on (<https://llanafanaikido.wordpress.com/>)

WEAPONS

The Founder of Aikido was a master with the ken (sword) and jo (spear). Part of his genius and the brilliance of Aikido, is the union of jo, ken and unarmed training into a single focus

Aikido comprises the technical base of old Ju-Jitsu (Daito Ryu), combined with the physical movements of the sword and spear. We learn Kokyu (coordination of breath), hips and movement from the ken, Hanmi (Aikido stance) and Hito-e-mi (an Aikido stance resembling Hanmi but with the hips pulled further back to the side) from the jo.

The weapons condition our bodies in the Aikido manner, they emphasise the blending concept and especially the multiple attack philosophy of Aikido.

The Aikido of students who have studied weapons is incomparably sharper and more powerful than those who have not.

Weapons are for all students. There is no minimum rank before beginning.

Everyone is invited to get involved with the weapons group (notably Tuesday evenings and Sunday mornings) - though also at other times as Instructors feel appropriate



DOJO TIMETABLE

DAY	TIME	DESCRIPTION	LOCATION	INSTRUCTOR
Monday	5-7. ⁴⁵ pm	Private Booking	Dojo	Dojo space not available to students
	8-10pm	General Tuition	Dojo	Paddy Bergin 5 th dan
Tuesday	8-10pm	JO COURSE	Rushmore School	Andy Hathaway 6th dan
	6.30-8pm	Chi Kung & Meditation	Dojo	Samir (07448 813272 alqiqong@gmail.com) https://www.chigongsystem.com/
	8.15-9.45pm	Key Concepts Course	Dojo	Maciej Bojan 1 st dan
Wednesday	11am-1pm	General Tuition	Dojo	Paddy Bergin 5 th dan
	6. ³⁰ -8pm	Key Concepts Course	Dojo	Matthew Huggins 3 rd dan
	8-10pm	General Tuition	Dojo	Andy Hathaway 6 th dan
Thursday	6. ⁴⁵ -7. ⁴⁵ pm	Children's class	Dojo	Steven Mooten 1 st dan
	8-10pm	Kihon Class	Dojo	Janice Hemmings 5 th dan
	8-10pm	General Tuition	West London	Allan Cowie 4th dan
Friday	7-9pm	Key Concepts Course	Dojo	Colin Langlais 2 nd dan
Saturday	10-12am	General tuition	Dojo	Andy Hathaway 6 th dan
	12-1pm	No class	Dojo	Dojo available
	1-2pm	Children's class	Dojo	Steven Mooten 1 st dan
Sunday	10-12am	KEN COURSE	Rushmore School	Andy Hathaway 6th dan
	10-12am	Key Concepts Course	Dojo	Greg Creese 1 st dan
	12. ⁴⁵ -2. ³⁰ pm	General Tuition	Dojo	Maciej Bojan/Nick Regnier

All dan ranks are Aikikai recognised

LONDON AIKIDO CLUB

STUDENT REGISTRATION

Name

Address

.....

Email

Phone

Please enrol me for the course (enter date and time)

.....

**I enclose a deposit of £20 . Cheque payable to London Aikido Club.
No cash in post please**

Balance is due at your first class

Signed

**Send to: LONDON AIKIDO CLUB (Beginners Courses)
60A Windus Road
Stoke Newington
London N16 6UP**

Please Note: You can also book online, or by phone 0796 8796 777

How did you hear about us?

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