



PRESS RELEASE

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YMCA Offers Beginner's Aikido Program

Neilu Naini, Chief Instructor of Port Angeles Aikikai, is providing an opportunity to introduce willing students to the principles and practice of Aikido, a Japanese martial art. While there are multiple reasons and benefits to studying this art form, each person must try and see for themselves what aspects capture their interest.

The Beginner's Program, for ages 14 and up, meets twice a week in March and April, on Mondays and Wednesdays, from 7:10 to 8:10 pm in the YMCA mat room. The cost is \$55. Students signing up before March 1st receive a \$5-\$25 discount (depending on YMCA membership status) on this two-month training. Students should wear loose fitting clothing that covers the knees. Training is usually done barefoot.

This course is designed to introduce you to techniques required on your first ranking test. A majority of the time will be spent studying ukemi, the art of falling. Have you ever wanted to safely take a forward or backward fall? Learning to roll forward and backward is emphasized in order to condition the body and prepare for regular practice.

Practicing Aikido involves a personal willingness to come to class and progress at your own rate. Typically the instructor demonstrates techniques and students work in pairs, allowing each person to practice the techniques and receive them. There are many books on the philosophy of Aikido available to read, but there is no substitute for the practice.

Aikido is a noncompetitive martial art. Those interested are welcome to come and observe classes that continue on a regular basis at the YMCA. Try this Beginner's Program for an introduction to the basics.

Contact Neilu Naini with further questions about this program, before or after you join at 360-452-7314 or neilunaini@gmail.com. You can also visit the website: <http://www.portangelesaikikai.com>

Advance registration is required for all Y classes. For more information about YMCA programs visit www.ccfymca.org, or call 452-9244.

The YMCA is open to people of all ages, beliefs, incomes, races, gender and ability. The generosity of our donors allows us to provide financial assistance for those in need, and supports programs that help build healthy spirit, mind and body for all.