



# ***EVERYTHING YOU NEED TO KNOW ABOUT . . . Aikido***

**DESCRIPTION:** Aikido is a modern, non-competitive Japanese martial art performed worldwide by men and women of all ages. Aikido was created by Morihei Ueshiba (1883-1969), who transformed traditional empty handed and sword techniques into an effective martial art that he hoped, perhaps paradoxically, could advance peace and the protection of life.

**INSTRUCTORS:** Bill Marsh, Founding Instructor; Neilu Naini, Chief Instructor; Dan Campbell, Assistant Instructor.

**REGISTRATION:** During the first week of each month in person or online at [www.ccfymca.org/register.html](http://www.ccfymca.org/register.html)

**AGES:** 14-Adult

**DATES:** Ongoing monthly

**DAY/TIME:** Mondays, Wednesdays 7:10pm-8:10 p.m.  
Wednesday afternoons 12 -1 pm / Saturdays 10:15-11:45 a.m.

## **PAYMENT OPTIONS:**

**Option 1:** You may pay via electronic funds transfer on the designated day of your choice for the monthly program simply by completing a form and providing a void check, deposit slip or copy of your credit card. This option ensures you or your child easy access to the program with no need to reregister every month.

**Option 2:** If you choose to pay by cash, check or credit card in person, here is what you need to know: You must register and pay on or before the first day of class every month. If we do not have a payment for the participant on the first day of class for the new month, he/she will not be allowed to participate until the fee has been paid.

**CHECK-IN PROCEDURE:** Please check in at the front desk before heading back to the program. Parents are required to walk participants all the way into the gym or studio and pick them up there after class.

**LOCATION:** YMCA Mat Room (Formerly the Gymnastics Studio)

**FEES:**

**Member:** \$30.00 Individual, \$20.00 for second, \$5.00 each additional family member

**Non-member:** \$40.00 Individual, \$30.00 for second, \$5.00 for each additional family member

**UNIFORMS:**

If you plan to continue training after your first month, you may purchase a uniform, called a gi. Est. cost: \$40. Please speak to Assistant Instructor Dan Campbell if you are interested.

**OBSERVING CLASS:**

All classes are open for observation. We encourage everyone to watch a class first before registering.

**FIRST DAY OF CLASS:** Wear loose fitting clothing that allows you to move easily. Please make sure your knees are covered (no shorts). Aikido is performed barefoot.

**BIRANKAI INTERNATIONAL:**

Once you begin testing for rank, you will become a member of a large Aikido group, Birankai International. An annual fee of \$35 is collected from the organization. All the instructors hold rank under Birankai International founded by T.K. Chiba Shihan.