

Aikido



Aikido Centers

Aikido is a unique martial art, the full power of which is rarely seen. From a self defense aspect it can end an attack suddenly and decisively or dissipate it with the gentleness of a soft breeze. Aikido's unique approach **blends with an attack**—rather than clashes with it—and then re-directs it safely away with the option of simple evasion, ending it in a throw or taking it to a pin. It is **Mindfulness in Movement**.

Aikido's circular flowing techniques are fun, effective and **can be learned by anyone** regardless of size, age or gender. Men, women, teens, children and seniors all find Aikido appealing because its techniques are not based on pitting one's strength against another's. They learn to defend themselves without resorting to violent or aggressive behavior. Self esteem, concentration, **awareness** and focusing power are greatly enhanced allowing balance and calmness to be maintained in all situations. This state of being is then naturally carried off the mat and into the activity of daily life.

Aikido has **no contests**, tournaments, fighting or competitions. It is based on centering, balance, blending, mutual respect, and a desire for mutual benefit and even friendship. This philosophy, ideals and ethical approach are inseparable from actual Aikido training.

One develops a strong yet supple, relaxed body, a **calm clear mind**, an increased overall awareness, self defense skills that allow for a wide range of appropriate responses and a **powerful inner and outer peace**.

At Aikido Centers we teach traditional Aikido as handed down by the Founder of Aikido. We hold to his inspired vision—emphasizing the philosophy and ethics of Aikido while at the same time teaching Aikido's **full range of capabilities**—from increased personal awareness and self respect to gentle persuasion to full street effectiveness.

- **NO CONTRACTS!**
- Easy, **learn-at-your-own-pace** classes emphasizing safety, mutual respect & personal enjoyment for men, women & children taught by courteous, friendly, professional black belt instructors.
- Members enjoy **unlimited practice** in all classes at all of our member dojos whenever they like.
- Beginner, Intermediate and Advanced Aikido training.
- Beginners are given special attention, patience and kindness. **Falls and falling are never mandatory.**
- Clean, traditional facilities—pleasing to the eye and to the spirit.
- Special **AiProtect** programs for children & parents, individuals, agencies & law enforcement.



Visitors are always welcome to observe any of our Aikido classes.

No appointment is necessary.

Our Chief Instructor



Greg O'Connor is our founder and full-time Professional Aikido Instructor with over forty years of intensive martial arts training and teaching experience. Sensei O'Connor is known for his wide range of Aikido repertoire and his attention to detail in both Aikido hand-to-hand techniques and Aikido weapons. He is fully dedicated to both his students and to the teaching of Aikido.

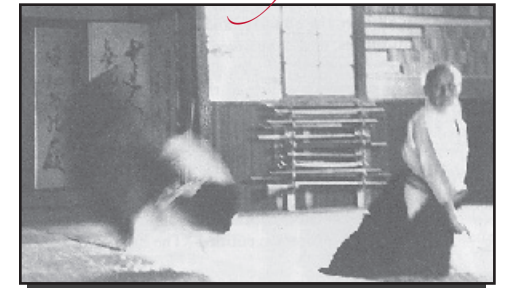
He is the author of two internationally acclaimed books on Aikido (*The Aikido Student Handbook* and *The Elements of Aikido*) and he continues to explore the beauty, power and wonder of Aikido.

...stimulating and rewarding on every level—physically, mentally, emotionally, socially & spiritually.

www.AikidoCenters.com

*"A mind to serve for the peace of all human beings in the world is what is needed in Aikido, and not the mind of one who wishes to destroy or who practices only to fell an opponent. It is for correcting your own mind—a way to reconcile the world and make human beings one family."
- O Sensei*

The Founder of Aikido



Morihei Ueshiba - Founder of Aikido

The Founder of Aikido was someone, like yourself, seeking to be at peace no matter what the circumstances. To those who practice Aikido, he is respectfully known as O Sensei—"Great Teacher".

O Sensei made a lifetime study of the martial arts. Stories abound of his super-human feats and magical powers. Although he gained a reputation of being virtually unbeatable, he was, at the same time, profoundly troubled with the conflict that arose between his martial skills and his spiritual training.

He felt that winning at someone else's expense was not really winning and that true victory was victory over the conflict within ourselves. The result was the birth of **Aikido**—an entirely new martial art based not on destruction, but on the **harmonious and mutually beneficial resolution of conflict** in all its varied forms.

Watch a class!

Stop by to watch a class or two. You'll see that although our practice is serious, there is a **relaxed, friendly atmosphere** on the mat. Smiling, having fun and enjoying class is highly encouraged.

You'll see that **we take care of each other** because the throws and pins of Aikido, although based on benevolence, are **highly effective** and potentially very dangerous. You'll see advanced students practicing in a very dynamic manner with each other—flying this way and that—while beginners in the same class are being **gently guided** by advanced members who enjoy helping new students learn in a **safe atmosphere**. They know that by adapting the Aikido techniques being taught to the beginner's comfort level they not only improve their own Aikido but they help the new student to have a **positive and enjoyable experience**—plus they make a new friend!

Although regular Aikido practice involves taking falls (that's the "flip" side of Aikido), and we teach all falling to beginners in a safe and comfortable manner, **falling is not required** in any of our classes. We even have special "No Falls Aikido" classes.

After watching a class you are more than welcome to speak with any of the instructors or students. We will be happy to answer all of your questions.

So stop by! We know you'll like what you see—and we look forward to you joining our **Aikido Centers** dojos!



We have a long history specializing in Aikido training for **beginners thru advanced black belt**. Through the years, we've been honored to have many other Aikido schools welcome our students as instructors.

At Aikido Centers we have **50+ Black Belt Instructors** on staff to provide you with the **expert friendly support** you need to advance in your Aikido training.

AND—if you'd like to join us, **you don't sign a contract** like other schools. We want you to stay because you **enjoy your Aikido practice**, our **friendly atmosphere**, the high level of **quality training** and our **expert instruction**—not because of a contract.

Watch a class today!...And ask about our Aikido Starter Special for new members!

*"I started Aikido for self defense.
I'm learning that—and so much more."*

"My son doesn't have a problem with bullies and I'm relieved that my daughter can now effectively protect herself."

"Aikido has enhanced my entire life. I feel so much better about myself and everything around me."

"The atmosphere is serious and respectful yet relaxed and friendly."

Dynamic Power with Amazing Grace




www.AikidoCenters.com

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