



Dojo Location

44 Lynch St
Hawthorn



WHAT IS AIKIDO?

Aikido is a powerful and graceful martial art that relies on blending with the opponents force (Ki) rather than on physical strength to deal with an attack. The literal meaning of Aikido is *'the way of harmony with the universe'*. Aikido is a vigorous physical activity that fosters calmness and attention, improves fitness, enhances personal safety and is enjoyable and rewarding to learn.

The dynamic movements of Aikido will **increase fitness** as well as improve **body and mind co-ordination**. The body becomes **more supple and agile**, as you become more aware of how to apply the efficient physical principles of Aikido. Regular practice will develop greater sensitivity and attention to action in the moment while remaining calm and centred, you will improve posture and sense of balance and gain an **increased self-confidence**. You will learn a range of techniques using locks, holds, throws and strikes to respond to various forms of attack, while also learning to receive such techniques safely. There is no need to have a high level of physical fitness or any martial arts experience to begin. Wear loose comfortable clothing that covers knees and elbows to your first class.

The beginners class is a great way to start.

Our dojo in Hawthorn is a permanent and professional Aikido training centre, providing a quality matted area for aikido, self defence programs, boxing for fitness and other related activities.

Aiki-Centre Hawthorn is an affiliated dojo with Aikido Yuishinkai International (see www.aikidoyuishinkai.com). Aiki-Centre head instructor Catherine Schnell Sensei, holds the rank of 5th Dan and has nearly 30 years experience in Aikido. She has trained with leading Aikido teachers in Japan, USA, UK and Australia and has an appreciation of the different styles represented in the art. In 1997 Catherine Sensei was the first Australian female martial artist to be inducted into the Australasian World Martial Arts Hall of Fame and was awarded Aikido Instructor of the Year.

AIKI-KIDS classes for children from 5 years of age offers the opportunity to gain the **physical and mental benefits** of Aikido in a **fun and enthusiastic** learning environment structured specifically for their needs. Our approach is to encourage children to utilise and enhance their natural ability to blend and move, and to **develop co-operativeness** with each other. In addition to learning the principles and techniques of Aikido we also include practical and clear **personal safety skills**, such as verbal assertiveness, conflict resolution and safety advice for young people. We reinforce the view that fighting is not self defence.

AIKI-TEENS are welcome to train in the intermediate junior class. Older teenagers are permitted to train in the Adult Beginners & Saturday morning classes. Assessing the appropriate class can be discussed with Sensei. Please contact us to find out more, or come and watch a class.

Phone: 9815 3388
Mobile: 0418 549 776
Web: www.aikicentre.com.au
Email: info@aikicentre.com.au



See over for information about training times and cost.

Aiki-Centre Hawthorn

44 Lynch St. Hawthorn
Ph. 9815 3388

Aikido Training Rates

Our rates provide affordable training with no additional annual membership fees.

Adults Training

► Options for Starting Aikido

'TRY AIKIDO' Introductory Offer **\$75**

4 weeks unlimited training.

Monday beginners class is ideal for 'Try Aikido' participants.

'AIKI-CENTRE STARTER' Pack: **\$210**

4 weeks unlimited training plus

Quality Aikido uniform with personalised embroidered badge and the Aikido Yuishinkai Student Handbook.

► **Regular Aikido Training - Adults** **\$23 p/wk***

10% Discount for multiple family members training. Aikido only - excludes other discounts.

Guest Rate: Available to visiting Aikido students from other dojos. **\$18 per class**

Aiki-Kids & Teens Training

► Options for Juniors & Teens Starting Aikido

'Try Aikido' Class for Juniors & Intermediates **\$15**

This fee is available for children to try Aikido, available for one class only.

Aiki-Kids Starter Pack **\$95**

Includes: Light uniform with embroidered badge and 4 weeks training.

'Try Aikido' Introductory Offer for Teens (16 yrs & over) **\$55**

Includes: 4 weeks training - 2 classes per week in the adult classes.

Aiki-Teens Starter Pack (16 yrs & over) **\$165**

Includes: Quality Aikido uniform, embroidered badge and 4 weeks training – 2 classes per week in the adult classes.

► Regular Aikido Training – Juniors & Teens

Aiki-Kids Training for Juniors & Intermediates **\$16 p/wk***

Provides for up to 2 classes per week in the Aiki-Kids Classes

Aiki-Teen Training **\$19 p/wk***

Provides for up to 2 classes per week in the adult classes as agreed with Sensei

(\$1 p/wk discount per child for family enrolments, conditions apply.)

* Note: All 'Regular Aikido Training' fees are paid fortnightly via direct debit. Terms and conditions apply.

Aikido participants can also receive discounts on Boxing & Self Defence classes.

See Timetable for Aiki-Centre training times.

Aikido and Boxing Training Timetable

Aiki-Centre - Hawthorn

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.30am BOXING Fitness Workout - Duration 1hr		6.30am BOXING Fitness Workout - Duration 1hr			
	9.15 AM BOXING Fitness Workout - Duration 1hr.		9.15 AM BOXING Fitness Workout - Duration 1hr.		9.00 AM AIKIDO Aiki - Juniors 5-9yrs Duration 45mins.	
					9.45 AM AIKIDO Aiki - Intermediate 10 yrs + Duration 45mins.	AIKIDO & KOBUDO Training SEMINARS & other special weekend training events.
Also available Personal Training - Boxing Specific						(As scheduled)
					10.30 AM AIKIDO Adults - General All levels Class includes Aiki Weapons Duration 2 hrs	
4.30 PM AIKIDO Aiki - Juniors 5-9yrs Duration 45mins.			4.30 PM AIKIDO Aiki - Juniors 5-9yrs Duration 45mins.			
5.15PM AIKIDO Aiki - Intermediate 10yrs + Duration 45mins.			5.15 PM AIKIDO Aiki - Intermediate 10yrs + Duration 45mins.		AIKIDO SEMINARS & other special weekend training events. (As scheduled)	
	6.30 PM BOXING Fitness Workout - Duration 1hr.	6.30 PM BOXING Fitness Workout - Duration 1hr.	6.30 PM BOXING Fitness Workout - Duration 1hr.			
6.45 PM AIKIDO Adults - Beginners to 4th Kyu Duration 1hr.				AIKIDO SEMINARS & other special weekend training events. (As scheduled)		
7.45 PM KOBUDO Weapon Arts Practice Session Duration 1hr.	7.30 PM AIKIDO Adults - General All levels Duration 1hr. 30mins	7.30 PM SELF DEFENCE Short Course Refer to course info for dates 1hr. 30mins	7.30 PM AIKIDO Adults - General All levels Duration 1hr. 30mins			

Timetable is subject to change, as classes are scheduled according to demand.

Aikido: Teens are permitted to train in the adult Beginners and Saturday morning sessions. Subject to Sensei approval.

Aiki-Centre Hawthorn - 44 Lynch St. Hawthorn

Ph. 9815-3388

Jan-12