CAMPUS RECREATION & WELLNESS

AAU AIKIDOKAI

DESCRIPTION

Aikido is a traditional Japanese martial art created by Morihei Ueshiba (O-Sensei) in the early 20th century. As the physical practice of philosophical principles developed by O-Sensei, Aikido strives for the ultimate goal of peaceful resolution rather than defeat. Composed of three Japanese characters: Ai, meaning harmony; Ki, spirit or energy; and Do, the path or the way, the word Aikido thus signifies the "Way of Unifying Life Energy".

BENEFITS

The goal of aikido practice is to foster individuals who are not only strong and fit physically but who also have the wisdom and ethics to benefit the community at large. Thus, an aikidoka (practitioner of aikido) true to the budo attitude (budo = Martial art of Japan) will not enter into confrontations with others but in such occurrences will cease the opportunity to better oneself by confronting one's true enemy, the one within.

COST and CONTACT

Cost will be just $25 per month for Spring 2013 Academy of Art Students (4 hours of instruction each week at a professional dojo taught by a Master Instructor - $500 value!) Payment is to be made to the Club President.

CONTACT

Website: http://www.universityaikido.org/index.html for more information
Email: Aauaikidokai@gmail.com

LOCATION

Aikido classes take place at the dojo of San Francisco Aikikai
1625 Bush Street, #4; San Francisco (Cross Street, Franklin), CA 94109

IMPORTANT

In order to attend class, you will need the following:
A current student identification card
A signed waiver form (pick up before class)
A clean white Judo or Karate uniform (GI) with a white belt-(options will be provided when you attend class)