

# 合 CHORLTON 氣 AIKIDO 道



British Aikido Board

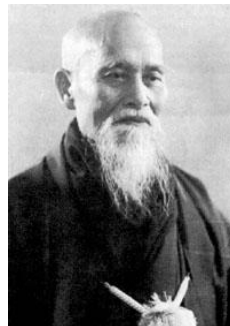


Lancashire Aikikai

[www.lancashireaikikai.org](http://www.lancashireaikikai.org)

## What is Aikido?

Aikido is a Japanese martial art developed at the beginning of the 20<sup>th</sup> century by Morihei Ueshiba (often referred to by his title 'O Sensei' or 'Great Teacher'). On a purely physical level it is an art involving some throws and joint locks that are derived from Jujitsu and some throws and other techniques derived from Kenjutsu (sword). Aikido focuses not on punching or kicking opponents, but rather on using their own energy to gain control of them or to throw them away from you. It is not a static art, but places great emphasis on motion and the dynamics of movement.



Morihei Ueshiba

Aikido is suitable for both men and women of all ages and physical ability.

## Chorlton Aikido

**Wednesdays 7:30pm to 9:30pm**

St Ninian's Church Hall, Wilbraham Road,  
Chorlton

Contact **0161 881 9403**

## How do I start?

Contact the telephone number above if you need more information, or simply turn up on the night.

Beginners are welcome.

Wear loose clothes e.g. jogging pants and T-shirt. You will be shown the basics and integrated into the class, even on your first night.



**Cost**

£12 for first 4 weeks, including insurance for the year (£9 concession). This is followed by a fee of £5.00 (£4.00 concession) per session.

Membership of our association The Lancashire Aikikai is due after 4 weeks, this is £30 for the year, pro-rata from January.



Your membership to the Aikikai will give you access to the other clubs within the association spread throughout Greater Manchester, Lancashire and Merseyside.

Lancashire Aikikai is a member of the British Aikido Board the governing body for Aikido in the UK.

