

Instructors:

Tom Hackmann 4th Dan
 Dave Humphreys 3rd Dan
 Michael Nuschke 3rd Dan
 Ali Celikkanat 2nd Dan

Class Schedule:

Monday	6:00 – 7:00 pm	beginner
	7:05 – 8:00 pm	advanced
Wednesday	6:00 – 7:00 pm	beginner
	7:05 – 8:00 pm	advanced
Friday	6:00 – 7:00 pm	beginner
	7:05 – 8:00 pm	advanced
Saturday	11:00 – 1:00 pm	open/all

- Monday second class is frequently a weapons class.
- Friday second class is usually aimed towards higher-kyu testing requirements.

Students are requested to arrive 15-20 minutes prior to class to assist in laying out mats and to warm up. Classes begin promptly at the assigned times.

Dues: (as of January 2008)

Adult \$140 per term *

Student \$100 per term *

* A term is four months, beginning in January.

Prospective students are encouraged to watch an Aikido class, then to participate in a class before deciding whether or not to join. They can then join for one month as opposed to the entire term. Following the first month, the student must join term-to-term.

The official dues policy is posted to the Halifax Aikikai website, on the [Classes](#) and [Admin](#) pages.

Visiting Aikido students are always welcome –please introduce yourself to the instructor or senior student prior to the start of class. A Visitor's fee may apply; members of NS dojos are exempt.

(Document version 06, January 2009)

OTHER DOJOS IN NOVA SCOTIA

Antigonish Aikikai

Peter MacLean
 James River, Antigonish
 863-4475 or 863-2922
 peter.maclea@ns.sympatico.ca

Acadia University Aikikai

Terry Lane
 Acadia University, Wolfville
 terry.lane@acadiau.ca



HALIFAX AIKIKAI

4th floor gym, Abbie J. Lane Bldg,
 Corner of Jubilee Rd. and Summer St.
 (Veteran's Memorial Way)
 (part of the QE II Hospital complex)

Beginners are always welcome.

902.431.6365

www.halifaxaikikai.ca

HALIFAX AIKIKAI

AIKIDO

The Japanese Art Of Self-Defence

Aikido (Japanese: "way of spiritual harmony") is a martial art that resembles the fighting methods jujitsu and judo in its use of twisting and throwing techniques and in its aim of redirecting an attacker's momentum against himself. There are no offensive moves in Aikido. It was developed to subdue, rather than maim and kill, but many of its movements can be deadly. Aikido especially emphasizes the importance of achieving complete mental calm and control of one's body to master an opponent's attack. The development of courtesy and respect is another integral part of aikido.

Aikido is studied and enjoyed by men and women of all ages.

The word 'aikido' is comprised of three Japanese words. 'Ai' is harmony, 'Ki' is spirit, mind or universal energy, and 'Do' is way or path. Therefore, aikido is the way of harmony with universal or spiritual energy.

合気道



About The Founder

The basic techniques of Aikido originated, probably in Japan, around the 14th century. In the twentieth century they were systemized into their modern form by Japanese martial arts master Ueshiba. The master was born in the Japanese village of Tanabe, on December 14, 1883. His father taught a secret method of combat called Aioi-Ryu with a mixture of Tai-jitsu and Kendo. The fighting style Ueshiba learned as a boy lies at the root of present-day Aikido. As a youth, Ueshiba lived and worked in Tokyo and Sakai, where he studied various forms of jujitsu and fencing. After a period of military service in the Russo-Japanese War, Ueshiba went as a settler to the northern island of Hokkaido, where he continued to study the martial arts. His father's death in 1918 had a profound effect on Ueshiba's spirit, and he began to seek an answer through mediation and prayer. He moved to Ayabe where he lived and worked until 1926. The master occupied himself with jujitsu, the arts of the spear, and farm work.

An important experience occurred to Ueshiba in the spring of 1925. A visit from a naval officer and fencing professor led to a contest with wooden swords. The officer attacked, but the master dodged each blow, and his opponent, unable to touch him, finally gave up. After this encounter, he went into his garden alone. Here, he experienced satori, the Zen equivalent of a revelation: instead of trying to block an attack and reply to it, or to avoid an attack and then counter-attack, the aim is to harmonize one's will with the will of the opponent. One should conduct and lead the energy (ki) in the opponents movement, until it is dissipated, without causing harm.

This remarkable insight was the beginning of Aikido. The ethic of this enlightenment is reflected in the technique which the master then taught.

On April 26, 1969, at 86 years of age, the master died in his sleep.



Halifax Aikikai Affiliations

Halifax Aikikai is a member of the Nova Scotia Aikido Federation (NSAF), and the Canadian Aikido Federation (CAF).

The Technical Director for the CAF is Y. Kawahara Shihan (8th Dan).

Other members of the NSAF and CAF are Antigonish Aikikai and Acadia University Aikikai.



For more information about Halifax Aikikai, please call **431-6365** and leave a message, or visit our website at: <http://www.halifaxaikika.ca>