

## LOCATION

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### Alexandra Centre Aikido Dojo

Alexandra Dance Hall  
922 - 9<sup>th</sup> Ave SE  
Calgary, Alberta, Canada T2G 0S4  
(403)-269-5588

## ACCESS

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The dojo (training place) is located in the Dance Hall in the Alexandra Centre Building run by the Alexandra Centre Society in Inglewood.

## REGULAR INSTRUCTORS

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Robb Wheatley, Yondan(4<sup>th</sup> dan)

## CLASS SCHEDULE

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Tuesday and Thursday evening Adult Classes

Beginners : 6:00pm - 7:15pm  
Regular: 7:15pm - 8:45 pm

There are also some other opportunities to travel and train in other dojos. Speak to instructor.

## FEES

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Fees are \$40/ month for Inglewood, Ramsay, and Victoria Park residents and \$50/month otherwise. This is a flat rate regardless of the number of classes attended. An additional \$20 per year membership fee for Canadian Aikido Federation (CAF) membership (includes insurance coverage) is charged. Please note this rate is set by the CAF and possibly subject to change. Fee Subsidies Available. Through ACS

## NEW MEMBERS

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Classes are open to members 18 years and over. Prospective members are welcome to come and watch and take a free trial class to see if Aikido might be something they would like to pursue.

### Alexandra Centre Aikido Dojo Alexandra Centre Society

922 – 9<sup>th</sup> Ave SE

Calgary, Alberta

Phone (403) 269-5588

[info@alexandracentresociety.org](mailto:info@alexandracentresociety.org)

<http://www.bozankan.com>

[bozankan@telus.net](mailto:bozankan@telus.net)



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# *Aikido Instruction*

## *At the*

# *Alexandra Centre*

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*Self-improvement  
through  
Training  
in a  
Traditional Japanese  
Martial Art*

# WHAT IS AIKIDO?

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The martial art called *Aikido* is the result of a lifelong journey of a gifted Japanese man named Morihei Ueshiba (1883-1969), also referred to as *O Sensei* (great teacher). When you visit an Aikido *dojo* (training place) it is *O Sensei*'s picture that is displayed on the front wall of the mat area. Literally the characters *Ai Ki Do* mean *Way of Spiritual Harmony*.

## AIKIDO TECHNIQUES

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*O Sensei* developed Aikido techniques based on ancient Jujitsu and weapons training. Aikido movements are circular and blending in nature. Joints are manipulated in their natural direction of motion. An Aikidoist generally blends with an attack, disbalances the opponent, and redirects the force to a safe conclusion. This simple principle makes it possible for anyone to become accomplished at Aikido. Strikes in Aikido are used to unbalance an opponent rather than as offensive techniques intended to cause physical harm.

You don't have to be athletic, big, strong, young or fast to become adept at Aikido. In fact, most people begin practicing in their late twenties or thirties. Many people continue into their 60's and beyond!

Empty-handed Aikido techniques include throwing, joint locks, pins, weapon taking and defenses against multiple attacks. Weapons practice consists of wooden staff (*jo*), sword (*bokken*), and knife (*tanto*). Aikido techniques are practiced in both seated and standing forms. Aikido is normally practiced on a cushioned mat area to prevent injuries.

## NATURE OF AIKIDO PRACTICE

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Aikido is not about fighting or learning how to fight or conquering an opponent. Specifically, there is no competition or sparring in Aikido practice. This feature of Aikido tends to separate it from other martial arts that include competition. Focused training is desirable but aggressive attitudes are definitely discouraged.

Aikido techniques can be quite devastating to those not trained to receive them. Learning to receive techniques and fall safely is as important a part of practicing Aikido as learning to apply the techniques. Cooperation is also an important part of Aikido training to ensure the safety of both partners.

## BENEFITS OF AIKIDO PRACTICE

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Efficient body movements, breathing, timing, and correct distance are important elements in the proper execution of Aikido techniques. Increased strength, stamina, flexibility, and improved balance and posture are the physical rewards of continuous regular Aikido practice.

Practicing Aikido is also a great way to relieve stress, develop a calm, relaxed attitude and improve self-confidence. Many people find that they can apply the conflict resolution philosophy of Aikido in their daily lives.

It is recommended that members make a commitment of attending two classes per week to ensure steady progress.

## ATMOSPHERE IN THE DOJO

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The gender mix of the dojo is generally split about 70% male - 30% female. Everyone practices together in the same classes. The atmosphere in the dojo is fairly easy going, combining a balance of respect, sincerity, camaraderie and humour.

Beginners often find the etiquette and protocol in a traditional dojo a bit overwhelming. There are a lot of somewhat obscure rules and a lot of bowing. The protocol is designed to provide a safe, structured environment for practice and to foster sincere feelings of respect and friendship. Senior members help the beginners get acquainted and it does not take long before the protocol both on and off the mat is quite natural.

All members of the dojo are responsible for the cleaning and upkeep of the dojo. Everyone pitches in and the tasks are finished quickly.

## AIKIDO IN WESTERN CANADA

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There is a thriving Aikido community in North America. Of particular interest are the weekend and weeklong training seminars held in Alberta, BC, and Saskatchewan. Members of Aikido Bonzankan are privileged to be able to regularly attend seminars instructed by Mr. Yukio Kawahara Sensei, a world class Shihan (master teacher) who lives in Victoria B.C.