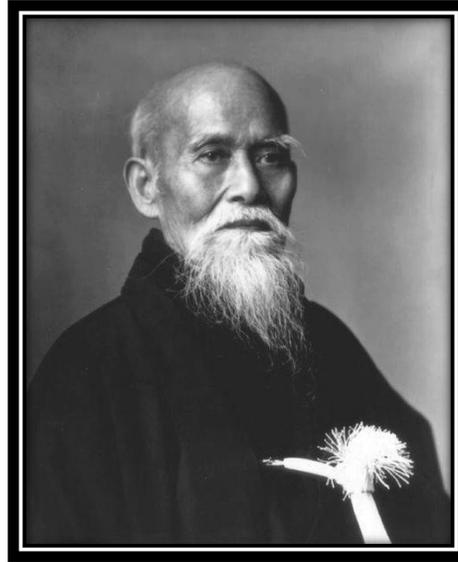


**A**ikido (Japanese: "way of spiritual harmony"), martial art that resembles the fighting methods jujutsu and judo in its use of twisting and throwing techniques and its aim of turning an attacker's strength and momentum against himself. Pressure on vital nerve centers is also used. There are no offensive moves in Aikido. It was developed to subdue, rather than maim or kill as in jujutsu or karate, but many of its movements can be deadly. Aikido especially emphasizes the importance of achieving complete mental calm and control of one's own body to master an opponent's attack. As in other Oriental martial arts, the development of courtesy and respect is an integral part of Aikido training.

The basic skills of Aikido originated, probably in Japan, in about the 14th century. In the early 20th century they were systematized in their modern form, through the work of Japanese martial arts expert Ueshiba Morihei. As taught by Ueshiba, it was so purely defensive an art that no direct contest between practitioners was possible.



#### About O-Sensei

Morihei Ueshiba (1883 - 1969) is the *kaiso* (founder) and *Ō-sensei* (master) of the martial art *Aikido*.

Energetic in his youth, Ueshiba practiced numerous forms of martial arts until experiencing a revelation; to harmonize with an attacker instead of destroying him. This principle was the key to the foundation of Aikido.

The *Aikikai* style of Aikido, which our club practices, continues to be led by the children and direct descendants of *Ō-sensei*.

合気道



**Halifax Aikikai**

Established 1976

-Encyclopedia Britannica

*"In Aikido we never attack. An attack is proof that one is out of control."*

-Morihei Ueshiba

Introduction to Halifax Aikikai

[halifaxaikikai@hotmail.com](mailto:halifaxaikikai@hotmail.com)

f | [halifaxaikikai.ca](http://halifaxaikikai.ca)

## Location

Camp Hill Medical Centre, Abbie J. Lane Memorial Building (Corner of Jubilee Rd. and Summer St.).

4th Floor Gymnasium, Halifax, NS.

## Instructors

Thomas Hackmann,	5 <sup>th</sup> Dan
David Humphreys,	4 <sup>th</sup> Dan
Peter McAuley,	2 <sup>nd</sup> Dan
Katharina Kieser,	2 <sup>nd</sup> Dan
Craig Rogers,	2 <sup>nd</sup> Dan

## Contact

E-mail [halifaxaikikai@hotmail.com](mailto:halifaxaikikai@hotmail.com)

## Class Schedule

Monday	6:00 - 7:00 PM 7:00 - 8:00 PM
Wednesday	6:00 - 7:00 PM 7:00 - 8:00 PM
Friday	6:00 - 7:00 PM 7:00 - 8:00 PM
Saturday	10:00 - 11:00 AM 11:00 - 12:00 Noon

## Dues

Daily	10.00\$ (drop-in fee)
Term	140.00\$ (four months)
Student	100.00\$ (four months)

*Dues collected in January, May, and September.  
Unwaged persons should speak to the dojo head about dues.*



- Located centrally in the Halifax Peninsula, within walking distance of Citadel High School, Dalhousie University and Saint Mary's University campuses, as well as the Downtown center.
- Easy access to the following bus routes (as of January 2015):  
7, 17, 18, 42, 80, 81, 90, 20, 21, 23, 31, 32, 33, 34, 53, 59, 68, 84, 85, 86.

**HALIFAX AIKIKAI** is a local, provincially registered, not-for-profit organization run for the benefit of its membership and for the training of Aikikai-style Aikido. The dojo is affiliated with the **NOVA SCOTIA AIKIDO FEDERATION**, the **CANADIAN AIKIDO FEDERATION**, and the **AIKIDO WORLD HEADQUARTERS** - Tokyo, Japan. All funds from dues paid go towards the payment of rent, dojo expenses, and general upkeep of dojo equipment.

For more information, visit us at:

[halifaxaikikai.ca](http://halifaxaikikai.ca)

