

Starts January 15



The Art of Unarmed
Self Defense

**How To Reach a
Peaceful Resolution
to a Violent Conflict**



Altru Family YMCA

What is Aikido?

Aikido can be defined as the “way of harmony of mind, body and spirit”.

Emphasis is on self-development of physical and mental discipline. The movements are designed to ward off the attacker using his momentum against himself while not causing permanent damage.

The philosophy behind the practice is “to reach a peaceful resolution to a violent conflict.”

Aikido consists of throws, manipulation of joints and body positions by applying the laws of physics. The purpose is to bring your mind, body and spirit into harmony. In order to build a structure that will endure, one must have a foundation. That would include proper footwork, which is essential to any sport or physical activity. A proper attitude is also essential, along with respect and humility.

Everyone must practice Ukemi (receiving technique) so you don't risk injury. This includes falling and rolling (shoulder roll) and learning to pat your side or floor when the first instance of pain occurs.

Additional benefits of practicing Aikido include: improved balance, coordination, flexibility, and overall fitness; reduced stress and the building of character, confidence and self control.

Exercises in breathing, stretching and proper motion along with proper stance must be mastered.



“Before you become a leader, you must learn how to be a follower; before you become a teacher, you must learn how to be a student; before you become a master, you must learn how to be a servant.” We must have a mutual respect for each other when practicing Aikido.

Contact: Darryl Marek

To enroll, call or Visit Y Member Services: (701) 775-2586



Altru Family YMCA • 215 N 7th St • Grand Forks, ND 58203 • (701) 775-2586 • www.gfymca.org

INSTRUCTOR

Mike Gallagher

- 3rd Generation Aikido Instructor
- Sho-Dan Black Belt, New Jersey School of Unarmed Defense - Aikido

CLASS LENGTH

1 hour

SCHEDULE

Session 2x/week - 6 weeks
January 15 - February 24

Mondays 5:45-6:45 pm
Studio A/B

Saturdays 2:00-3:00 pm
Studio A/B

Cost \$40 - YMCA/Choice Members
\$50 - General Public

CLOTHING REQUIREMENTS

Those with prior martial arts experience may wear their Gi.

Others: loose fitting clothing such as; sweatshirts (no tees or tank tops) sweatpants (no jeans or shorts). Socks (white preferred - qtr, crew, etc). Braces for knees, ankles, etc. may be worn if needed. No jewelry (earrings, bracelets, watches, etc) piercings should be removed. These are for safety, hygienic, and uniformity purposes.