

MEMBERS PROFILE

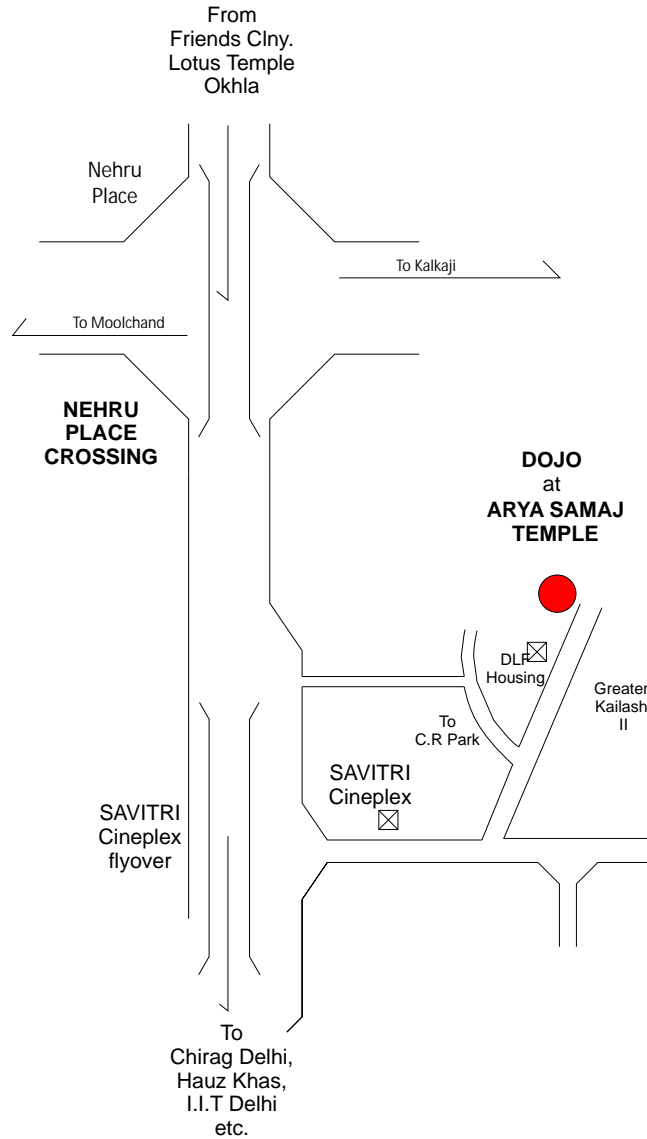


Member's profiles

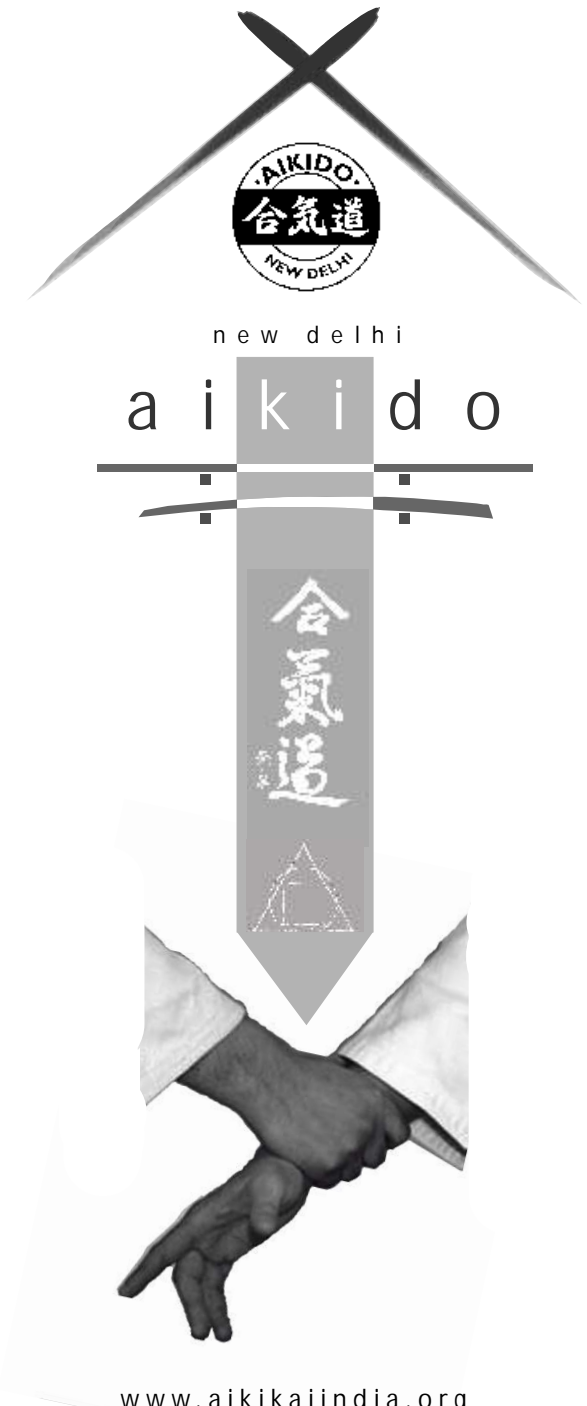
New Delhi Aikido dojo has 22 permanent practicing members and a large number of visiting or temporary members from different parts of the world who visit the dojo to practice when they are in the city. The permanent members are from a diverse set of backgrounds, ranging from doctors, architects, artists, journalists, management professionals etc.



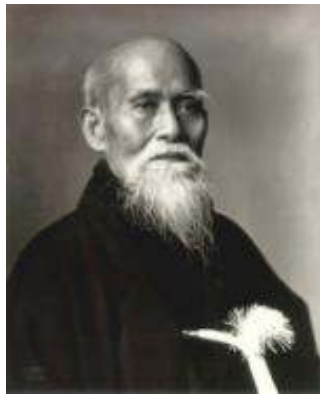
LOCATION



ARYA SAMAJ MANDIR
First Floor Hall
Greater Kailash -II
New Delhi - 110048
Tel.- 09899822332



www.aikikaiindia.org



The Founder of Aikido - Morihei Ueshiba
'O'Sensei(Great Teacher) to his students

a i k i d o

(Ai- To blend Ki - Internal energy Do-Way)

Aikido is the way of blending the internal energy for
Self improvement

To blend body, mind and spirit.

Self defense

To blend with your opponent to control and subdue
them.



Chief Instructor - Sensei Paritosh Kar

4th Dan Black Belt with over 15 years of training
in Aikido at AIKIKAI head quarters in Japan, of
which 5 years were spent at the special training
academy.

BENEFITS OF AIKIDO

1. PHYSICAL

YOU GAIN

- a. Stamina
- b. Strength
- c. Flexibility
- d. Energy

YOU LOSE

- a. Excess weight
- b. Lethargy

2. SPIRITUAL

YOU GAIN

- a. Calmness
- b. Focus
- c. Purpose
- d. Wide vision

YOU LOSE

- a. Fear
- b. Depression
- c. Negativity

AIKIDO

AIKIDO is a non-competitive and non-aggressive martial art. It does not counter force with brute strength, rather, it redirects the aggressor's force with well timed, flowing, circular movements that lead the aggressor off their balance. Then joint locks, throws and pins are used to effectively control and immobilize the attacker, regardless of size or strength.

AIKIDO is not a sport. It is a combined development of both physical and mental dexterity, which, in time, leads to the development of a very powerful self defence capacity for anyone, irrespective of size, age, or gender.

Men, women and children of all ages are invited to learn AIKIDO in a strict yet friendly training environment that instills self discipline and self confidence.

Given time and practice trainees will develop powerfull self defence techniques while also improving their fitness, agility, flexibility and an ability to focus.

FACILITY & SCHEDULE

THE TRAINING SCHEDULE

General classes

Morning - 6:30 to 8:00 (Mon, Wed, Sat).

Sunday class: 7:00 to 8:30. a.m.

Evening - 7:30 to 9:00 (Mon to Sat).

Weapons classes (bokken, jo & tanto)

Wednesday - 6:20 to 7:30 p.m.

Saturday - 8:00 to 9:00 a.m.

Beginners classes

6:00 to 7:00 p.m. - Tue, Thu and Sat

Children's classes

Wednesday - 5:00 to 6:10 p.m.

Friday - 5:00 to 6:10 p.m.

Sunday - 9:00 to 10:10 a.m.

Meditation Classes

Tuesday 7:00 to 7:30 p.m. (Evening)

Sunday 8:30 to 9:00 a.m. (Morning)

*Non-members are also welcome to attend
the meditation classes.