

TRAFFORD AIKIDO

CLUB
MARK



fun

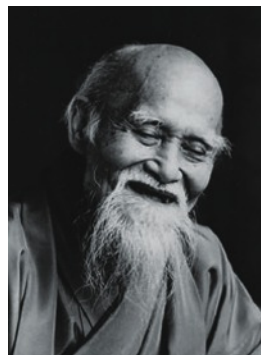
fitness

confidence

stress buster

self defence

What is Aikido?



Morihei Ueshiba
(Founder of Aikido)

Aikido is a martial art from Japan, a way of spiritual harmony and an effective method of self-defence. It is non competitive and seeks to overcome an opponent by movement and technique, blending with the attack rather than meeting force with force.

It is suitable for both men and women of all ages and physical ability. and right from the start beginners can practice along with advanced students. It benefits fitness and posture, gives mental as well as physical training, and is a good antidote to the stresses of modern living.



Trafford Aikido

www.traffordaikido.org.uk

Founded in 1989 by Andrew Baird, 5th Dan. He holds the BAB level 3 Coaching Award and has trained for over 40 years. The club has a strong Dan Grade coaching team supporting 3 training opportunities in the week. Emphasis is placed on welcoming newcomers to the club and ensuring they are integrated quickly.

www.traffordaikido.org.uk

How do I start?

Beginners welcome at all times.

Wear loose clothes, eg; jogging pants and T-shirt, no jewellery and bare feet, flip flops should be worn to the edge of the mat. You will be made welcome to the class and shown basic posture, movement and safe falls. Even in your first class, you will be able to join in and practise with the other students.

Cost

Senior Beginners (16+):

£15.00 for 4 weeks, including insurance for the year (£10.00 concessions), followed by a monthly fee.

Junior Beginners (8-15 years):

£5.00 first class (including insurance), then £2.50 per class.

Membership of Lancashire Aikikai (our association) due after first 4 weeks: £23.00 adults, £11.00 Juniors/concessions, pro rata from January.



Classes

Junior (Age 8 - 15 years)

Sunday 18:30 - 19:30

Senior (Age 16 and over)

Sunday 18:30 - 20:30

Thursday 19:30 to 21:30

Altrincham Leisure Centre

(behind Metrolink Station – close to Ice Rink).

Senior (Age 16 and over)

Monday 19:15 - 21:30

Gym at Wellington School.

Wellington Road, Timperley WA15 7RH

Contact

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07769 790340

email: info@traffordaikido.org.uk

Website: www.traffordaikido.org.uk



Lancashire Aikikai

Founded in 1965 by Marion Mucha Sensei, who studied under Kazuo Chiba Shihan. Sensei Chiba was an Uchideshi, or live-in student of O'Sensei Morihei Ueshiba, the Founder of Aikido. Our current Principal is Sensei Bob Spence who has also studied under Chiba Sensei .

The Aikikai, comprising clubs in Lancashire, Merseyside, Greater Manchester and Milton Keynes, is a member of the British Aikido Board, the governing body for Aikido in United Kingdom.

Aikikai Clubs

Bury.....	0161 449 7101
Chorlton	0161 861 8456
Knutsford	07769 790 340
Marple.....	0161 449 7474
Mon	01407 710 315
Preston	01772 863 961
St Helens	01925 414 122
Stockport	07958 018 971
Trafford	0161 928 8597

www.lancashireaikikai.org

For directions and times