

TRAFFORD AIKIDO

CLUB
MARK



fun

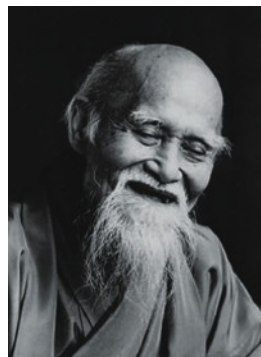
fitness

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 45 years. The club has a strong Dan Grade coaching team supporting 2 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 (£10.00 concessions -students unwaged or fully retired) for your first 4 weeks, including insurance for the year Allows you to train both nights at no extra cost. After 4 weeks club mat fees are £20 per month (£13 Concession)

Junior Beginners (8-15 years):

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

Annual Membership of Lancashire Aikikai (our association) is due after your first 4 weeks: upto £23.00 adults, £11.00 Juniors/concessions cost reduces pro rata during the year from January.

Classes

Altrincham Leisure Centre

(behind Metrolink Station –
close to Ice Rink).

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

Each Senior class consists of two one hour sessions you can choose whether you train for one hour or 2 hours

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; and Atsushi Mimuro is Lancashire Aikikai's Shihan and Technical Director of Aikido 7th Dan (Aikido Foundation). He trained for more than 20 years under the late Seigo Yamaguchi Shihan.

He is the Director of The Yokohama International Aikido Club (est 1997). To which we affiliate which is recognised by Hombu (Aikido HQ)

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

Trafford Aikido has achieved clubmark status

