

## THE AIKIDO DIFFERENCE

Aikido is a unique, non-violent, Japanese martial way to defend ourselves without harming our attackers. Known around the world as "The Art of Peace", Aikido is favored by law enforcement due to its highly practical applications designed to end conflict quickly and safely.

The practice of Aikido is vigorous and demanding, but Aikido is not a sport. There are no competitive tournaments.

Students work cooperatively with partners to master complex physical techniques, taking turns throwing, pinning and falling. Characterized by flowing, circular movements, Aikido emphasizes *blending* with an attack to neutralize aggressors, using position and timing to capture the other's center. Aikido is appropriate for men, women and children of all ages and fitness levels.

More than a science of tactics and self-defense, Aikido is a discipline for perfecting the spirit:

*Aiki is not a technique to fight with or defeat the enemy. It is the Way to reconcile the world, and make human beings one family.*"  
- O'Sensei, Founder of Aikido

### Children's Aikido

## Special Offer

\$19.99 Introductory Program

One week of classes & uniform

Children ages 4-14. New students only.

Expiration Date: 10/01/2010

## TARZANA AIKIKAI

18580 Ventura Boulevard  
(1 block W of Reseda Blvd.)

2<sup>nd</sup> Floor

Tarzana, CA 91356

[www.TarzanaAikikai.com](http://www.TarzanaAikikai.com)

*"Practicing nonviolence and compassion  
for a peaceful world."*

**(818) 705-0600**

### AIKIDO BIRTHDAY PARTIES

\$99-\$159 Call to schedule yours!

### AIKIDO DAY CAMP

Winter-Spring-Summer

### Summer Camp

## Aikido Kids Camp!

August 2010

Aikido & Art: Choose one or more weeks

Ages 4-12. M-F, 9am-3 pm + aftercare. \$275/week

Call for free trial class: 818-705-0600

## Traditional Aikido Training

for  
children  
adults &  
families



Tarzana Aikikai  
a family martial arts center

**818-705-0600**

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Tarzana, CA 91356

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*See why millions of parents  
are enrolling their children in  
the martial arts!*



Chief Instructor Rob Hyatt teaches students the importance of good posture, awareness, confidence and respect in a fun and supportive environment.

### ***AIKIDO TRAINING:***

- Improves stamina, balance, flexibility and coordination
- Increases concentration and heightens awareness
- Fosters self-confidence, cooperation and friendship
- Teaches safety, respect and self-discipline

*“Psychological studies have found that children in martial arts have an increased sense of responsibility, a decrease in willingness to take foolish risks, and a higher sense of self-esteem. This is why millions of parents are using martial arts to supplement their children’s education.”*

- NAPMA

## **CLASS SCHEDULE**

### **CHILDREN'S AIKIDO:**

#### Ages 3 &4

Saturday 10:00-10:30 am

#### Ages 5-7:

Tuesday (mixed level) 4:45-5:30 pm

Wednesday 4:00-4:45 pm

Saturday (mixed level) 10:00-11:00 am

#### Ages 8-13:

Tues, Wed & Thurs 4:45- 5:30 pm

Saturday 10:00-11:00 am

#### New! Teen Class

Monday 5:30-6:30 pm

### **ADULT AIKIDO** (ages 15-adult):

Mon-Tu-Wed-Th-F 1:00-2:00 pm

Mon-Tu-Th 7:30-8:30 pm

Wed-Fri 6-7 pm/5:30-7:30 pm

Wed-Fri (Iaido/Sword) 7:00-8:30 pm

Saturday 11:00 am-12 noon

Sunday (Weapons) 11:00-2 pm

### **FAMILY YOGA** (ages 4-adult):

Sunday 10:00-11:00 am

The dojo is closed on legal holidays.  
Schedule subject to change without notice.

**TAI CHI, YOGA and MASSAGE  
by appointment**

## **818-705-0600**

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**tarzana.aikido@yahoo.com**

FOUNDER of Aikido, Morihei Ueshiba  
(1883-1969), known as O-Sensei, or Great Teacher.



Y. Yamada Shihan, 8<sup>th</sup> dan, NY Aikikai



M. Kanai Shihan, 8<sup>th</sup> dan,  
New England Aikikai (1939-2004)

Chief Instructor Rob Hyatt, Sandan (3rd degree black belt), Fukoshidoin, and Nancy Supanich, Shodan (1st degree black belt), are students of Yamada Sensei and the late Kanai Sensei, both direct students of O-Sensei.

Tarzana Aikikai is a family owned and operated dojo, affiliated with the United States Aikido Federation, under the direction and support of Y. Yamada Shihan, and Aikido Hombu Dojo, Tokyo, Japan. The USAF is a 501©(3) nonprofit educational institution created for the purpose of spreading and maintaining the integrity of the Japanese martial art Aikido, a modern, nonviolent martial art also known as the “Art of Peace”.

