

The beginner's classes teach basic training skills. Members proceed to train in general classes which are more challenging and provide a forum for the development of ability and an understanding of martial training and Budo.

There are regular opportunities for seminars and intensive training. Advanced training is available to enthusiastic students.

The training provided at the centre is the complete and authentic aikido training method. The training syllabus encompasses all levels and aspects of aikido training, from beginner to instructor level, and is under the supervision of Mr. John Rogers, 6th dan, AIKIKAI Foundation (Aikido World Headquarters, Japan).

Mr. Rogers is the chief instructor of the Irish Aikido Federation, Founder and director of the Natural Health Training Centre. He teaches regularly at courses in Europe and the USA.

The Aikido Centre incorporates the Gyo Fu Kan Aikido dojo, and the headquarters of the Irish Aikido Federation.

Aikido students become members of the Irish Aikido Federation, which is recognised by and formally represents, the AIKIKAI Foundation in Ireland.

The Irish Aikido Federation is a member of the Irish Martial Arts Commission (IMAC), a National Governing Body for Sport.

## Basic Classes

### SCHEDULE

Monday, Wednesday	7.45pm
Tuesday, Thursday	6.00pm
Saturday	1.00pm

The basic classes may be joined at any time.

Members may attend any class.

Prospective members may come to observe.

### REGISTRATION

Initial registration may be taken for:-

10 classes	€120
Three months	€200
Six months	€300

*There are reduced rates for students.*

Please call to the centre to see the training and facilities.

**Aikido Training Centre,**  
Unit 25, Trinity Technology & Research Campus  
Macken Street, Dublin 2

Tel. (087) 262 9610

Why Not Now

[www.aikido.ie](http://www.aikido.ie)

# Aikido

The Way of  
Harmony  
with Nature



**John Rogers**  
Instructor, 6th dan



# Aikido

**A Natural movement martial art to co-ordinate mind and body for health, defense and self-development.**

Aikido is primarily concerned with the education and development of character, the co-ordination of mind and body, and fostering a positive attitude and spirit of peace through training in physical and mental self-discipline.

Based on graceful circular movements, Aikido is a sophisticated self-defense training method incorporating deep breathing and flexibility training as well as a wide range of movements and techniques.

Aikido is a modern development of Japanese martial tradition. Through the practice of Aikido one's character is developed so that one's strength is expressed softly in movement. This is exactly like nature: nature's movements are efficient, rational and soft, but the centre is firm and stable.

## Aiki Training Code

Keep a positive posture / attitude.

### ENERGY

Focus your centre with the exhalation.

### CONCENTRATION

See your partners whole body.

### PERCEPTION

Sense and Harmonise with your partners power and Ki.

### INTUITION

Make precise movements, going slowly at first

### COORDINATION

Learn one thing correctly at a time, do not be in a hurry.

### ENDURANCE

Extend Ki in all directions, train wholeheartedly and enjoy practise.

### VITALITY

Study! Use your mindfulness and awareness.

Do not do illogical movements.

Ask about unclear points.

### PROGRESS

Most important is to train for a long period of time (maybe 10 or 15 years), not necessarily everyday!

Then your body will learn to use *breathpower*, you will have a deep understanding of the essence of the Aikido

And of many matters.

## Natural Health Way

- i. Exercise
- ii. Breathing
- iii. Relaxation
- iv. Natural Foods
- v. Open Mind

In addition to the training of Aikido techniques, the elements of a natural way of Health and well being are considered.

Many of the principles are incorporated in the instruction.

Specific elements of zen, shiatsu, yoga and other traditional arts and skills are taught from time to time.



*Progress comes to those who study and train again, again and again...*