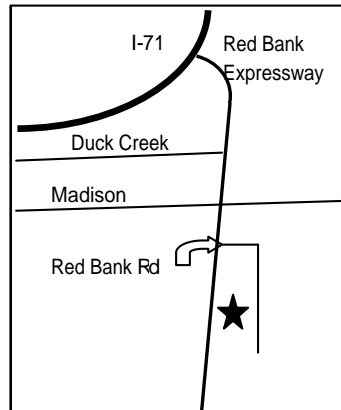


WHAT SHOULD I LOOK FOR IN A MARTIAL ART?

There are many things to consider when selecting a martial art. Among the most important are to:

- Choose a school that provides a high caliber of training.
- Choose an art that is compatible with your personality, for example:
 - Tai-Chi is a soft art that has little contact between practitioners (in many ways similar to yoga).
 - Karate (Taekwondo, Shotokan, etc.) emphasizes kicks and punches.
 - Judo emphasizes throws and pins.
 - Aikido emphasizes throws, joint locks, and pins.
- Choose a school where you will be actively involved
 - Is the school convenient to where you live?
 - Is the class schedule compatible with your schedule?
 - Are you comfortable with the school's environment?
 - Are you similar to and do you enjoy the other people who train there?
- Discuss what you want to get out of your training with the instructors, so they can guide you.
- Whatever art you choose, give it a chance! Martial arts are a wonderful, but different, world that provides many intangible benefits beyond self-defense. Commit to attending regularly for at least 3 months.



Aikido of Cincinnati
4727 Red Bank Road
Cincinnati, OH 45227

合氣道

Aikido of Cincinnati



翁先生

Morihei Ueshiba
Founder of Aikido

4727 Red Bank Road
Cincinnati, OH 45227

www.aikidocincy.com

(513) 561-7202

WELCOME!

Aikido is a Japanese martial art that emphasizes a non-aggressive approach to defending yourself.

Aikido focuses on using your opponent's energy against himself. This is done through throws, joint locks, and pins. Ideally, the goal of Aikido is to defend yourself *without injury to either you or your opponent*.

Our head instructor Charlie McGinnis is a 6th degree black belt, and currently serves as the Chairman of United States Aikido Federation.

Our Senior Instructor is Ariff Mehter. Sensei Mehter, a 6th degree black belt, Shihan, and has trained actively for over 45 years!

In addition, Aikido of Cincinnati has over 30 black belts who actively train and teach.

But a picture is worth a thousand words— come down, watch a class, speak with the instructor and students, and ask questions. That is the best way to understand what Aikido is all about.

WHAT DO I NEED TO DO TO GET STARTED?

In order to get started, we require that you watch one class prior to enrolling.

Our head instructor, Charlie McGinnis, teaches on Tuesday and Thursday 6:15 PM, and Saturday 10:45 AM. We recommend that you watch one of these classes. By doing so you can meet Sensei McGinnis, gain a better understanding of what Aikido is all about, and get answers to any questions you may have.

Once you have watched a class, it is simply a matter of enrolling, getting a uniform, and getting on the mat!

WHAT SETS AIKIDO OF CINCINNATI APART?

Aikido of Cincinnati is one of the largest and most well-respected Aikido schools in the country!

What sets us apart is quality training and excellent instruction in a safe and friendly environment.

Aikido of Cincinnati is a nonprofit corporation, where all instructors donate their time. As a member you would also be expected to help the organization run smoothly by volunteering a small part of your time. IT IS A GROUP EFFORT!

IS THERE A CHILDREN'S PROGRAM?

Yes! We offer a fun, family oriented children's program for children from 6 to 15 years old. In fact, we have many families where both the children and parents train.

There are three children's classes offered weekly (see schedule below). The average class size is around 15 students.

HOW MUCH DOES IT COST?

Aikido of Cincinnati is a nonprofit organization; all instruction is done on a volunteer basis. Thus, training costs are very affordable.

Adult fees
\$75/month (auto-pay), \$80/month (credit/debit)

Children's fees
\$55/month (auto-pay), \$60/month (credit/debit)

Fifty percent discounts are provided for additional family members. Additional discounts are provided for quarterly and semi-annual memberships.

WHEN ARE CLASSES AT AIKIDO OF CINCINNATI?

There are over 20 classes offered each week. Each class lasts about an hour and a half.

You may attend as many classes as you like; we recommend 2-3 classes per week. New students should attend at least one beginner class per week, but may also attend any of the intermediate classes.

For additional training opportunities, seminars are provided on a local, national, and international basis throughout the year.

Adult Classes

Evening classes:
Monday thru Friday
6:15 – 7:45 intermediate
7:45 – 9:15 beginners
Thu 6:15– 7:45 advanced

Afternoon classes:
Tuesday thru Friday
12:00 – 1:30 all levels

Weekend classes:
Saturday
8:00– 9:15 advanced
9:15– 10:45 all levels
10:45– 12:00 intermediate
5:30– 7:00 beginners
Sunday
9:30– 11:00 intermediate
11:00– 12:30 intermediate
12:30– 2:00 beginners

Children's classes

Tuesday and Thursday 5:00– 6:15
Saturday 12:00– 1:15

Iaido (weapons) classes
Tuesday 7:45– 9:15