



Milton Keynes Keihatsu Aikido Club

Where can I train?

MK Keihatsu Aikido Club train at

Stantonbury Leisure Centre

Mondays 8-9.30pm (adults)

Wednesdays 6.45-8.15pm (adults)

Fridays 7-8pm (6-14years)

Fridays 8-9.30pm (adults)

Cost: £4.00 per session (adults)

£3.50 per session (6 - 14 years)

Annual Membership

(including insurance)

Adults - £25.00

Juniors - £20.00

JUST TURN UP IN TRACKSUIT
BOTTOMS AND A T-SHIRT!

Want to know more?

Please see the back of this leaflet

Want to know more?

For more information visit

www.mkkac.com

Or call

Marianne Crisp on 01908 542818

Mike Mitchell on 01908 542928

*We also run one-day courses in effective
self-defence—ask for details*

We look forward to seeing you!



Milton Keynes Keihatsu Aikido Club



Information

*The Way of
Harmony*

合気道



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A Chapman
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Welcome to Aikido!

What is Aikido?

Aikido is a martial art which has no attack. It is a method of self-defence and is regarded as one of the most sophisticated of all the martial art systems. Aikido has been compared to the flowing movement and gracefulness of ballet, yet its techniques can be devastating in their simplicity. In Aikido, the aggression of the attack is defeated by skilful, harmonious movement.

Aikido can be practised by men women and children as there is no requirement to be athletic or strong.

As well as practising open-handed techniques, Aikido students train with weapons such as the jo (staff) bokken (sword) and tanto (knife).



Where did Aikido come from?

Traditional Aikido, whose name translates as “The Way of Harmony” was developed into its current form during the early 1900s by a Japanese gentleman called Morihei Ueshiba. He is usually referred to as “O Sensei” meaning “Honoured Teacher”.



Morihei Ueshiba
Founder of Aikido

Aikido has its roots in Ju -Jitsu and many other ancient Japanese martial arts.

There was a rapid development of Aikido after 1945 and it is now practised by more than 1.5 million people worldwide.

Today, the headquarters of Aikido is still based in Japan, at the Hombu Dojo, and is led by the grandson of O Sensei, Moriteru Ueshiba.

Milton Keynes Keihatsu Aikido Club

MK Keihatsu Aikido Club has been running for over 25 years. We are affiliated to the Yama Arashi UK, based in Coventry, which is led by Barbara Moss Sensei who is a 5th Dan in Aikido. We are also a member of the British Aikido Board.

MK Keihatsu Aikido Club is led by Marianne Crisp (2nd Dan) and in total, has seven regular black belt instructors. All our instructors have gained their Coaching Awards from the British Aikido Board and hold current First Aid certificates. All Instructors who teach Children's Classes are CRB-checked.

In addition we have a regular guest instructor from Yama Arashi UK, Martin Barradell Sensei (3rd Dan), who teaches on the first Friday in each month.

合氣道