

WELCOME!

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

Aikido focuses on using your opponent's energy against him. 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, Shihan, and serves as the Chairman of United States Aikido Federation.

Our senior instructor is Ariff Mehter. Sensei Mehter, a 7th degree black belt, Shihan, has trained actively since 1962.

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

A picture is worth a thousand words; come watch a class, speak with the instructor, speak with students. This is the best way to understand Aikido.

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 Tuesdays and Thursday 6:15 PM, and on Saturday 10:45 AM. It is recommended that you watch one of these classes so you can meet McGinnis Sensei 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 the quality training and excellent instruction in a safe and friendly environment.

Aikido of Cincinnati is a 501(c)(3) nonprofit corporation, where all instructors donate their time. As a member, you will be expected to help the organization run smoothly by volunteering a small portion of your time.

IS THERE A CHILDREN'S PROGRAM?

Yes! We offer a fun, family-oriented children's program for youths from six to 15 years of age.

There are three children's classes offered each week.

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

\$85/month (auto-pay checking or savings account)
\$90/month (auto-pay with credit card)

Active duty police and active duty military personnel receive a 15% discount on monthly dues with presentation of current, valid police or Armed Forces identification. This discount cannot be taken in combination with any other discount.

Children's fees

\$60/month (auto-pay checking or savings account)
\$65/month (auto-pay with credit card)

Discounts of 50% are provided for additional family members. Quarterly and semi-annual membership discounts are also available.



Morihei Ueshiba
1883-1969
Founder of Aikido

Morihei Ueshiba is now referred to as "O-Sensei", or Great Teacher. O-Sensei studied and became an expert in many traditional forms of martial arts. He realized that winning at the expense of another's defeat was not a victory at all. As a result of that revelation, O-Sensei took the martial skills he had mastered, and created an entirely new discipline. This discipline became known by the term Aikido.

"When an opponent comes forward, move in and greet him; if he wants to pull back, send him on his way"

Morihei Ueshiba

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 two to three classes per week. New students should attend at least one beginner class per week, but may also attend any 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

Thursday 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 Beginners

11:00—12:30 Intermediate

12:30—2:00 Beginners

Children's classes

Tuesday and Thursday 5:00—6:15

Saturday 12:15—1:15

Iaido (weapons) class:

Tuesday 7:45—9:15 An additional fee applies

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:

- Choose a school that provides a high caliber of training.
- Choose a school/art that is compatible with your personality, for example:

Tai Chi is a soft art that has no contact between practitioners; similar to yoga.

Karate & Taekwondo emphasize kicks and punches.

Judo emphasizes throws and pins; over the years Judo has evolved into an Olympic sport.

Aikido emphasizes throws, joint locks, and pins.

Choose a school where you will be actively involved.

- Is the school convenient to where you live or work?
- Is the class schedule compatible with your schedule?
- Are you comfortable with the school's environment?
- Are the members friendly and encouraging?
- Discuss your training goals with the instructors so they can guide you.
- Whichever art you choose, give it a chance! Martial arts are wonderful activities that provide many intangible benefits beyond fitness and self-defense. Commit to attending



Aikido Of Cincinnati



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