

Membership

Aikido of Cincinnati is a nonprofit organization. As such, all teaching is done on a volunteer basis which helps to keep student costs low.

When you become a member you will be respectfully requested to help the organization by volunteering a small portion of your time whenever willing and able. It is part of maintaining a community and working together as a team.

Adult Membership

\$90 Monthly (auto-pay checking or savings)

\$95 Monthly (auto-pay credit card)

Child & Youth Membership

\$65 Monthly (auto-pay checking or savings)

\$70 Monthly (auto-pay credit card)

Discounts & Savings

50% are provided for additional family members. Quarterly and semi-annual membership discounts are also available. Active duty police and 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.

合気道

Class Schedule

Over 20 classes are offered each week with each class lasting about one hour. It is recommended to attend two to three classes a week for optimum growth in your Aikido training, however you are welcome to attend as many classes as you like!

Monday

6:30pm - All Levels

Tuesday

Noon - All Levels

5:00pm - Children & Youth

6:30pm - All Levels

Wednesday

6:30pm - All Levels

Thursday

5:00pm - Children & Youth

6:30pm - Intermediate / Advanced

Friday

Noon - All Levels

Saturday

10:00am - All Levels

Noon - Children & Youth

Sunday

11:00am - Noon All Levels

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

Aikido of Cincinnati



“When an opponent comes forward, move in and greet him; if he wants to pull back,

send him on his way.”

- O-Sensei, Morihei Ueshiba

AikidoCincy.org

**Aikido of Cincinnati
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Cincinnati, OH 45213**

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Welcome to Aikido of Cincinnati

Aikido is a great choice of martial arts for all ages, including older students who may have already studied other styles of martial arts. Aikido is highly active, yet less aggressive to your body than other martial arts, while still allowing you to work the muscles and joints.

Ideally, the goal of Aikido is to defend yourself without causing injury to either you or your opponent. In Aikido, this is done by using your opponent's own energy against him while utilizing throws, joint locks, and pins.



The best way to understand Aikido is to be a part of the action! Come watch a class, and speak with the instructors and students.

Aikido of Cincinnati's head instructor is Charlie McGinnis, a 7th degree black belt, Shihan, and serves as the USA representative to the International Aikido Federation. Our senior instructor is Ariff Mehter, Sensei Mehter, a 7th Degree Black Belt, Shihan, who has trained actively since 1962.

In addition, Aikido of Cincinnati has over 40 members with black belts who actively train and teach.

Child & Youth Classes

We offer a fun, family-oriented youth program for kids and teens, 6 - 15 years of age. Aikido training provides an environment and opportunity to develop skills to meet the challenges faced throughout our lives. We believe lessons learned through Aikido training result in positive attitude and conduct at home and school.

Students in the Youth Program are promoted through 5 ranks after which they will test in the adult ranking system to continue their progression to black belt (Dan) ranks.

Check out the Youth Program portion of our website for more information and to play aikido themed computer games!



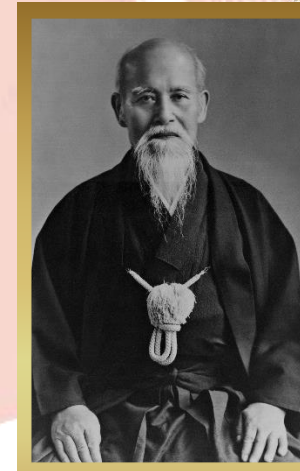
1 Touch Self-Defense Project

Aikido of Cincinnati is proud to partner with the 1 Touch Self Defense Project! The 1 Touch Project is the first comprehensive

self-defense program designed specifically for people who are blind, which has also been adapted for everyone. Ask at the dojo for further information!

Aikido

The Way of Harmonious Energy



Aikido is a Japanese Martial art created by Morihei Ueshiba that emphasizes a non-aggressive approach to defense.

Morihei Ueshiba, now referred to as "O-Sensei", or great Teacher, studied and became an expert

in many traditional forms of martial arts but realized that winning at the expense of another's defeat was not a victory at all. O-Sensei took the martial arts he had mastered, and created an entirely new discipline that became known as Aikido, the way of harmonious energy.

合気道

- **ki** - spirit, life energy

- **do** - way, path