



WHO ARE WE

We are a group of folks who practice the Japanese martial art of Aikido. Our group is a member of a larger organization, the Capital Aikikai Federation in Silver Spring MD. Our practices are light hearted with a focus on experiential learning over drills and repetition.

WHAT'S AIKIDO

Aikido is a relatively new martial art (late 1800s). Its focus is on basic & simple motions applied in an infinite number of ways. We train with wooden weapons – both using and taking them away from an attacker. We practice moving, falling, getting up, throwing, pinning, and locking of joints. We use high quality tatami mats to fall on, and practice with an emphasis on student safety and fun.

HOW DOES AIKIDO WORK

Aikido works by using the attacker's momentum, speed, and strength against them. It's use of basic movement and connection as martial art is well suited for effective defense without stressing attacks or offense. It is ideal for folks who want to learn defense without focusing on "smash and bang"

HOW DO WE TRAIN

Our classes follow a simple format, so they're never the same twice! There are stretches, basics, falling, and techniques. Within that format, we're constantly doing fresh drills and approaching the material from different angles.

ARE THERE BELTS

Yes and no. Aikido uses the Japanese ranking system, or Kyus. All ranks have a white belt (no colors), until black belt. For teens, we do some color belts. Once a teen reaches the Kyu levels, it's back to white belt until black belt.

WHO ARE YOUR STUDENTS

We have a wide range of students, from young teens, to parents and their teens, to adults of all sizes and abilities. Students should be at least 10 years of age or older to join, and parent participation is encouraged!

WHAT DOES IT COST

The first 4 classes are always free. The monthly fee after that is \$75 per household per month, invoiced via paypal. There is no annual contract or payment requirements beyond month-to-month. Sliding scale is available depending on situation. Contact Christian for more information.

HOW TO CONTACT US

- Any interested folks are welcome to contact instructor Christian Noll.
 - He can be reached by phone at **443.758.8708**,
 - or by email at christian@arundelaikikai.com
 - Their Facebook page is www.facebook.com/arundelaikikai
 - Their Webpage is <http://arundelaikikai.com/>