



BOULDER AIKIKAI

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**Class Schedule**

Aikido is a Japanese Martial art which uses joint locks, throws, and pins to subdue an attacker. It is non-violent self defense. There are no competitions in Aikido training; a spirit of helpfulness, harmony, and a mutual feeling of growth is nurtured. The strength of Aikido can be found in flexibility, timing, and control. Aikido training ranges from slow, contemplative practice to a challenging cardiovascular workout. Aikido can educate the student in the ability to thwart violence and redirect energy to a peaceful purpose.

Boulder Aikikai is a non-profit Aikido school founded in 1980 by Hiroshi Ikeda, shihan 7th Dan. Ikeda Sensei arrived in the United States with his teacher, Master Instructor Mitsugi Saotome, shihan, in 1975. Saotome Shihan then established Aikido Schools of Ueshiba (ASU). Members of Boulder Aikikai are ranked through ASU and Aikido World Headquarters, Tokyo, Japan. Everyone is always welcome to train with us. All classes are open for public observation.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am							
9am						<b>Kids (6-9)</b> 8:45-9:45 am	
10am							
11am							<b>Weapons</b> 10:00-11:15 am
noon							<b>Fundamentals</b> 11:30 am-12:45 pm
1pm							
2pm							<b>Randori</b> 1:00-2:00 pm
3pm							
4pm	<b>Youth Beg. (9-15)</b> 4:00-4:50 pm	<b>Kids (6-9)</b> 4:00-5:00 pm	<b>Youth Beg. (9-15)</b> 4:00-4:50 pm				
5pm	<b>Youth Int. (9-15)</b> 5:00-5:50 pm		<b>Youth Int. (9-15)</b> 5:00-5:50 pm				
6pm	<b>Fundamentals</b> 6:00-7:00 pm	<b>Fundamentals</b> 6:00-7:00 pm	<b>Focus: Aikido's Internal Elements</b> 6:00-7:30 pm	<b>Fundamentals</b> 6:00-7:00 pm	<b>Fundamentals</b> 6:00-7:00 pm		
7pm							
8pm	<b>Weapons</b> 7:15-8:30 pm	<b>Open</b> 7:15-8:30 pm		<b>Open</b> 7:15-8:30 pm	<b>Open</b> 7:15-8:30 pm		
9pm							

- The Fundamentals class accepts new beginning students on any date.
- Open class is for our experienced students.