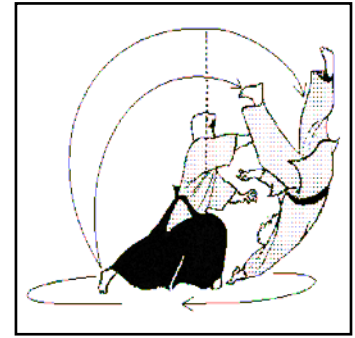


Lancaster Aikikwai **Information**

ランカスター
の合気会



Principal Instructor, Steve Nardone 3rd Dan. Tel. 841936

Hon. Sec. Ron Holmes 2nd Dan Tel. 62766

Oliver Thorne 1st Dan. Tel. 07514- 904812

Paul Ralph 1st Dan. Email:- paul@paulralph.name

LANCASTER AIKIKWAI - INFORMATION SHEET.

Welcome to the Lancaster Aikikwai! We are always pleased to greet new members and to introduce newcomers to what we believe is a very interesting, enjoyable and stimulating martial art. Aikido can be practised by young and old because since it is non-competitive each member can progress and develop at his or her own pace. The following few notes are being given to you in order to tell you something of the nature and history of Aikido. We hope that you will find them of interest and that you will wish to join us and learn about Aikido for yourself. Aikido is currently the preferred martial art of many police forces throughout the world including the Tokyo police.

INTRODUCTION.

Aikido was founded by Master Morihei Uyeshiba, after practising a number of martial arts for many years. Following a long period of study & practice he then developed AIKIDO which is based on various aspects of many martial arts and includes new techniques developed by the master himself.

Aikido is perhaps the gentlest of all the martial arts. The main differences are:-

1. That it is non-competitive. All aikidoka continually strive to develop & improve each others techniques. The more advanced members consistently help the lower grades to improve their performance.
2. We do not teach or encourage aggression. The aim is always to neutralise any attack with the minimum of force & harm to the attacker by the application of skill & self-discipline.
3. Our practice is always takes place in a pleasant, friendly atmosphere. And there is general concern for the development & well-being of all members.

We are always happy to welcome new members (male or female) and so if you are between the age of 7 and 70 and are at all interested please come along . We have TWO training venues. Namely:-

Ridge County Junior School, Keswick Road, Lancaster

& Branrigg Room, Cartmel College, Lancaster University.

JUNIORS ONLY TRAINING (7 yrs. Of age upwards)

**At Ridge County Junior School, Keswick Road, Lancaster
from 7.00 p.m. to 8 p.m. On MONDAYS ONLY**

SENIORS ONLY TRAINING Ridge County Junior School,

8.00 p.m. To 10.00 p.m. On MONDAYS

7:00 p.m. To 9:30 p.m. THURSDAYS.

& SENIORS ONLY TRAINING Lancaster University.

7.30 p.m. To 9.30 p.m. On WEDNESDAYS

1:00 p.m. To 3:00 p.m. SATURDAYS.



We can offer you good healthy exercise (which is both fascinating and good for self -confidence and self-discipline) in a pleasant, informal atmosphere. Come along and try it you will be very surprised how enjoyable Aikido can really be.

FOR INFORMATION check our Website <http://lancasteraikikwai.co.uk> OR contact an instructor listed above