

## Schedule of Classes

Day	Time	Class	Instructor
Monday	6:00-7:00 pm	<u>Children</u>	John Brantley
	7:00-8:00 pm	Beginning	John Schock
Tuesday	<u>6:30-7:30 AM</u>	Open Adults	Bill Sornstein
	6:00-7:00 pm	<u>Children</u>	Pilli Luna
	7:00-8:30 pm	Open Adults	Pilli Luna
Wednesday	5:30-6:30 pm	<u>Children</u>	Dan Kudo
	6:30-7:45 pm	Open Adults	Dan Kudo
	8:00-9:00 pm	Advanced*	Eugene Matsuda
Thursday	<u>6:30-7:30 AM</u>	Open Adults	Bill Sornstein
	6:30-7:30 pm	Fundamentals	Bill Sornstein
	7:30-8:30 pm	Open Adults	Mohannad Al-Kaabi
Friday	6:30-7:30 pm	<u>Children</u>	Brandon Ishisaka
	7:30-9:00 pm	Open Adults	Brandon Ishisaka
Saturday	<u>8:30-9:30 AM</u>	Open Adults	Mike Suwa
	<u>9:30-10:30 AM</u>	<u>Children</u>	Mike Suwa
Sunday	<u>7:30 -9:00 AM</u>	Zazen**	Pilli Luna

\* Advanced Class: 3<sup>rd</sup> kyu and above

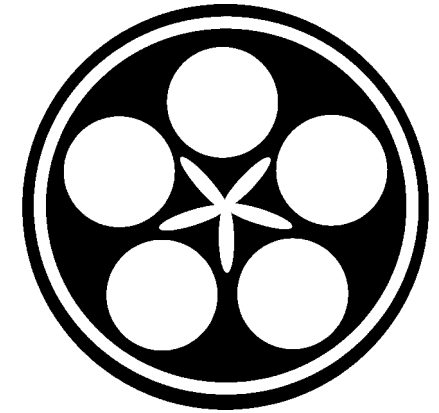
\*\* Zazen-Meditation for 40 minutes followed by hara training and aikido. Contact Luna Sensei to participate.

Visitors are always welcome to observe any class. Visitors to Zazen must participate. Please speak with an instructor if you have any questions.



Orange County Aiki Kai  
2525 N. Grand Avenue, Suite Z  
Santa Ana, CA 92705  
www.oaikido.com

# AIKIDO



## Orange County Aiki Kai

*Orange County Aiki Kai is dedicated to exploring and integrating the martial art of aikido. Through the harmonious training of mind, body, and spirit we commit to an ever increasing understanding of ourselves and others.*

2525 N. Grand Avenue, Suite Z  
Santa Ana, CA, 92705  
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## What is Aikido?

Aikido means the “Way of Harmony” and coordination with the forces and principles of nature. Aikido is an art of self defense. Using Aikido properly, violent aggression can be neutralized swiftly and cleanly, so effective self-defense becomes possible without inflicting serious injury.

Aikido is more than a physical art. Elements of philosophy, psychology and dynamics are woven into its techniques. It is a way of life that unifies energy (*ki*), and strives to attain personal and universal harmony.

## The Birth of Aikido

Aikido was developed by Morihei Ueshiba (1883-1969), also known as *O-sensei* (great teacher). He had a reputation of being virtually invincible in many traditional armed and unarmed fighting arts, including jujitsu and swordsmanship. Ueshiba was troubled with the way in which the traditional martial arts dealt with conflict. He believed that winning at someone else’s expense did not represent an ultimate solution. He began to study, examine and practice movements that would lead to the development of a new and more harmonious martial art. This new martial art envisioned the right of every living creature to grow and develop in their own way. The result of O-sensei’s study was the birth of Aikido.

## Aikido Techniques

All the teachings of Aikido are a physical representation of Ueshiba’s philosophy of protecting all living creatures. They use the idea of dynamic harmony rather than conflict.

Aikido techniques involve avoidance, control and neutralization. Movements are flowing and graceful. They reflect the fully realized potential of mind, body and spirit. One must remain relaxed and calm. Following this

method, the student is able to blend with the power of the opponent’s attack and begin to take control.

By utilizing techniques that place the opponent in an unstable position, the student has the choice of either using a hold-down technique or throwing the



opponent to neutralize the attack. These methods are practiced against various strikes and assaults from all possible directions. If you have never seen Aikido before, the following points may help your understanding and increase your enjoyment of the art:

- The heart and soul of any form of martial art are the basics.
- Each class progresses from warm-up stretches to simple movements that demonstrate the basic principles of Aikido, which then lead to the techniques.
- The most important thing to remember about Aikido is its principle of harmony. When watching, look out for the “blending of energy.” If you have ever sailed, surfed or skied, you will recognize the underlying principle immediately: “Go with the flow.”

## About our Staff

Brandon Ishisaka Sensei is the current Chief Instructor and the grandson of our founder, Harry Ishisaka Sensei. Our staff of instructors have an average of over 15 years of practical experience and proficiency in Aikido. Each instructor is selected based on his/her years of dedication to the art, as well as their innate ability to teach and communicate. Our instructors have been exposed to a diverse background of teaching methods. They are consistently striving for personal development and achievement to share with their students.

## About our Dojo

Orange County Aiki Kai is a school (*Dojo* in Japanese) of Aikido and was founded by Harry Ishisaka Sensei in 1964. We are an educational foundation offering a full range of classes for both adults and children. You will find this the perfect place to feel comfortable as beginning students, but challenging as well, as you progress through the art.

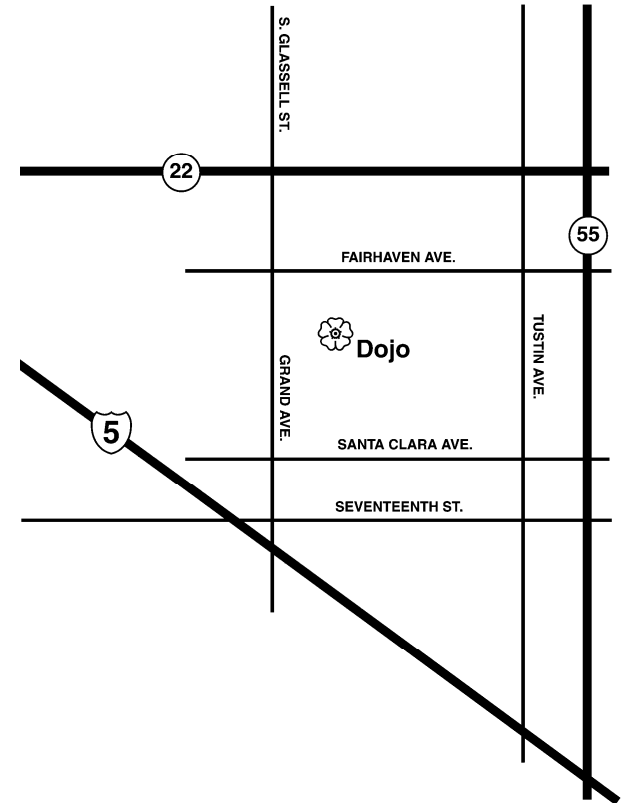
## Class Information

**Adults:** We offer classes for all levels of students from the novice to the experienced. Beginning and Fundamentals classes are available weekly.

**Children:** Excellent junior programs are held five days a week.

“A good warrior. . .does not anger, a good conqueror does not contest his enemy, one who is good at using others puts himself below them. This is called ‘integrity without competition.’ . . .This is called ‘parity with heaven.’ ”

- Tao Te Ching



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