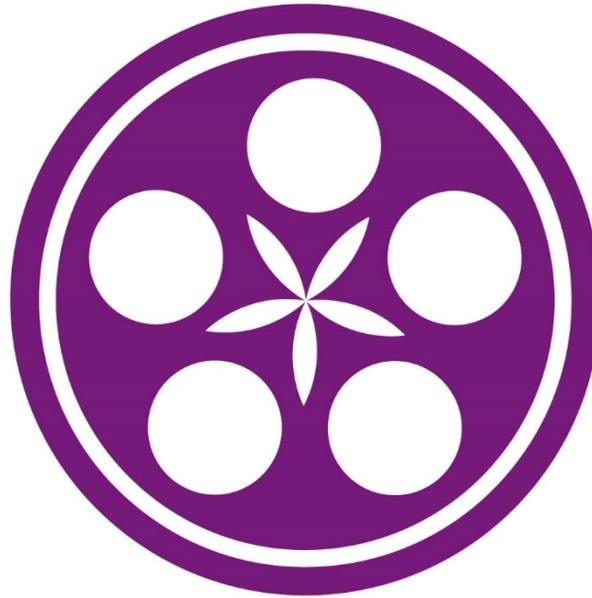


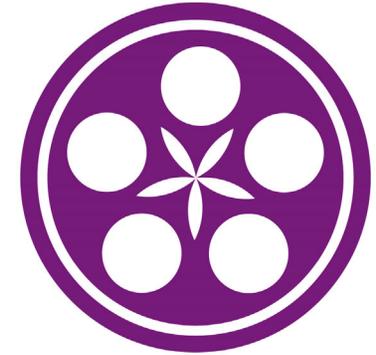
SCHEDULE OF CLASSES

Day	Time	Classes	Instructor
Monday	12:15 – 1:15pm	Open Adult	Michael Padilla
Tuesday	6:30 – 7:30pm	Children	Mitch Maeda
	7:45- 8:45pm	Open Adult	Mitch Maeda
Wednesday	6:30 – 7:30pm	Children Basics	Michael Padilla
	7:45- 8:45pm	Open Adult	Michael Padilla
Thursday	6:30 – 7:30pm	Children	Tyson Rath
Friday	5:30- 6:30pm	Children	Brandon Ishisaka
	6:30- 8:00pm	Advanced Children	Brandon Ishisaka
	8:00- 9:30pm	Open Adult	Brandon Ishisaka
Saturday	9:30am- 10:30am	Internal Development	Gary Welborn
	11:00- 12:00pm	Children	Mitch Maeda
Sunday	No Classes		

Revised : January 2020



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.

Established 1964

**610 East Katella
Orange, CA 92867
714-997-4861
www.oaikido.com**

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 of 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 Fundamental classes are available weekly.

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

“True Victory is victory over oneself”

-*Morihei Ueshiba, founder of Aikido*



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dojo@oaikido.com

A Non-Profit Corporation

Established 1964