

Main Street Martial Arts—Rhode Island Aikikai—Eastside

Main Street Martial Arts: Aikido - Eastside: 2009 Calendar of Events Update & What's New

What's New @ Aikido - Eastside

Mr. Michael L. Werth Sensei, Director

1282 North Main Street

Providence, Rhode Island 02904-1830

www.budojo.org

WHAT'S NEW??: 1) Main Street Martial Arts Community Bowling Party: Sunday, May 3, 12:00PM at East Providence Lanes in East Providence, RI: Tickets are \$15 including lunch and 2 hours of super fun bowling. Bring-A-Buddy Week this month through May 2. Please bring a friend to Main Street Martial Arts to try a free class and win a free ticket to our Community Bowling Party on May 3! 2) We will have a 3rd kyu Aikido workshop coming up on either April 8 or on April 11, currently scheduled for April 11. Please stay tuned.

Updated: 03/10/2009

2009 SEMINARS/WORKSHOPS/EVENTS TO ATTEND

2009 Proposed Schedule for training at RI Aikikai in collaboration with Westside Aikido and our Master Teacher, Lorraine DiAnne Shihan:

- 1) April 11: 10:30am-01:30pm: 3rd Kyu Workshop with Westside Aikido Teaching Staff
- 2) May 9: 10:30am-01:30pm: 3rd Kyu Workshop with Westside Aikido Teaching Staff *
- 3) Jun 20: 10:30am-5:00pm: Aikido Seminar with Lorraine DiAnne Shihan

Additional Important Events for 2009:

- March 14 AND March 21, 2009: Aikido Weapons class at Main Street Martial Arts at 8:30AM. We also have "Bring-A-Buddy Month" this month. Bring a friend to MSMA for any class, and win a free ticket to our Community Brunch on Sunday, February 22 at 11:00AM at the Hose Company. Please bring a friend to spread the good word about the work we're doing at the dojo!
- YOGA: Every Wednesday at 9:30AM: We are now accepting new students into our Yoga Program on a continuous basis. This is a perfect opportunity for work-at-home parents to get out of the house, get some inspiring, rigorous, and peaceful exercise, and have a chance

Yoga Program on a continuous basis. This is a perfect opportunity for work-at-home parents to get out of the house, get some inspiring, rigorous, and peaceful exercise, and have a chance for their little ones to have a play-date as well. Please call 274-7672 to make a reservation or email to yoga@mainstma.org.

- June 20, 2009: 10:30AM-5:00PM: Birankai Aikido Seminar with Lorraine DiAnne Shihan, at RI Aikikai. Cost is \$60.00 for the day including lunch and pot luck dinner. We have a \$5 discount for the seminar on our web site at www.budojo.org under the Aikido Seminar menu. RI Aikikai students are expected to attend. Please register now! BBC members can register through Werth Sensei at the dojo for \$10 off by February 28. There will be a pot luck supper at the dojo at 5:15PM and all Aikido students and their families are welcome. [Regular Family Aikido class will be held at the dojo on Saturday, March 7 at 9:30am. Please plan to attend regular class and also this major seminar in our home dojo.]

- July 11, 2009: Aiki Farms will host a seminar featuring Lorraine Dianne Shihan, and Lyzzy Lynn Shihan on Saturday, July 11th. The seminar will feature all organic foods, venison, local organic beef, and fresh fish from Long Island Sound. Registration begins at 9: AM, and classes will be from 10 AM until 4PM with a two hour break for lunch. Weapons and body arts will be taught, with assistance from local instructors. All Aikidoka are invited to attend a farm and garden seminar to be held the following Sunday July 12th at 10 AM with no extra charge. A gourmet meal will be served during lunch prepared by local chefs. The Guest speaker will be Ed Begeley Jr, who will speak on the dynamics, and the need to develop a network of small gardens in our communities. This seminar will direct those of us who train in Aikido, to a deeper understanding of O-Sensei's message regarding gardens and food as a part of our training. Fees will be \$70.00 dollars, and scholarships will be available upon recommendation of senior instructors.

- Our **Ultimate After-School Youth Leadership Program** is in full swing from Monday through Friday from 2:30PM to 6:30PM daily. We are continuously enrolling for the Winter Session currently running. The program will run continuously year-round, even when school is not in session, and new members can begin mid-session at any time. Please spread the word to all the families that you know. Options for enrolling for 1 day per week up to 5 days per week are available. The instruction provided in the program is world class, with Homework Club tutoring, Reading Club, Arts & Crafts Club, Karate Team, Aikido Team, Leadership and Character Development for Young People + Much More! Your child will have adult mentoring and guidance to complete their homework, eat healthy whole foods, and exercise their mind, body, and spirit. You will be able to pick up your child at 6:30 with homework done, a healthy meal in their belly, and tired out from all the great exercise and activities. Our After-School Program is the best of the best available in New England for a fraction of the cost of programs which offer far less. We are non-profit, local, and affordable for ALL families. Please ask for a flyer for more information and we will send one to you.

- **Tuesdays: 5:30-6:30 PM: Aikido for Women & Girls:** **WHAT:** Basic Aikido, self-defense, martial arts, woman-taught course for *ALL* women and girls ages 11 and up, no matter your current physical fitness or previous experience. **WHY:** This is an excellent opportunity for you to learn ways to gain greater self-confidence and connection with your body's potential. This class will also focus on your ability to avoid and protect yourself from potentially

nity for you to learn ways to gain greater self-confidence and connection with your body's potential. This class will also focus on your ability to avoid and protect yourself from potentially intimidating situations. Additionally, we will discuss the philosophy and approach of Aikido as a martial art of peace and harmony. **WHERE:** Main Street Martial Arts dojo (studio) at 1282 North Main Street, Providence, RI 02904, on the East Side next to JavaSpeed Scooters; 401-274-7672; www.budojo.org, a non-profit, family community center dedicated to peace, health, and safety. **WHEN:** Tuesdays, 5:30 – 6:30 PM **COST:** Continuous Enrollment for ongoing students and Punch-Card options now available for new students in this course; Call for a free trial by calling 401-274-7672 or at www.budojo.org. Click on "Women & Girls" menu. *Please ask about child care options when you inquire.

Other Recommended Events:

<http://www.birankai.org/EventSchedule.html>

BELT TESTING:

Please attend class consistently, know your material, and be prepared to test. Also, try to attend the regional Birankai International Seminars and our in-house 5th/4th/3rd Kyu Curriculum workshops so that you can get a more complete understanding of the testing material.

Birankai Int'l Memberships:

ANNOUNCEMENT TO ALL MEMBERS: We have new information that ALL students of Rhode Island Aikikai should register to be a member of our parent organization, Birankai International. All BBC members will be automatically registered. All non-BBC members should sign up with Werth Sensei at your earliest convenience. There is no longer a 6 month wait time for Birankai registration. The cost is \$35 annually (or join the BBC, then there is no extra cost for this and you'll receive great semi-private lessons every week!) and well worth it to be a member of our parent Aikido organization.

KIDS' ACTION LEAGUE OF MARTIAL ARTISTS:

Thank you everyone for your support and dedication to the dojo. Keep up the great leadership and good work for the community. KALOMA is a federally tax-exempt 501(c) (3) charity and a very wor-

Keep up the great leadership and good work for the community. KALOMA is a federally tax-exempt 501(c) (3) charity and a very worthy cause to help kids. We greatly appreciate your time and consideration to help raise money for our scholarship students. Please see the web site and encourage others you know to check it out at www.kaloma.org . You can now donate online at our web site with your PayPal account to help our children and families who cannot easily afford martial arts classes! Thank you very much for your support and consideration.

AIKIDO - EASTSIDE GOALS FOR 2008-2009:

- 1) Continue to develop our core group of 5th, 4th, and 3rd kyu students who will be the future heart of our school.
- 2) Attend as many in house and local Birankai International seminars and workshops with as many of our people as possible.
- 3) What are your goals for Aikido for 2008-2009? Why not write them down, or even better, email them to Mr. Michael L. Werth Sensei so that he can help you get there!?

Please feel free to make suggestions for workshops, seminars, classes, and instruction that you would love to see at the dojo by sending an email now with your goals for the year. Together, let's make 2008-2009 a year to remember for a long time! Thank you!

Please see the MASTER SCHEDULE MENU for ALL Main Street Martial Arts Programs on our Web Site www.budojo.org .

Current Aikido Program Schedule:

Monday:

5:30PM - 6:30PM – Family Martial Arts/Adult Basics

6:30PM - 7:30PM – Intermediate/Advanced Aikido

7:30PM - 8:30PM – Aiki-Weapons

Tuesday:

4:30PM - 5:30PM – Family Martial Arts/Adult Basics

5:30PM - 6:30PM – Aikido for Women – 9:00AM - 10:00AM – Aikido for Kids (ages 4-11) – 11:00AM - 12:00PM – Aikido for Kids (ages 12-17) – 1:00PM - 2:00PM – Aikido for Kids (ages 18-24) – 2:00PM - 3:00PM – Aikido for Kids (ages 25-34) – 3:00PM - 4:00PM – Aikido for Kids (ages 35-44) – 4:00PM - 5:00PM – Aikido for Kids (ages 45-54) – 5:00PM - 6:00PM – Aikido for Kids (ages 55-64) – 6:00PM - 7:00PM – Aikido for Kids (ages 65-74) – 7:00PM - 8:00PM – Aikido for Kids (ages 75-84) – 8:00PM - 9:00PM – Aikido for Kids (ages 85-94) – 9:00PM - 10:00PM – Aikido for Kids (ages 95-104) – 10:00PM - 11:00PM – Aikido for Kids (ages 105-114) – 11:00PM - 12:00PM – Aikido for Kids (ages 115-124) – 12:00PM - 1:00PM – Aikido for Kids (ages 125-134) – 1:00PM - 2:00PM – Aikido for Kids (ages 135-144) – 2:00PM - 3:00PM – Aikido for Kids (ages 145-154) – 3:00PM - 4:00PM – Aikido for Kids (ages 155-164) – 4:00PM - 5:00PM – Aikido for Kids (ages 165-174) – 5:00PM - 6:00PM – Aikido for Kids (ages 175-184) – 6:00PM - 7:00PM – Aikido for Kids (ages 185-194) – 7:00PM - 8:00PM – Aikido for Kids (ages 195-204) – 8:00PM - 9:00PM – Aikido for Kids (ages 205-214) – 9:00PM - 10:00PM – Aikido for Kids (ages 215-224) – 10:00PM - 11:00PM – Aikido for Kids (ages 225-234) – 11:00PM - 12:00PM – Aikido for Kids (ages 235-244) – 12:00PM - 1:00PM – Aikido for Kids (ages 245-254) – 1:00PM - 2:00PM – Aikido for Kids (ages 255-264) – 2:00PM - 3:00PM – Aikido for Kids (ages 265-274) – 3:00PM - 4:00PM – Aikido for Kids (ages 275-284) – 4:00PM - 5:00PM – Aikido for Kids (ages 285-294) – 5:00PM - 6:00PM – Aikido for Kids (ages 295-304) – 6:00PM - 7:00PM – Aikido for Kids (ages 305-314) – 7:00PM - 8:00PM – Aikido for Kids (ages 315-324) – 8:00PM - 9:00PM – Aikido for Kids (ages 325-334) – 9:00PM - 10:00PM – Aikido for Kids (ages 335-344) – 10:00PM - 11:00PM – Aikido for Kids (ages 345-354) – 11:00PM - 12:00PM – Aikido for Kids (ages 355-364) – 12:00PM - 1:00PM – Aikido for Kids (ages 365-374) – 1:00PM - 2:00PM – Aikido for Kids (ages 375-384) – 2:00PM - 3:00PM – Aikido for Kids (ages 385-394) – 3:00PM - 4:00PM – Aikido for Kids (ages 395-404) – 4:00PM - 5:00PM – Aikido for Kids (ages 405-414) – 5:00PM - 6:00PM – Aikido for Kids (ages 415-424) – 6:00PM - 7:00PM – Aikido for Kids (ages 425-434) – 7:00PM - 8:00PM – Aikido for Kids (ages 435-444) – 8:00PM - 9:00PM – Aikido for Kids (ages 445-454) – 9:00PM - 10:00PM – Aikido for Kids (ages 455-464) – 10:00PM - 11:00PM – Aikido for Kids (ages 465-474) – 11:00PM - 12:00PM – Aikido for Kids (ages 475-484) – 12:00PM - 1:00PM – Aikido for Kids (ages 485-494) – 1:00PM - 2:00PM – Aikido for Kids (ages 495-504) – 2:00PM - 3:00PM – Aikido for Kids (ages 505-514) – 3:00PM - 4:00PM – Aikido for Kids (ages 515-524) – 4:00PM - 5:00PM – Aikido for Kids (ages 525-534) – 5:00PM - 6:00PM – Aikido for Kids (ages 535-544) – 6:00PM - 7:00PM – Aikido for Kids (ages 545-554) – 7:00PM - 8:00PM – Aikido for Kids (ages 555-564) – 8:00PM - 9:00PM – Aikido for Kids (ages 565-574) – 9:00PM - 10:00PM – Aikido for Kids (ages 575-584) – 10:00PM - 11:00PM – Aikido for Kids (ages 585-594) – 11:00PM - 12:00PM – Aikido for Kids (ages 595-604) – 12:00PM - 1:00PM – Aikido for Kids (ages 605-614) – 1:00PM - 2:00PM – Aikido for Kids (ages 615-624) – 2:00PM - 3:00PM – Aikido for Kids (ages 625-634) – 3:00PM - 4:00PM – Aikido for Kids (ages 635-644) – 4:00PM - 5:00PM – Aikido for Kids (ages 645-654) – 5:00PM - 6:00PM – Aikido for Kids (ages 655-664) – 6:00PM - 7:00PM – Aikido for Kids (ages 665-674) – 7:00PM - 8:00PM – Aikido for Kids (ages 675-684) – 8:00PM - 9:00PM – Aikido for Kids (ages 685-694) – 9:00PM - 10:00PM – Aikido for Kids (ages 695-704) – 10:00PM - 11:00PM – Aikido for Kids (ages 705-714) – 11:00PM - 12:00PM – Aikido for Kids (ages 715-724) – 12:00PM - 1:00PM – Aikido for Kids (ages 725-734) – 1:00PM - 2:00PM – Aikido for Kids (ages 735-744) – 2:00PM - 3:00PM – Aikido for Kids (ages 745-754) – 3:00PM - 4:00PM – Aikido for Kids (ages 755-764) – 4:00PM - 5:00PM – Aikido for Kids (ages 765-774) – 5:00PM - 6:00PM – Aikido for Kids (ages 775-784) – 6:00PM - 7:00PM – Aikido for Kids (ages 785-794) – 7:00PM - 8:00PM – Aikido for Kids (ages 795-804) – 8:00PM - 9:00PM – Aikido for Kids (ages 805-814) – 9:00PM - 10:00PM – Aikido for Kids (ages 815-824) – 10:00PM - 11:00PM – Aikido for Kids (ages 825-834) – 11:00PM - 12:00PM – Aikido for Kids (ages 835-844) – 12:00PM - 1:00PM – Aikido for Kids (ages 845-854) – 1:00PM - 2:00PM – Aikido for Kids (ages 855-864) – 2:00PM - 3:00PM – Aikido for Kids (ages 865-874) – 3:00PM - 4:00PM – Aikido for Kids (ages 875-884) – 4:00PM - 5:00PM – Aikido for Kids (ages 885-894) – 5:00PM - 6:00PM – Aikido for Kids (ages 895-904) – 6:00PM - 7:00PM – Aikido for Kids (ages 905-914) – 7:00PM - 8:00PM – Aikido for Kids (ages 915-924) – 8:00PM - 9:00PM – Aikido for Kids (ages 925-934) – 9:00PM - 10:00PM – Aikido for Kids (ages 935-944) – 10:00PM - 11:00PM – Aikido for Kids (ages 945-954) – 11:00PM - 12:00PM – Aikido for Kids (ages 955-964) – 12:00PM - 1:00PM – Aikido for Kids (ages 965-974) – 1:00PM - 2:00PM – Aikido for Kids (ages 975-984) – 2:00PM - 3:00PM – Aikido for Kids (ages 985-994) – 3:00PM - 4:00PM – Aikido for Kids (ages 995-1004) – 4:00PM - 5:00PM – Aikido for Kids (ages 1005-1014) – 5:00PM - 6:00PM – Aikido for Kids (ages 1015-1024) – 6:00PM - 7:00PM – Aikido for Kids (ages 1025-1034) – 7:00PM - 8:00PM – Aikido for Kids (ages 1035-1044) – 8:00PM - 9:00PM – Aikido for Kids (ages 1045-1054) – 9:00PM - 10:00PM – Aikido for Kids (ages 1055-1064) – 10:00PM - 11:00PM – Aikido for Kids (ages 1065-1074) – 11:00PM - 12:00PM – Aikido for Kids (ages 1075-1084) – 12:00PM - 1:00PM – Aikido for Kids (ages 1085-1094) – 1:00PM - 2:00PM – Aikido for Kids (ages 1095-1104) – 2:00PM - 3:00PM – Aikido for Kids (ages 1105-1114) – 3:00PM - 4:00PM – Aikido for Kids (ages 1115-1124) – 4:00PM - 5:00PM – Aikido for Kids (ages 1125-1134) – 5:00PM - 6:00PM – Aikido for Kids (ages 1135-1144) – 6:00PM - 7:00PM – Aikido for Kids (ages 1145-1154) – 7:00PM - 8:00PM – Aikido for Kids (ages 1155-1164) – 8:00PM - 9:00PM – Aikido for Kids (ages 1165-1174) – 9:00PM - 10:00PM – Aikido for Kids (ages 1175-1184) – 10:00PM - 11:00PM – Aikido for Kids (ages 1185-1194) – 11:00PM - 12:00PM – Aikido for Kids (ages 1195-1204) – 12:00PM - 1:00PM – Aikido for Kids (ages 1205-1214) – 1:00PM - 2:00PM – Aikido for Kids (ages 1215-1224) – 2:00PM - 3:00PM – Aikido for Kids (ages 1225-1234) – 3:00PM - 4:00PM – Aikido for Kids (ages 1235-1244) – 4:00PM - 5:00PM – Aikido for Kids (ages 1245-1254) – 5:00PM - 6:00PM – Aikido for Kids (ages 1255-1264) – 6:00PM - 7:00PM – Aikido for Kids (ages 1265-1274) – 7:00PM - 8:00PM – Aikido for Kids (ages 1275-1284) – 8:00PM - 9:00PM – Aikido for Kids (ages 1285-1294) – 9:00PM - 10:00PM – Aikido for Kids (ages 1295-1304) – 10:00PM - 11:00PM – Aikido for Kids (ages 1305-1314) – 11:00PM - 12:00PM – Aikido for Kids (ages 1315-1324) – 12:00PM - 1:00PM – Aikido for Kids (ages 1325-1334) – 1:00PM - 2:00PM – Aikido for Kids (ages 1335-1344) – 2:00PM - 3:00PM – Aikido for Kids (ages 1345-1354) – 3:00PM - 4:00PM – Aikido for Kids (ages 1355-1364) – 4:00PM - 5:00PM – Aikido for Kids (ages 1365-1374) – 5:00PM - 6:00PM – Aikido for Kids (ages 1375-1384) – 6:00PM - 7:00PM – Aikido for Kids (ages 1385-1394) – 7:00PM - 8:00PM – Aikido for Kids (ages 1395-1404) – 8:00PM - 9:00PM – Aikido for Kids (ages 1405-1414) – 9:00PM - 10:00PM – Aikido for Kids (ages 1415-1424) – 10:00PM - 11:00PM – Aikido for Kids (ages 1425-1434) – 11:00PM - 12:00PM – Aikido for Kids (ages 1435-1444) – 12:00PM - 1:00PM – Aikido for Kids (ages 1445-1454) – 1:00PM - 2:00PM – Aikido for Kids (ages 1455-1464) – 2:00PM - 3:00PM – Aikido for Kids (ages 1465-1474) – 3:00PM - 4:00PM – Aikido for Kids (ages 1475-1484) – 4:00PM - 5:00PM – Aikido for Kids (ages 1485-1494) – 5:00PM - 6:00PM – Aikido for Kids (ages 1495-1504) – 6:00PM - 7:00PM – Aikido for Kids (ages 1505-1514) – 7:00PM - 8:00PM – Aikido for Kids (ages 1515-1524) – 8:00PM - 9:00PM – Aikido for Kids (ages 1525-1534) – 9:00PM - 10:00PM – Aikido for Kids (ages 1535-1544) – 10:00PM - 11:00PM – Aikido for Kids (ages 1545-1554) – 11:00PM - 12:00PM – Aikido for Kids (ages 1555-1564) – 12:00PM - 1:00PM – Aikido for Kids (ages 1565-1574) – 1:00PM - 2:00PM – Aikido for Kids (ages 1575-1584) – 2:00PM - 3:00PM – Aikido for Kids (ages 1585-1594) – 3:00PM - 4:00PM – Aikido for Kids (ages 1595-1604) – 4:00PM - 5:00PM – Aikido for Kids (ages 1605-1614) – 5:00PM - 6:00PM – Aikido for Kids (ages 1615-1624) – 6:00PM - 7:00PM – Aikido for Kids (ages 1625-1634) – 7:00PM - 8:00PM – Aikido for Kids (ages 1635-1644) – 8:00PM - 9:00PM – Aikido for Kids (ages 1645-1654) – 9:00PM - 10:00PM – Aikido for Kids (ages 1655-1664) – 10:00PM - 11:00PM – Aikido for Kids (ages 1665-1674) – 11:00PM - 12:00PM – Aikido for Kids (ages 1675-1684) – 12:00PM - 1:00PM – Aikido for Kids (ages 1685-1694) – 1:00PM - 2:00PM – Aikido for Kids (ages 1695-1704) – 2:00PM - 3:00PM – Aikido for Kids (ages 1705-1714) – 3:00PM - 4:00PM – Aikido for Kids (ages 1715-1724) – 4:00PM - 5:00PM – Aikido for Kids (ages 1725-1734) – 5:00PM - 6:00PM – Aikido for Kids (ages 1735-1744) – 6:00PM - 7:00PM – Aikido for Kids (ages 1745-1754) – 7:00PM - 8:00PM – Aikido for Kids (ages 1755-1764) – 8:00PM - 9:00PM – Aikido for Kids (ages 1765-1774) – 9:00PM - 10:00PM – Aikido for Kids (ages 1775-1784) – 10:00PM - 11:00PM – Aikido for Kids (ages 1785-1794) – 11:00PM - 12:00PM – Aikido for Kids (ages 1795-1804) – 12:00PM - 1:00PM – Aikido for Kids (ages 1805-1814) – 1:00PM - 2:00PM – Aikido for Kids (ages 1815-1824) – 2:00PM - 3:00PM – Aikido for Kids (ages 1825-1834) – 3:00PM - 4:00PM – Aikido for Kids (ages 1835-1844) – 4:00PM - 5:00PM – Aikido for Kids (ages 1845-1854) – 5:00PM - 6:00PM – Aikido for Kids (ages 1855-1864) – 6:00PM - 7:00PM – Aikido for Kids (ages 1865-1874) – 7:00PM - 8:00PM – Aikido for Kids (ages 1875-1884) – 8:00PM - 9:00PM – Aikido for Kids (ages 1885-1894) – 9:00PM - 10:00PM – Aikido for Kids (ages 1895-1904) – 10:00PM - 11:00PM – Aikido for Kids (ages 1905-1914) – 11:00PM - 12:00PM – Aikido for Kids (ages 1915-1924) – 12:00PM - 1:00PM – Aikido for Kids (ages 1925-1934) – 1:00PM - 2:00PM – Aikido for Kids (ages 1935-1944) – 2:00PM - 3:00PM – Aikido for Kids (ages 1945-1954) – 3:00PM - 4:00PM – Aikido for Kids (ages 1955-1964) – 4:00PM - 5:00PM – Aikido for Kids (ages 1965-1974) – 5:00PM - 6:00PM – Aikido for Kids (ages 1975-1984) – 6:00PM - 7:00PM – Aikido for Kids (ages 1985-1994) – 7:00PM - 8:00PM – Aikido for Kids (ages 1995-2004) – 8:00PM - 9:00PM – Aikido for Kids (ages 2005-2014) – 9:00PM - 10:00PM – Aikido for Kids (ages 2015-2024) – 10:00PM - 11:00PM – Aikido for Kids (ages 2025-2034) – 11:00PM - 12:00PM – Aikido for Kids (ages 2035-2044) – 12:00PM - 1:00PM – Aikido for Kids (ages 2045-2054) – 1:00PM - 2:00PM – Aikido for Kids (ages 2055-2064) – 2:00PM - 3:00PM – Aikido for Kids (ages 2065-2074) – 3:00PM - 4:00PM – Aikido for Kids (ages 2075-2084) – 4:00PM - 5:00PM – Aikido for Kids (ages 2085-2094) – 5:00PM - 6:00PM – Aikido for Kids (ages 2095-2104) – 6:00PM - 7:00PM – Aikido for Kids (ages 2105-2114) – 7:00PM - 8:00PM – Aikido for Kids (ages 2115-2124) – 8:00PM - 9:00PM – Aikido for Kids (ages 2125-2134) – 9:00PM - 10:00PM – Aikido for Kids (ages 2135-2144) – 10:00PM - 11:00PM – Aikido for Kids (ages 2145-2154) – 11:00PM - 12:00PM – Aikido for Kids (ages 2155-2164) – 12:00PM - 1:00PM – Aikido for Kids (ages 2165-2174) – 1:00PM - 2:00PM – Aikido for Kids (ages 2175-2184) – 2:00PM - 3:00PM – Aikido for Kids (ages 2185-2194) – 3:00PM - 4:00PM – Aikido for Kids (ages 2195-2204) – 4:00PM - 5:00PM – Aikido for Kids (ages 2205-2214) – 5:00PM - 6:00PM – Aikido for Kids (ages 2215-2224) – 6:00PM - 7:00PM – Aikido for Kids (ages 2225-2234) – 7:00PM - 8:00PM – Aikido for Kids (ages 2235-2244) – 8:00PM - 9:00PM – Aikido for Kids (ages 2245-2254) – 9:00PM - 10:00PM – Aikido for Kids (ages 2255-2264) – 10:00PM - 11:00PM – Aikido for Kids (ages 2265-2274) – 11:00PM - 12:00PM – Aikido for Kids (ages 2275-2284) – 12:00PM - 1:00PM – Aikido for Kids (ages 2285-2294) – 1:00PM - 2:00PM – Aikido for Kids (ages 2295-2304) – 2:00PM - 3:00PM – Aikido for Kids (ages 2305-2314) – 3:00PM - 4:00PM – Aikido for Kids (ages 2315-2324) – 4:00PM - 5:00PM – Aikido for Kids (ages 2325-2334) – 5:00PM - 6:00PM – Aikido for Kids (ages 2335-2344) – 6:00PM - 7:00PM – Aikido for Kids (ages 2345-2354) – 7:00PM - 8:00PM – Aikido for Kids (ages 2355-2364) – 8:00PM - 9:00PM – Aikido for Kids (ages 2365-2374) – 9:00PM - 10:00PM – Aikido for Kids (ages 2375-2384) – 10:00PM - 11:00PM – Aikido for Kids (ages 2385-2394) – 11:00PM - 12:00PM – Aikido for Kids (ages 2395-2404) – 12:00PM - 1:00PM – Aikido for Kids (ages 2405-2414) – 1:00PM - 2:00PM – Aikido for Kids (ages 2415-2424) – 2:00PM - 3:00PM – Aikido for Kids (ages 2425-2434) – 3:00PM - 4:00PM – Aikido for Kids (ages 2435-2444) – 4:00PM - 5:00PM – Aikido for Kids (ages 2445-2454) – 5:00PM - 6:00PM – Aikido for Kids (ages 2455-2464) – 6:00PM - 7:00PM – Aikido for Kids (ages 2465-2474) – 7:00PM - 8:00PM – Aikido for Kids (ages 2475-2484) – 8:00PM - 9:00PM – Aikido for Kids (ages 2485-2494) – 9:00PM - 10:00PM – Aikido for Kids (ages 2495-2504) – 10:00PM - 11:00PM – Aikido for Kids (ages 2505-2514) – 11:00PM - 12:00PM – Aikido for Kids (ages 2515-2524) – 12:00PM - 1:00PM – Aikido for Kids (ages 2525-2534) – 1:00PM - 2:00PM – Aikido for Kids (ages 2535-2544) – 2:00PM - 3:00PM – Aikido for Kids (ages 2545-2554) – 3:00PM - 4:00PM – Aikido for Kids (ages 2555-2564) – 4:00PM - 5:00PM – Aikido for Kids (ages 2565-2574) – 5:00PM - 6:00PM – Aikido for Kids (ages 2575-2584) – 6:00PM - 7:00PM – Aikido for Kids (ages 2585-2594) – 7:00PM - 8:00PM – Aikido for Kids (ages 2595-2604) – 8:00PM - 9:00PM – Aikido for Kids (ages 2605-2614) – 9:00PM - 10:00PM – Aikido for Kids (ages 2615-2624) – 10:00PM - 11:00PM – Aikido for Kids (ages 2625-2634) – 11:00PM - 12:00PM – Aikido for Kids (ages 2635-2644) – 12:00PM - 1:00PM – Aikido for Kids (ages 2645-2654) – 1:00PM - 2:00PM – Aikido for Kids (ages 2655-2664) – 2:00PM - 3:00PM – Aikido for Kids (ages 2665-2674) – 3:00PM - 4:00PM – Aikido for Kids (ages 2675-2684) – 4:00PM - 5:00PM – Aikido for Kids (ages 2685-2694) – 5:00PM - 6:00PM – Aikido for Kids (ages 2695-2704) – 6:00PM - 7:00PM – Aikido for Kids (ages 2705-2714) – 7:00PM - 8:00PM – Aikido for Kids (ages 2715-2724) – 8:00PM - 9:00PM – Aikido for Kids (ages 2725-2734) – 9:00PM - 10:00PM – Aikido for Kids (ages 2735-2744) – 10:00PM - 11:00PM – Aikido for Kids (ages 2745-2754) – 11:00PM - 12:00PM – Aikido for Kids (ages 2755-2764) – 12:00PM - 1:00PM – Aikido for Kids (ages 2765-2774) – 1:00PM - 2:00PM – Aikido for Kids (ages 2775-2784) – 2:00PM - 3:00PM – Aikido for Kids (ages 2785-2794) – 3:00PM - 4:00PM – Aikido for Kids (ages 2795-2804) – 4:00PM - 5:00PM – Aikido for Kids (ages 2805-2814) – 5:00PM - 6:00PM – Aikido for Kids (ages 2815-2824) – 6:00PM - 7:00PM – Aikido for Kids (ages 2825-2834) – 7:00PM - 8:00PM – Aikido for Kids (ages 2835-2844) – 8:00PM - 9:00PM – Aikido for Kids (ages 2845-2854) – 9:00PM - 10:00PM – Aikido for Kids (ages 2855-2864) – 10:00PM - 11:00PM – Aikido for Kids (ages 2865-2874) – 11:00PM - 12:00PM – Aikido for Kids (ages 2875-2884) – 12:00PM - 1:00PM – Aikido for Kids (ages 2885-2894) – 1:00PM - 2:00PM – Aikido for Kids (ages 2895-2904) – 2:00PM - 3:00PM – Aikido for Kids (ages 2905-2914) – 3:00PM - 4:00PM – Aikido for Kids (ages 2915-2924) – 4:00PM - 5:00PM – Aikido for Kids (ages 2925-2934) – 5:00PM - 6:00PM – Aikido for Kids (ages 2935-2944) – 6:00PM - 7:00PM – Aikido for Kids (ages 2945-2954) – 7:00PM - 8:00PM – Aikido for Kids (ages 2955-2964) – 8:00PM - 9:00PM – Aikido for Kids (ages 2965-2974) – 9:00PM - 10:00PM – Aikido for Kids (ages 2975-2984) – 10:00PM - 11:00PM – Aikido for Kids (ages 2985-2994) – 11:00PM - 12:00PM – Aikido for Kids (ages 2995-3004) – 12:00PM - 1:00PM – Aikido for Kids (ages 3005-3014) – 1:00PM - 2:00PM – Aikido for Kids (ages 3015-3024) – 2:00PM - 3:00PM – Aikido for Kids (ages 3025-3034) – 3:00PM - 4:00PM – Aikido for Kids (ages 3035-3044) – 4:00PM - 5:00PM – Aikido for Kids (ages 3045-3054) – 5:00PM - 6:00PM – Aikido for Kids (ages 3055-3064) – 6:00PM - 7:00PM – Aikido for Kids (ages 3065-3074) – 7:00PM - 8:00PM – Aikido for Kids (ages 3075-3084) – 8:00PM - 9:00PM – Aikido for Kids (ages 3085-3094) – 9:00PM - 10:00PM – Aikido for Kids (ages 3095-3104) – 10:00PM - 11:00PM – Aikido for Kids (ages 3105-3114) – 11:00PM - 12:00PM – Aikido for Kids (ages 3115-3124) – 12:00PM - 1:00PM – Aikido for Kids (ages 3125-3134) – 1:00PM - 2:00PM – Aikido for Kids (ages 3135-3144) – 2:00PM - 3:00PM – Aikido for Kids (ages 3145-3154) – 3:00PM - 4:00PM – Aikido for Kids (ages 3155-3164) – 4:00PM - 5:00PM – Aikido for Kids (ages 3165-3174) – 5:00PM - 6:00PM – Aikido for Kids (ages 3175-3184) – 6:00PM - 7:00PM – Aikido for Kids (ages 3185-3194) – 7:00PM - 8:00PM – Aikido for Kids (ages 3195-3204) – 8:00PM - 9:00PM – Aikido for Kids (ages 3205-3214) – 9:00PM - 10:00PM – Aikido for Kids (ages 3215-3224) – 10:00PM - 11:00PM – Aikido for Kids (ages 3225-3234) – 11:00PM - 12:00PM – Aikido for Kids (ages 3235-3244) – 12:00PM - 1:00PM – Aikido for Kids (ages 3245-3254) – 1:00PM - 2:00PM – Aikido for Kids (ages 3255-3264) – 2:00PM - 3:00PM – Aikido for Kids (ages 3265-3274) – 3:00PM - 4:00PM – Aikido for Kids (ages 3275-3284) – 4:00PM - 5:00PM – Aikido for Kids (ages 3285-3294) – 5:00PM - 6:00PM – Aikido for Kids (ages 3295-3304) – 6:00PM - 7:00PM – Aikido for Kids (ages 3305-3314) – 7:00PM - 8:00PM – Aikido for Kids (ages 3315-3324) – 8:00PM - 9:00PM – Aikido for Kids (ages 3325-3334) – 9:00PM - 10:00PM – Aikido for Kids (ages 3335-3344) – 10:00PM - 11:00PM – Aikido for Kids (ages 3345-3354) – 11:00PM - 12:00PM – Aikido for Kids (ages 3355-3364) – 12:00PM - 1:00PM – Aikido for Kids (ages 3365-3374) – 1:00PM - 2:00PM – Aikido for Kids (ages 3375-3384) – 2:00PM - 3:00PM – Aikido for Kids (ages 3385-3394) – 3:00PM - 4:00PM – Aikido for Kids (ages 3395-3404) – 4:00PM - 5:00PM – Aikido for Kids (ages 3405-3414) – 5:00PM - 6:00PM – Aikido for Kids (ages 3415-3424) – 6:00PM - 7:00PM – Aikido for Kids (ages 3425-3434) – 7:00PM - 8:00PM – Aikido for Kids (ages 3435-3444) – 8:00PM - 9:00PM – Aikido for Kids (ages 3445-3454) – 9:00PM - 10:00PM – Aikido for Kids (ages 3455-3464) – 10:00PM - 11:00PM – Aikido for Kids (ages 3465-3474) – 11:00PM - 12:00PM – Aikido for Kids (ages 3475-3484) – 12:00PM

Tuesday:

4:30PM - 5:30PM – Family Martial Arts/Adult Basics

5:30PM - 6:30PM – Aikido for Women & Girls (ages 11 and up)

[Instruction by Sharon L. Waldman Sempai – women and girls only may participate.] {This class begins on August 19. For August 5th and August 12th, the class is running as a general class open to everyone. Then, women and girls class only starting August 19th.}

Wednesday:

6:30PM - 7:30PM – Adults – Fundamentals

7:30PM - 8:30PM – Adults – Black Belt Club (Testing Requirements)

Thursday:

4:30PM - 5:30PM – Family Martial Arts/Adult Basics

5:30PM - 6:30PM – Kids – Black Belt Club (Testing Requirements)

[Adults Open Practice]

Saturday:

8:30AM - 9:30AM – Aiki-Weapons (Held every Saturday except when Werth Sensei is out of town at instructor training. See the event schedule.)

9:30AM - 10:30AM – Family Martial Arts/Adult Basics

10:30AM - 11:30AM – Mixed Aikido Black Belt Club (Testing Requirements)

