



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
7am							
10am						Weapons 10:00–11:30 am	Weapons 10:00–11:15 am
11am							
noon							Basics 11:30 am–12:45 pm
1pm							Randori 1:00–2:00 pm
2pm							
3pm							
4pm	Youth Beg. (9-15) 4:00–4:50 pm	Kids (6-9) 4:00–5:00 pm	Youth Beg. (9-15) 4:00–4:50 pm	Kids (6-9) 4:00–5:00 pm			
5pm	Youth Int. (9-15) 5:00–5:50 pm		Youth Int. (9-15) 5:00–5:50 pm				
6pm	Introductory Open 6:00–7:00 pm	Beginner 6:00–7:00 pm	Focus: Aikido's Internal Elements 6:00–7:30 pm	Beginner 6:00–7:00 pm	Introductory Open 6:00–7:00 pm		
7pm		Intermediate 6:00–7:00 pm		Intermediate 6:00–7:00 pm	Youth Adv. (9-15) 6:00–7:00 pm		
8pm	Weapons 7:15–8:30 pm	Open 7:15–8:30 pm		Open 7:15–8:30 pm	Open 7:15–8:30 pm		

- The Beginning Series is a four-month program with a beginner and intermediate class that run for two months each. The Beginning Series starts in January, March, May, July, September and November.
- Open class is for our experienced students.
- Ukemi class is designed for those already comfortable with basic fundamental ukemi (forward/backward rolls and falls).