



SHIN SHIN TOITSU AIKIDO

BLUE RIDGE KI SOCIETY

Since 1982

Ki-Aikido is an effective defense-oriented Japanese martial art that teaches relaxation, grace and power. Classes focus on the principles of mind/body unification, ki-breathing, balance, stretching, rolls, and the techniques of Aikido.

2009 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:10 - 12:50 Hitori Waza		12:10 - 12:50 Hitori Waza			10:00 - 11:30 Weapons 11:30 - Noon Open Mat
	6:45 - 7:45 Shin Shin Toitsu Do 7:45 - 8:45 Shin Shin Toitsu Aikido 8:45 - 9:15 Open Mat	6:00 - 7:00 Kids Ki-Aikido	6:45 - 7:45 Shin Shin Toitsu Do 7:45 - 8:45 Shin Shin Toitsu Aikido 8:45 - 9:15 Open Mat		

Hitori Waza: *Ki* (energy) training utilizing exercises in breathing, awareness and movement.

Shin Shin Toitsu Do: Principles and techniques for mind and body coordination.

Shin Shin Toitsu Aikido: Principles, exercises and techniques of *Ki-Aikido*.

Kids Ki-Aikido: Fun, games and self-defense teaching balance, power and control. Ages 6 through 12.

Weapons: Basic and advanced training in *jo* (staff) and *bokken* (wooden sword).

Open Mat: Independent practice time for students.

For more information, please visit www.BlueRidgeKiAikido.org, or call 296-2454

Blue Ridge Ki-Aikido • 801 West Main St. Suite 100A • Charlottesville, VA

Member Midland Ki Federation and Ki Society International