

Tai Chi & Chi Kung

Tai Chi is a martial art from the ancient Taoist tradition that involves the cultivation of the Chi (internal energy) and channeling it to health or martial purposes. We teach the Wu style of Tai Chi which is best known for increasing vitality and improving health. The curriculum includes chi kung, the short form, the long form and push-hands.



Sensei in Fair Lady Weaves at Shuttle stance

Fees

Enrollment	\$45 one-time fee
Aikido	Adult: \$90/mth Teens/Children-\$65/mth
Tai Chi	\$55/mth
Aikido & TaiChi	\$105/mth
Welcome Packages (3 mths + gi + enrollment)	Adult-\$270 Teens/Children-\$195 Aikido & Tai Chi-\$330
Beginners Try-out	Free first Tue & Thu monthly

Class Schedule

We recommend watching a class before enrolling. Visitors are always welcome during business hours.

Time/Day	M	T	W	T	F	S
10:30-11:30 A						Aikido
6:00-7:00 P	Aikido Children	Aikido Basic	Aikido Children	Aikido Basic	Aikido A-teens	
7:00-8:00 P	Aikido	Aikido	Tai Chi	Aikido	Aikido	
8:00-8:30 P		Open mat		Open mat		

Motto

Awareness

I always look, listen and learn.

Humility

I bow with humility to receive from all.

Perseverance

I always do my best, share and persevere.



Aikido Institute Davis

*Get Fit and Healthy
Learn Self-defense
Achieve balance*

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Aikido

Aikido is a non-competitive martial art that promotes peaceful resolution of conflict. The movements have low impact, are graceful and circular and are executed from a strong, balanced center. An Aikido student neutralizes a conflict by restoring balance and reconciling with, rather than destroying, the opponent. Besides building self-defense skills, regular training increases stamina, health, mental focus and inner peace. Any person with average mobility, and of any gender, age or religion, can practice Aikido and derive benefits.

Aikido was founded in Japan in the early 1920s by Morihei Uyeshiba. The Founder was a famous martial artist well-versed in hand to hand combat and weaponry who

sought spiritual enlightenment through practices that tuned him with the cosmic energy. He achieved his quest and created Aikido as a way to cultivate harmony in human interaction. His closest disciple of 23 years, Morihiro Saito Sensei 9th dan, carried on his teachings until his recent passing. Our goal is to promote these teachings throughout the world. There are millions of people practicing Aikido worldwide and we welcome students from all affiliations.



Kathleen executes iriminage on Martin

Aikido Institute Davis

The School

Aikido Institute Davis is a member of the Takemusu Aikido Association, which is recognized by the Aikido World Headquarters in Japan. Our training curriculum leads to dan (black belt) ranks issued by Headquarters. The Association consists of over 70 schools worldwide, and is one of several international associations that promote the teachings of Saito Morihiro Sensei. More information at www.takemusu.org. Our school opened in Davis in December 2002 and serves the three-county region of Yolo-Solano-Sacramento.

The Instructors

Howard Hoa Newens Sensei, chief instructor, has trained in Aikido for 46 years and is ranked black belt 7th degree by World Headquarters. He is a former chief instructor of Aikido Institute Oakland. He serves on the board of Takemusu Aikido Association a non-profit corporation dedicated to promoting Aikido as taught by Morihiro Saito Shihan. He also trained in Wu Tai Chi and Chi Kung for 26 years. Sensei is assisted by a carefully selected team of instructors including Bruce Donehower, Kent Standley, and Rob Kamisky.



Newens Sensei

Programs

Beginners can try out on the first Tuesday and Thursday of every month.

Aikido for Adults - All levels welcome at all 7 classes, including the 2 Basic classes. Beginners can join any time. Advanced classes are held monthly. Curriculum includes Iwama-style weapon work.

Aikido for Teens - 13 to 18 years old. Three classes per week of your choice. Advanced teens are eligible for a special class.

Aikido for Children - 8 to 12 years old.

Two classes per week. Focus on fitness and basic Aikido. One try-out class is allowed.



Children class

Tai Chi - One class per week and quarterly workshops on the Wu Long Form, Chi Kung and Push-hands.

Deshi (Apprentice) - For students who aspire to become instructors. Inquire with Sensei.

Products available:

- Uniforms & belts
- Weapons: jo, bokken
- Aikido and Tai Chi DVDs and book

Visit our store at:
www.aikidodavis.com