

CHELTENHAM & BLOOMSBURY AIKIDO

at Leisure at Cheltenham, Tommy Taylors Lane, Cheltenham GL50 4RN.

AIKIDO is a unique martial way, the “Way of Harmony”:
“to forge the body and mind and to build one’s character”



“Aikido begins with you. Work on yourself.....
Everyone has a spirit that can be refined, a body that can be trained in
some manner, a suitable path to follow.” Founder O Sensei Morihei Ueshiba

Timetable 9 September – 16 December 2019

Mondays: 10:45 – 12:15 *except 7 Oct.*

Fridays, alternate weeks: 12:15 – 13:45 on 13, 27 Sept; 4, 11, 18 Oct.; 1, 15, 29 Nov; 13 Dec.

Classes are in the Sports Hall except on 30 Sept; 14, 21 Oct, the class is in Squash Court 3.

Open to adults aged 18+ years. Suitable for all levels.

Beginners always welcome. **Visitors** from other clubs and associations always welcome.

TRAINING FEES 2019.

	Standard	Concession	First time Beginner:
Per session	£7	£5	first ‘try out’ session is free

MEMBERSHIP FEE: provides GSK+C&BA+BAB one year **membership with insurance.**

£37 Standard; £30 Concessions. **New beginners’** membership fees are due before their fourth class.

Visitors and Members: to take part, you need to show current evidence of insurance to train.

TRADITIONAL AIKIDO: Is non-competitive, placing emphasis on self-development. Aikido does not rely on physical strength - it uses flowing movements to blend with the motion of the attacker – so all regardless of age, gender, etc. may practice effectively together.

BENEFITS: Training involves the learning of skills to improve physical co-ordination and to develop positive spirit, a stable centre, presence of mind and mental and physical dexterity – attributes which are useful in self-defence as well as in dealing with the challenges of daily life. Aikido is an enjoyable activity that can help you improve physical fitness and make new friends.

TEACHER: Barbara Sotowicz, 5 Dan (Aikikai), BAB Coach Level 3. Previously, Barbara was chief instructor at the Aikido Club at University College London. The new “Cheltenham & Bloomsbury Aikido Club” maintains the link to the UCL Aikido student and alumni groups.

www.bloomsburyaikido.co.uk Enquiries: email contact@bloomsburyaikido.co.uk or call 07711906145



Go Shin Kai Aikido Association www.goshinkai.org.uk www.merciaaikido.co.uk
UK Governing Body: **British Aikido Board** www.bab.org.uk



Go Shin Kai complies with the regulations of the **Aikikai Foundation**, Aikido World Headquarters, Japan, www.aikikai.or.jp/eng