



PEACHTREE



AIKIKAI ATLANTA

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## WELCOME TO PEACHTREE AIKIKAI

a traditional *dojo* for Japanese martial arts, dedicated to the preservation and teaching of Aikido and Iaido.

## WHAT IS AIKIDO?

Aikido is a traditional Japanese martial art of movement and power. Translated literally, aikido is "the way of unifying the fundamental energy of the universe". The founder, Morihei Ueshiba, envisioned a system and philosophy of martial arts that transcended mere self-defense. Aikido, a true budo or martial way, evolved from the historic tradition of Japanese warrior arts into a highly effective form of self-defense. Using aikido, it is possible to subdue a much larger aggressor using only minimum effort. However, when studied in earnest, budo is not merely a science of techniques and tactics for self-defense but a discipline for perfecting the spirit. The ultimate objective of budo is the achievement of personal excellence, the development and refinement of a sensitive, balanced, and polished mind, body, and spirit. Aikido practice is cooperative rather than competitive, but training is robust and improves both physical and mental conditioning. Because Aikido does not rely on brute strength but teaches how to blend with and safely neutralize an attack, aikido practice is suitable for men, women, and children of all ages.

## WHAT IS IAIDO?

Iaido is the traditional martial art of Japanese swordsmanship, which evolved from battlefield techniques of feudal Japan into the modern system of movement and poise practiced today. Students learn how to draw and cut with the Japanese sword. Practice is meditative but also rigorous through repetition of a number of ancient forms. Prospective students of Iaido must receive permission of the Chief Instructor prior to joining.

## PEACHTREE AIKIKAI

We are affiliated with the United States Aikido Federation under the direction of Shihan Yoshimitsu Yamada, a direct student of Morihei Ueshiba.

PEACHTREE Aikikai instructors are internationally ranked through the United States Aikido Federation and Aikido Headquarters in Tokyo, Japan. The Chief Instructor of PEACHTREE Aikikai, Blue Spruell, began his Aikido training in Japan and has over twenty years of experience in Japanese martial arts. He holds fourth degree black belts in Aikido and Iaido and Shido instructor certification awarded by Doshu Moriteru Ueshiba and the United States Aikido Federation.

## AIKIDO



## 15 YEARS OF EXCELLENCE IN JAPANESE MARTIAL ARTS.

## DUES SCHEDULE

INTRODUCTORY RATE (2 Months and Free Uniform)	\$ 149
ADULTS (Monthly)	\$ 89
POLICE/MILITARY (Monthly)	\$ 69
STUDENTS (Monthly)	\$ 69
CHILDREN (Monthly) 10% FAMILY DISCOUNT	\$ 49
IAIDO (Monthly)	\$ 35
VISITORS	\$ 10

\*Best rates available for automatic billing members.

## IAIDO



2055 Piedmont Rd • Atlanta, GA 30324

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[www.peachtreeaikikai.com](http://www.peachtreeaikikai.com)

# CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 - 7:15 am	<b>AIKIDO</b> GILES Brown		<b>AIKIDO</b> STALLMAN Brown		<b>AIKIDO</b> BROWN Stallman		
8:30 - 9:30 am						<b>IAIDO</b> SPRUELL Lindsay	
9:30 - 10:30 am						<b>CHILDREN</b> SPRUELL Lindsay	
10:30 am - noon						<b>AIKIDO</b> SPRUELL Silverman	<b>OPEN PRACTICE</b> Bennett/Mitchell
1:00 - 2:00 pm							
5:30 - 6:30 pm		<b>CHILDREN</b> SPRUELL Lindsay		<b>CHILDREN</b> SPRUELL Lindsay			
6:30 - 7:30 pm	<b>AIKIDO</b> SPRUELL Lindsay	<b>IAIDO</b> SPRUELL Lindsay	<b>AIKIDO</b> SILVERMAN Escobedo	<b>IAIDO</b> SPRUELL Lindsay	<b>AIKIDO</b> POTTER Mitchell		
7:30 - 8:30 pm		<b>AIKIDO KIHON</b> SPRUELL Forrester		<b>AIKIDO KIHON</b> SPRUELL Bennett			

Aikido Beginners please note: You may join at any time during a month and participate in any class. Aikido Kihon classes emphasize basic footwork, ukemi (falling), and technique (throwing). All aikido classes mix skill levels. You are encouraged to attend as many classes as you like. As a beginner, you will receive special attention in any class until you are comfortable with class structure and curriculum. Welcome to PEACHTREE. See you on the mat!