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## Sunset Cliffs Aikido Student Handbook

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Aikido is a sophisticated method of inner development and an art of self-defense. It is a modern Budo, or martial way of living, in which one's character and spirit are refined through hard training and self-discipline. The word "Aikido" is made from three kanji: ? - Ai: harmony, coordination, unification ? - Ki: spirit, energy, mood

## **About Aikido – Sunset Cliffs Aikido**

Greg Harkless, 4th dan, is a certified instructor (shidojin) who began his aikido career at Sunset Cliffs Aikido in 2000. He has a combined seven years' experience as a live-in student ( uchideshi ) in two Takemusu Aikido Association dojos, where he played instrumental roles in the development of youth aikido programs, and in short-term stints in Switzerland and Japan.

## **Instructors – Sunset Cliffs Aikido**

7:30- 8:30 am Weapons (permission from Sensei B. Tom required) 8:30- 9:30 am General (all levels) 6:00- 6:30 pm Suburi (wooden sword & staff) 6:30- 7:30 pm General (all levels) Wednesday. 4:30- 5:30 pm Children. 6:00- 7:00 pm Basics. 7:00- 8:00 pm Advanced. Thursday.

## **Schedule – Sunset Cliffs Aikido**

To encourage you to get started and try AIKIDO, we invite you to join us as a regular full time new student, and to train for the first month for \$60. INCLUDES UNIFORM AND CLASSES EVERY DAY. The SUNSET CLIFFS AIKIDO

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training hall, or dojo, has been here for 34 years, offering a strong personal connection to the early roots and the heart of AIKIDO, with a richness of tradition, depth of ...

## **First Month Special – Sunset Cliffs Aikido**

Membership at Sunset Cliffs Aikido includes unlimited training in classes seven days per week. Additionally, students may arrive before class to train and stay after class to train. Newer students are encouraged to ask more experienced members to train and practice outside of class, especially when preparing for exams.

## **Membership – Sunset Cliffs Aikido**

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