

The Art of Peace

a special class for UMW ElderStudy



at [Aikido in Fredericksburg](#)
Monday, Nov 30 at 10AM

Non-violent Self-Defense training for senior citizens

Learn about **Aikido** and its no-fall training option:

- Increase flexibility
- Increase stability and strength
- Decrease anxiety
- Improve conflict resolution skills

www.aikidoinfredericksburg.org

Want more info? Call at 1.540.582.9600 or email aviv@aikidoinn.com

No-Fall Aikido and Low-Impact Aikido provide training opportunities for seniors as well as those with disabilities and injuries. In this mini-class we will provide an overview of Aikido, teach a basic self-defense technique, and share options for continuing practice.

合氣道

"Those who seek to study Aikido should open their minds, listen to the sincerity of the spirit of the universe through Aiki, and practice. Willingly begin the cultivation of your spirit by practice and you will improve without hindrance. Aikido is not for correcting others, it is for correcting your own mind. This is the mission of Aikido and should be your mission."

AIKIDO is a modern Japanese *budo* (martial art) that was developed by Morihei Ueshiba (1883-1969), a Japanese philosopher and master of kendo, spear fighting, and jujitsu. *O-Sensei* (great teacher) was disillusioned with the endless cycle of violence and competition in the martial arts, so he designed AIKIDO as a discipline drawing on our internal energy, or "ki". Aikidoists learn to move with, rather than against, the attacker. The defender thus redirects the opponents' energy and neutralizes the attack without harming either the attacker or him/herself.

AIKIDO differs from other martial arts in its training. Many other martial arts are practiced to gain fighting prowess. As *O-Sensei's* experience grew, he realized that developing strength simply for fighting was futile. He developed AIKIDO as a means of individual growth and refinement. In AIKIDO training the student develops a strong body and a mind that is calm, and whose natural reaction in a confrontational environment is defense rather than offense, protection rather than counter-destruction. Aikido is non-competitive and can be suitable for all ages.

Daily classes at:

[Aikido in Fredericksburg](#)

a 501(c)3 non-profit educational organization
6155 Hickory Ridge Rd, Spotsylvania, VA 22551
Just 1.4 miles off Route 1
1.540.582.9600

Weekly classes Wednesday evenings at:

Courthouse Community Center

29 Stafford Avenue, Stafford, VA
"No-Fall" Seniors class at 6:00PM
1.540.455.3378

