

## About *Aikido Hokuryukai*

“*Hokuryukai*” translates as  
“Northern Dragon Association.”

Our name commemorates our launch as a business in 2000, the Year of the Dragon, to provide traditional instruction in Aikido. Aikido Hokuryukai is affiliated with Hombu (Aikikai) Aikido headquarters in Tokyo, Japan, which was established by Morihei Ueshiba, the Founder of Aikido.

**Yumi Nakamura**, 6<sup>th</sup> dan and *shihan* (Master Instructor), is Chair of the CAF Examinations Committee. She has taught seminars across Canada and has more than 40 years of experience.

**Jim Barnes**, chief instructor, *shidoiin* (Senior Instructor) and 6<sup>th</sup>-dan black belt, has 40 years of experience in Aikido. He is a past president of the Canadian Aikido Federation. Both are CAF senior instructors and members of the CAF Examination and Technical Committees.

Other black-belt instructors at the dojo teach under the supervision of Jim and Yumi.



*Jim and Yumi with Dosbu at Hombu dojo.*



## North York Aikido Club

*Aikido Hokuryukai*

**Dedicated to traditional Aikido**

Men, women and children welcome  
Beginners, advanced and weapons classes.

- ❖ Improve your physical fitness and relieve stress
- ❖ Learn to discipline and focus your mind
- ❖ Learn effective self-defence techniques
- ❖ Learn harmony with yourself and others

[www.aikidoclub.ca](http://www.aikidoclub.ca)



### Contact information:

Address:

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The club is located in a commercial plaza on the north side of Finch, west of Dufferin St.

Phone: (416) 465-2823

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Web: [www.aikidoclub.ca](http://www.aikidoclub.ca)

2017-02-02

## About Aikido and our dojo

Aikido is a Japanese martial art developed by Morihei Ueshiba (“O-Sensei” or “Great Teacher”). Basic Aikido techniques include throws and joint locks, and an important part of beginners' practice is learning to “follow” techniques and fall safely from any position.

O-Sensei emphasized the moral and spiritual aspects of the art, placing great weight on the development of harmony and peace. For that reason, competition is not permitted in Aikido, nor is there emphasis on fighting. “The Way of Harmony of the Spirit” is one translation of “Aikido.”

Although the idea of a serious martial discipline striving for peace and harmony may seem like a paradox, it is the most basic tenet of the art.

Aikido was developed by O-Sensei from his broad experience in the martial arts, and carried throughout the world by his personal students.

Today, thousands of students practice in virtually every country of the world, attempting to realize in their lives the high ideals and incredible technical skills O-Sensei taught.

Our dojo is a member of the Ontario Aikido Federation and the Canadian Aikido Federation, and in turn is affiliated with the Aikikai / Hombu in Tokyo, Japan.

Membership is open to anyone who has a sincere desire to learn, no health problems that would interfere with - or be worsened by - practice, and is prepared to observe the dojo etiquette, rules and regulations.

## Class schedule

- ✓ Mon: 12-1 pm, All
- ✓ Tue: 6-7 pm, Kids; 7-8 pm, Beg; 8-9 pm, Sr
- ✓ Wed: 12-1 pm, All
- ✓ Thu: 7-8 pm, Beg; 8-9 pm, All
- ✓ Fri: 7-8:30 pm, All
- ✓ Sat: 9-10 am, Kids; 10-11 am, Jo; 11-12 pm, Open
- ✓ Sun: 4-5 pm, Kids; 5-6 pm, All

*“Beginners” are students who have not yet taken any tests.*

*“Kids” are students, 6-13 years old, who attend the Sunday kids’ class.*

*Students must be ranked 3d kyu or higher to take the “Senior” class.*

Fees		
Period	Regular	Students* and kids
Beginner program	\$260	NA
1 month	\$90	\$65
3 month	\$240	\$135
6 months	\$430	\$240
1 year	\$800	\$440

*The cost for lunchtime-only classes (noon on Mon. and Weds.) is \$60/month, plus annual CAF fee.*

## Notes on fees:

Schedule and fees are subject to change without notice.

All dues are payable in advance and include HST.

Beginners' packages include three months' dues, one annual CAF membership and one gi (uniform).

\*Student fees apply only to full-time students of a school or college with a student card, not otherwise employed.

\*\*The kids' classes on Sat., Sun. and Tues. are for children from 6 to 13.

Higher-ranked child members may attend other classes (Thurs. and Sun.), only with the Chief Instructor's permission.

All members must join the Canadian Aikido Federation. At present, the annual fee is \$20.

All students (or their guardians, if under age) must sign a liability waiver before they can practice.

A variety of Aikido equipment is available in the dojo, including gis (uniforms), weapons (bokken, jo, tanto and cases) and the CAF instructional DVD.

*Please don't hesitate to get in touch with us regarding any questions or concerns.*

