

Aikido



合氣道

Western Maryland Aikikai

Aikido, which can be translated as “*the way of harmony*”, is a martial art based on the ancient *budo* (martial ways) of Japan. The movements of Aikido utilize an opponent’s attacking energy to defeat them. Aikido is an effective self-defense system with the accompanying benefits of conditioning and stress relief. When executed properly, the techniques of Aikido require very little strength, making it approachable for everyone, men and women, young and old. Visitors and beginners welcome!

Class times:

Hagerstown Location: Mon, Wed, Fri: 7 - 8:30 pm, Sat 10 am – 12 noon

Frederick Location: Tues, Thurs: 7 – 8:30 pm

Chief Instructor: Jack Simpson, 4th Dan, Fukushidoin

For further information contact:

Jack Simpson, 301-791-2072, email: jack@wmaiki.org

or

Jim Wendt, 301-831-8716, email: jwendt@wmaiki.org

Or visit our web site at: www.wmaiki.org

Western Maryland Aikikai Hagerstown and Frederick, MD

How do I get started?

Students may start any day class is offered. Classes are held at our main dojo in Hagerstown, MD and in Frederick, MD. It's helpful to arrive ~20 minutes early for questions and paper work. You may watch any class first or participate. To participate, all new students must fill out a waiver form before stepping on the mat. Sweatpants and a t-shirt or long sleeve t-shirt are recommended and a training uniform (gi) can be purchased later if desired.

Western Maryland Aikikai is a non-profit dojo. There are no contracts and the instructors volunteer their time. The first 3 classes are free. If the student wishes to continue, monthly dues are charged to offset facility rental, supplies (mats), etc. The dues structure is given below as well as the addresses of each of our facilities. Welcome to Aikido!

Dues Structure (per month, unlimited classes, either location):

Regular Membership: \$60
Active Duty Military, Law Enforcement, Fire: \$50
Quarterly (3 months in advance): \$165
Family Discount \$ 5 off per family member
Full Time Student (with valid college ID): \$40
Youth (13-18 years): \$40
Mat fee (visitors): \$10.00 per class

Locations:

Hagerstown Dojo:
16 W. Washington St., Hagerstown, MD 21740
(shared space with "My Pilates Place")
Phone: 301-791-2072

Frederick Dojo:
427 East Patrick Street, #2B,
Frederick, MD 21703
(shared space with Frederick Academy of Self
Defense) Phone: 301-620-7710

