

AIKIDO CLUB

Autumn 2009

UNIVERSITY OF WASHINGTON, DEPARTMENT OF RECREATIONAL SPORTS PROGRAMS

The Japanese art of Aikido was founded in Japan by Master Morihei Ueshiba. Aikido is more than a system of self-defense; it is a total discipline for physical and spiritual growth. The goal of Aikido is not the defeat of others, but to defeat negative characteristics, which inhibit one's own mind and functioning. Its principle aim is to avoid clashing directly with an opponent's strength and force by blending and redirecting their energy with flowing spherical movements. At all levels of training, Aikido provides an effective means for personal development and growth. Instruction in the use of the Japanese Sword (Bokken) and Jo (Staff) are part of the training.

CLUB MEMBERSHIP

All currently enrolled UW students (Seattle campus) and faculty/staff IMA members may join the club. Faculty/staff may purchase their IMA Membership at the IMA Member Services Desk during operation hours.

UW extension, branch campus students, students of the ASUW experimental college, UW alumni, and the general public are not eligible to participate in the Club Sports program.

MEMBERSHIP WAIVER CARD

All participants must complete a membership/waiver card prior to club participation. Membership/waiver cards are available from the club president at practice or at the Programs Office, located on the 3rd floor of the IMA.

SPORTS SKILLS CLASS

Beg. Aikido: October 13 – November 19, 2009

Tues/Thurs: 7:00-8:30 pm

Price: \$45.00

Register in-person at the IMA Programs Office. Please visit the IMA Homepage for additional information about Sports Skills Classes.

CLUB PRACTICES

Dates: October 1 – December 17

Days: Tuesday/Thursday & Sunday

Times: 7:00 - 9:00 pm & 12:00 – 3:00 pm

Location: IMA Mat Room A

INSURANCE

The Department of Recreational Sports Programs strongly recommends that all Club Sport members have adequate accident/medical insurance coverage. Each Club Sport member is responsible for arranging their own coverage. Brochures for Accidental and Sickness Insurance for registered University of Washington Students are available in the Programs Office, located on the 3rd floor of the IMA.

FOR MORE INFORMATION

Club Representative:

Kara Ozkardesh: karaoz@uw.edu

Club Email:

aikido@uw.edu

Club Website:

<http://www.uwaikido.org>

Club Sports Coordinator:

Katie Beth
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IMA Homepage:

<http://depts.washington.edu/ima>