

Learn how to:

- Defend against grabs, shoves, punches, kicks, trips and other forms of attack.
- Defend against attacks by more powerful attackers.
- Defend against attacks by more than one attacker.
- Defend against attacks using blunt or sharp weapons, such as clubs or knives.



You are stronger than you think. Let Aikido unlock your inner strength.

Teaching Staff

- **Mike Clair**, Head Teacher, 5th degree black belt
- **Shahram Moradi**, 4th degree black belt
- **Tony Cumby**, Dojo President, 2nd degree black belt

Fudoshin Aikikai

In Japanese, *Fudoshin* means “calm spirit, even in the face of danger”, and *Aikikai* means “school of Aikido”.

Fudoshin Aikikai is a membership-based organization run by volunteers. The teachers are all accredited by Hombu Dojo in Tokyo.

The teachers volunteer their time and expertise, so the monthly tuition fee is kept as low as possible. Discounts are available for youth, post-secondary students and families. No one is turned away for financial reasons.

Fudoshin welcomes students from 8 years old onwards. Due to the non-competitive nature of Aikido, you can practice well into your 70s.

Classes are held Mondays and Wednesdays from 7:00 pm to 8:00 pm, and Saturdays from 9:00 am to 10:00 am.

Classes are held at St. Theresa’s Elementary School, located at 100 Mundy Pond Road.

For more information, visit <https://fudoshin.ca> or call Tony Cumby at (709) 689-1899 or Mike Clair at (709) 753-2419.

A Final Word

Aikido is a physical activity that involves contact with other practitioners and controlled falls on gymnastics mats. Injuries are rare and consist mostly of minor musculoskeletal sprains. Teachers carefully monitor students’ progress, and students advance at their own speed. Safety is foremost on our minds.

Aikido: The art of neutralizing physical threats



Aikido is a series of tried-and-true conflict resolution techniques that are useful for resolving conflicts that have escalated to a physical dimension.

Aikido techniques can neutralize physical attacks without causing undue harm to the attacker. It is the only martial art that is based on an ethical code.

Live your life to the fullest with confidence in your abilities to address any type of conflict that you may face.

Resolving Physical Conflicts Safely and Ethically

Conflict is a natural part of life. Usually, we can resolve conflicts peacefully, using humour, empathy, negotiation, compromise or apology. But sometimes, we face aggression, bullying, harassment and violence – and our peaceful ways of resolving conflict no longer apply. How can we resolve such conflicts without engaging in the very violence that is being forced upon us?

Aikido teaches tried-and-true techniques where the force of the attacker is turned back against himself or herself. These brilliant and effective techniques were developed after World War II as an antidote to the violence that led to that war.



The premise behind Aikido is that anyone who attacks another person is unbalanced, mentally or morally. It is the duty of the practitioner to neutralize the attack without causing permanent injury to the attacker. Attempted violence is therefore transformed into a learning opportunity for the aggressor.



Not into the Martial Arts? Neither are We.

Aikido is often mistakenly lumped in with other martial arts, like judo, karate, boxing and mixed martial arts. But Aikido is different from every other martial art:

- In every other martial art, the objective is to subdue the opponent. In Aikido, it is to neutralize the attack without harming the attacker.
- In every other martial art, competition determines the winner. There are no contests or competitions in Aikido. Your competition is your ideal self.
- In every other martial art, the objective is to hold your ground against an attacker. In Aikido, you give up ground to let the attacker's energy exhaust itself.
- Aikido is the only martial art that is guided by ethics: every person – including an attacker – is treated with respect and understanding.

Other Benefits of Aikido

In addition to developing self-defence skills, the practice of Aikido brings many benefits:

- Aikido works on all five aspects of physical fitness: flexibility, aerobic fitness, balance, strength and coordination.
- All practitioners adhere to the ethics of Aikido, which creates an environment of support and fellowship.
- Knowing that you can resolve all types of conflicts communicates your confidence and poise to others, making you less of a target for abuse.
- Witnessing progress in your skill level is energizing and fun.