



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# DEDICATION COMMITMENT DISCIPLINE KOKIKAI AIKIDO



Kokikai Aikido is a self-defense training system that stresses timing, centering and coordination rather than meeting force with force.

The goal of Kokikai Aikido is to enable all individuals to reach their strongest state and realize their full potential, both in the art of self-defense and in their daily lives. Most people associate strength with muscle power, but Kokikai Aikido students learn many ways to become stronger. Mind-body coordination, relaxation, good posture, and proper technique can increase any person's strength. In practicing Kokikai Aikido, students learn to coordinate mind and body, to respond calmly to conflict, and to "lead the attacker's mind." In this way they can use the minimum effort to create the maximum effect. This simple but revolutionary idea is at the heart of Kokikai principles.

Because of these principles, Kokikai Aikido is an effective self-defense method for people of all ages and all physical types. It provides a path both for personal realization and for ethical self-defense. As students become stronger, they become more able to respond to conflict without aggression. This training can benefit their lives in a real, measurable way.

Kokikai Aikido was founded by Shuji Maruyama Sensei, a lifetime student of the practice of aikido. Maruyama Sensei's teaching style is wonderfully dynamic, personal and exhilarating. He stresses that although aikido has deep roots in Japanese tradition, the practice must be relevant to modern life. His aikido technique is full of power and beauty. He encourages his students to grow and develop throughout their lifetimes, even as he continues to grow and develop the practice of Kokikai Aikido.

TUESDAY CLASSES	THURSDAY CLASSES
6:00-7:00pm Youth Aikido 8-12 year olds	7:30-9:00pm Adult Aikido 16 & Older
6:00-7:30pm Teen Aikido 13-17 year olds	
7:30-9:00pm Adult Aikido 16 & Older	

<b>FEES FOR ADULT AIKIDO</b> attending once a week Full Facility Members: \$96* Program Members: \$120*	<b>FEES FOR YOUTH AIKIDO</b> Full Facility Members: \$56* Program Members: \$72*
<b>FEES FOR ADULT AIKIDO</b> attending twice a week Full Facility Members: \$160* Program Members: \$208*	<b>FEES FOR TEEN AIKIDO</b> Full Facility Members: \$84* Program Members: \$108* Walk On Mat Fee: \$20/class

*\*THESE PRICES REFLECT AN (8) CLASS SESSION. PRICES CHANGE FOR (7) OR (9) CLASSES\**

**Kokikai Aikido Program is lead by:  
Dan McDougall Sensei, 7th Dan**  
Chief Instructor Kokikai Aikido of Princeton Y for over 30 years  
President of the Board, Aikido Kokikai Federation USA  
Student of Dave Nachman Sensei (8th Dan) and Ronni Burrows Sensei (7th Dan)

## 2019-2020 SCHEDULE

<b>FALL ONE 2019</b> registration begins Aug 31, 2019 Tuesday class dates (8): Sept 3, 10, 17, 24   Oct 1, 8, 15, 22 Thursday class dates (8): Sept 5, 12, 19, 26   Oct 3, 10, 17, 24
<b>FALL TWO 2019</b> registration begins Oct 22, 2019 Tuesday class dates (8): Oct 29   Nov 5, 12, 19, 26   Dec 3, 10, 17 Thursday class dates (7): Oct 31   Nov 7, 14, 21   Dec 5, 12, 19
<b>WINTER 2020</b> registration begins Dec 17, 20120 Tuesday class dates (7): Jan 7, 14, 21, 28   Feb 4, 11, 18 Thursday class dates (8): Jan 2, 9, 16, 23, 30   Feb 6, 13, 20
<b>SPRING ONE 2020</b> registration begins Feb 18, 2020 Tuesday class dates (8): Feb 25   Mar 3, 10, 17, 24, 31   Apr 7, 14 Thursday class dates (8): Feb 27   Mar 5, 12, 19, 26   Apr 2, 9, 16
<b>SPRING TWO 2020</b> registration begins Apr 15, 2020 Tuesday class dates (9): Apr 21, 28   May 5, 12, 19, 26   Jun 2, 9, 16 Thursday class dates (9): Apr 23   May 7, 14, 21, 28   Jun 4, 11, 18
<b>SUMMER 2020</b> registration begins Jun 17, 2020 Tuesday class dates (9): Jun 23, 30   Jul 7, 14, 21, 28   Aug 4, 11, 18, Thursday class dates (8): Jun 25   Jul 2, 9, 16, 23, 30   Aug 6, 13

Updated 8/27/2019