



HOUSTON KI AIKIDO

"mind and body were originally one"

Introduction to Ki-Aikido Five Week Course for Women



Ki-Aikido is both a defensive martial art and an active mind-body practice. As a self-defense, aikido teaches not to rely on physical strength or size, but to use and redirect the force of an attacker. The emphasis is on relaxation, connection, balance, and timing. Classes consist of a mixture of self-defense technique and exercises to practice ki-aikido principles.

Course Objectives

- * Learn basic self-defense strategies
- * Improve posture and stability
- * Relax and focus under stress
- * Develop a deeper awareness
- * Explore the mind-body connection

Benefits of Aikido in Daily Life

- * Develop a calmer mind
- * Release tension and stress
- * Improve flexibility
- * Increase confidence
- * Better health and well-being

In our introductory course for women, you will learn about ki-aikido in a safe, comfortable, and fun environment. This course is for women only and will be taught by women.

START DATE: OCT 29TH (THRU DEC 3RD)
 CLASS TIME: TUESDAYS, 8:00 – 9:00 PM
 DURATION: 5 WEEKS (EXCEPT THANKSGIVING WEEK)
 COURSE FEE: \$49
 ATTIRE: COMFORTABLE WORKOUT CLOTHING



Check out our video gallery for a preview of the basic exercises

Contact us @ houstonkiaikido@yahoo.com
281-980-3030

For more information: www.houstonkiaikido.org

DATE

- #1 : Oct 29th
- #2 : Nov 5th
- #3 : Nov 12th
- #4 : Nov 19th
- #5 : Dec 3rd

LESSON

- Defense from frontal grabs
- Defense from strikes and swings
- Defense from rear attacks
- Focus on mind and body coordination
- Dealing with multiple attackers

Registration

Registration for this course is easy! Visit our website at www.houstonkiaikido.org to register online or for instructions on registering in person.

Location

Classes will be held at the Safety America Martial Arts Center, located at 2595 Cordes Dr. in Sugar Land, Texas. The closest main intersection is Lexington Blvd. and Highway 6. Look for a stand-alone building with a big "Karate" sign.



We look forward to seeing you on the mat!

"Do not think that the power you have is only the power you ordinarily use... The power you ordinarily use is like the small, visible segment of an iceberg. When we unify our mind and body and become one with the Universe, we can use the great power that is naturally ours."