



Bay Marin Aikido

A non-profit school

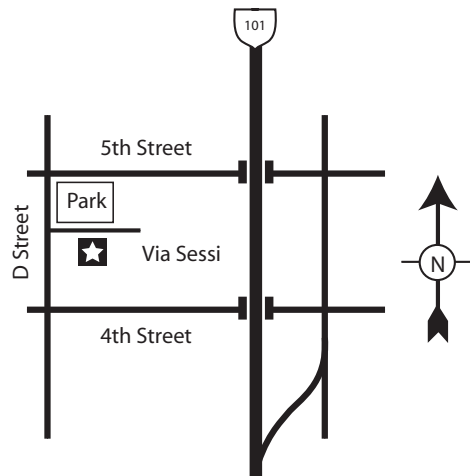
1345 Via Sessi
San Rafael, CA 94901
(415) 455-0971

Bay Marin AIKIDO



*Please visit us anytime.
Experience the Non-Fighting Martial Art
for yourself.*

**Visitors are Welcome.
Please come in for
a free class.**



Class Schedule

Mon	Tues	Wed	Thurs	Fri	Sat
					Adult Weapons 9:30-10:30 am
					Adult all levels 10:30-11:30 am
Adult all levels Noon-1:00 pm			Adult all levels Noon-1:00 pm		
	Juniors 8-13 yrs 4:30-5:30 pm	Juniors 8-13 yrs 4:30-5:30 pm	Juniors 8-13 yrs 4:30-5:30 pm		
Adult basics 6 - 6:45 pm	Adult Basic Weapons 6 - 6:45 pm	Adult basics 6 - 6:45 pm	Adult basics 6 - 6:45 pm	Adult Ken - Jo Weapons 6 - 7 pm	
Adult all levels 6:45-7:30 pm	Adult all levels 7 - 8:30 pm	Adult all levels 7 - 8:30 pm	Adult all levels 7 - 8:30 pm	Adult all levels 7 - 8:00 pm	
Adult Advanced 7:30-8:30 pm					

For more information call
Hans Goto
Bay Marin Aikido
1345 Via Sessi
San Rafael, CA 94901
(415) 455-0971

<http://www.baymarinaikido.com>

*Grace and Confidence
with the Non-Fighting
Martial Art*

Bay Marin Aikido

"My students think I don't lose my center. That is not so; I simply recognize it sooner, and get back faster."

Morihei Ueshiba, O'Sensei, Founder of Aikido

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web: <http://www.baymarinaikido.com>



Why Aikido is Different

Unlike the striking and kicking martial arts, Aikido holds the aim not to injure or kill an opponent. Instead, Aikido teaches how we may resolve conflict as safely and peacefully as possible.

Aikido uses graceful but powerful locks, throws, and pins that quickly immobilize an attacker without causing permanent injury. This is why Aikido is called "The Art of Nonresistance" or "The Non-fighting Martial Art."



Training for Mind and Body

During an Aikido class, students practice techniques for blending with and neutralizing punches, grabs and other assaults. The training develops balance, flexibility and coordination, as well as concentration and self-confidence in the face of a physical attack. The ultimate goal of Aikido training is to master a calm, alert and confident approach to conflict—a courageous and compassionate spirit that whole-heartedly confronts the challenges and difficulties of life.

Safe and Non-Competitive

Our teaching style at Bay Marin Aikido is friendly and relaxed. Since Aikido stresses harmony and non-violence, there are no competitions, tournaments or full-contact sparring.

Students mark their progress by passing formal tests in which they demonstrate Aikido techniques in front of the whole class. To pass tests and receive rank, students must exhibit skill in technique as well as calmness under pressure, seriousness and diligence, and an open attitude to learning.

Expert Instruction, Friendly Atmosphere

Bay Marin Aikido is a non-profit school headed by Hans Goto, a 6th degree black belt with over twenty years teaching experience. Goto Sensei personally conducts all classes at the spacious and fully-equipped dojo (training hall) in central San Rafael.

Fees are reasonable and students may attend as many classes as they like. There are no hard sells, long-term memberships or hidden costs. Students also enjoy access to the dojo library and video collection.

