

**Asahi Schools of Aikido**  
provides quality instruction in  
the Japanese Martial Arts allow-  
ing one to train in a setting de-  
signed for the individual's needs  
enabling them to accomplish  
their goals.

**We offer:**

Children/Youth/Adult Aikido,  
Weapons, Self Defense Clinics,  
Instructional DVDs, Reiki &  
Fitness Sessions.

**CLASS SCHEDULE**

Mon, Wed, Thurs: 12 noon - 1pm

Mon: 6:30pm - 7:30pm

Tues, Wed: 7pm - 8:30pm

Saturday: 10am-12 noon

Sunday: 2pm -3:30pm

*Private Lesson by appointment*

**FEES**

Aikido : \$70.00 monthly

*Adults/Youth*

**NO CONTRACTS TO SIGN!**

**Martial Arts...**

**Expect a Difference!**

**FREE Trial Classes**

**No Contracts**



**ASAHIKAN DOJO AIKIDO**  
50 west 3rd Ave  
Collegeville, PA

**Aikido Seminars & DVDs Available**

**Essential Defense System**  
Classes & DVDs Available

visit

[www.essentialdefensesystem.com](http://www.essentialdefensesystem.com)

[www.asahidojo.com](http://www.asahidojo.com)

[www.asahidojo.com](http://www.asahidojo.com)

**ASAHI SCHOOLS  
OF AIKIDO**

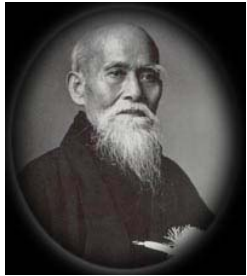


*Aikido Instruction*

合氣道

50 West 3rd Ave, Collegeville, PA 19426 610-489-6281

**Aikido** is a martial art created by Morihei Ueshiba, with roots in



jujutsu and early kendo practices.

Aikido blends the energies of both the opponent and

the practitioner to provide an apex of power to redirect and diffuse potentially violent situations without necessarily inflicting harm.

**Techniques** include take-downs, joint locks, and throws that originate from sword movement and focus on timing, centering, and balance.

**Advancement** in the art is achieved through periodical testing of techniques. A colored belt system is employed to distinguish different levels. Class attendance, proficiency and attitude play a major role in advancement.



**ASA** focuses on helping

practitioners obtain the tools needed to function as a true martial artist, on and off the mat. We explore both the martial and the art sides of training.

**Asahi** is the Japanese word for “*the morning rising sun*”. We believe that each day holds new lessons, new challenges, new encounters and new paths to follow- making our learning endless.

These classes will demonstrate traditional Japanese aikido and jujutsu techniques that have been in existence since before the introduction of formal karate practices.

**Ukemi** or falling will be included in every class. This will enable practitioners opportunity to develop the skills to protect themselves in the event balance is lost and a fall is inevitable.

We include **weapons training**— **jo staff, bokken and tanto**- in our program

Student will be able to practice in a controlled environment without fear of injuries.



## **INSTRUCTORS**

**Michael Aloia** began martial arts training at the age of seven. He has studied aikido (Aikikai & Yoshinkan) with various sensei. Michael enjoys the fluidity of aikido and focuses on the technical and martial aspects of aikido.

He also holds yudansha rankings in Judo, Jujutsu and Kenpo Karate and Hapkido and studies various other forms of defense. Michael believes aikido encompasses all the arts and is the vehicle by which a martial artist truly becomes well rounded.

**Pam Aloia** began martial arts training at the age of six. She too has studied both Aikikai & Yoshinkan aikido.

She appreciates the dynamic, yet simple movement and blending aspects of aikido and focuses on centering and body movement in aikido. Pam also holds yudansha rankings in Tae Kwon Do and Kenpo Karate. Pam enjoys the chance to help others learn and in turn, learns through teaching.

Both Michael and Pam are under the auspices of Yukio Utada Sensei, 7th Dan Shihan.

