

What is Aikido

Aikido is the study of Aiki.

Ai- harmony

Ki- spirit energy

Do- path

According to the founder of Aikido, Morehei Ueshiba, Aikido is the pathway to Aiki. Aiki is the universal principle that brings all things together. It is the optimal process of harmonization that operates in all realms, from the vastness of space to the tiniest atoms.

Aiki further signifies the unity of heaven, earth, and humankind, the ideal that inspires people to live in harmony with the environment and with each other.

Aiki is the mutual accord, the art of reconciliation, a virtue essential for civilized living.

On the individual level, Aiki stands for the integration of body and spirit, a state of wholeness and balance.



Aikido must be practiced in a vibrant and joyful manner. [Morehei Ueshiba](#)

How to Join

Individuals interested in joining the dojo are invited to come and participate in a trial workout. During the trial workout Chiaradia Sensei evaluates prospective new students and decides on their acceptance into the dojo.

Entrance Requirements

Must be physically fit and be able to fall and roll so as not to restrict the activity of class.

Fees

No contracts are required.

Dues are on a monthly basis. For once per week the dues are \$30 per month. For twice per week the monthly dues are \$45.

Location

The dojo is located in Chiaradia Sensei's home at:

115 Bushnell Street
Hartford, Connecticut

To Contact Us Or Schedule A Trial Workout

E-mail Chiaradia Sensei at:

ralph.chiaradia@snet.net

Or

Call Jon Guglietta, dojo administrator at:

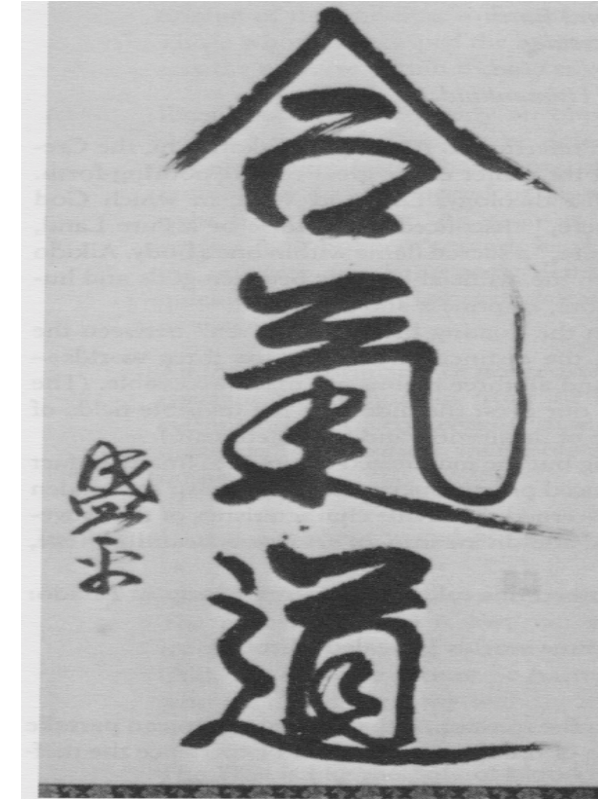
860-585-8886

Or

Visit us at the web at:

www.geocities.com/ct_aikikai

AIKIDO of Connecticut



Classes for Men and Women

115 Bushnell Street
Hartford, Connecticut

Our Dojo



Chiaradia Sensei demonstrating Ki power

Aikido of CT was established in 1965 by Ralph Chiaradia Sensei. Chiaradia Sensei offers a traditional soft style of Aikido that focuses on ki development. Chiaradia Sensei received his training from Koichi Tohei Shihan and Mitsugumi Saotome Shihan- students of the founder of Aikido, Morehei Ueshiba.

Aikido of Connecticut takes pride in the friendly learning atmosphere of the dojo and its aiki spirit.

The dojo operates independently and is proud to be the 13th established dojo in the USA.

Is Aikido for You?

Aikido is for someone:

- Looking for a martial art that is non-violent, yet effective, and does not rely on physical strength
- Interested in reducing stress
- Who wants to improve their physical conditioning and balance
- Seeking to develop their spirituality

Come observe a class to see if Aikido is right for you.

Learning Environment

The dojo provides a learning environment that encourages self-exploration and self-development. This positive learning environment has created a strong student membership. The majority of students have 5 to 35 years of experience. This depth of knowledge and experience offers the beginning as well as the advanced student a wealth of Aikido knowledge and understanding where new ideas are generated and explored.

Instructors

Chiaradia Sensei teaches all classes. In his absence he is assisted by Joanna Sensei (his daughter) along with other senior members of the dojo.

Classes

Adult classes are held Tuesdays and Thursdays from 7:00 PM to 8:20 PM.

Classes involve physical contact, falling, and forward and back rolling. Students work out in pairs practicing techniques. Classes are mixed with beginners to advanced students working out together.

Class Schedule

7:00 to 7:15 Warm up exercises
7:15 to 7:45 Six techniques
7:45 to 7:50 Boken exercise
7:50 to 7:55 Break
7:55 to 8:05 Randori
8:05 to 8:10 Front throw
8:10 to 8:12 Kokyu dosa
8:12 to 8:15 Ki exercise
8:15 to 8:18 Breathing
8:20 End class



Centering exercise at end of class

Philosophy

Aikido evolved from traditional martial arts in the 1930's. Aikido is an art that trains one in the skills to defend oneself, one's values, and beliefs when confronted with conflict, either physical or mental, without inflicting injury to the aggressor.

Aikido is naturally effective as self-defense, because it relies on intuition, insight, good judgment, and evasive moves, rather than physical power, when confronted with a threat.

Aikido is a lot like dancing in that it relies on concepts of blending and leading rather than physically forcing the movements of your partner.

Aikido is also a mind-and-body-coordinated activity. Mind and body coordinated activities recognize the way the mind controls the body and the way the body affects the mind.

Through the training process students develop a calm centered state of body and mind from which new pathways are generated that are based on restoring love and harmony in life.