

# Aikido West's Training Schedule

January 20, 2016

## Adult Program

Morning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 – 8:30 AM	John Clark		John Clark				
9:00 – 9:45 AM							Weapons/Hayashi
9:00 – 9:55 AM						Ruth Kedar	
10:00 – 11:15 AM						Frank Doran	Cynthia Hayashi

Evening	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 6:50 PM	Jane Nason						
7:00 - 8:15 PM	Paul Filbert	Frank Doran	Cynthia Hayashi	Frank Doran	Jane Nason 6:30 - 8:00PM		

### Adult Aikido Class

This class is for adult men and women of all levels, beginner, intermediate and advanced. Beginners will find the more senior students very helpful working with you at your level.

### Instructor Staff:

Frank Doran Shihan 7th Dan  
Cynthia Hayashi Shihan 7th Dan  
John Clark Sensei 6th Dan  
Paul Filbert Sensei 6th Dan  
Jane Nason Sensei 5th Dan  
Alex Vanderburgh Sensei 5th Dan  
Ruth Kedar Sensei 4th Dan

## Children and Young Adult Program - Co-Taught by Hayashi and Vanderburgh Sensei's

Children's Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:20 - 4:20 PM		Age 7 to 10		Age 7 to 10			
4:30 - 5:50 PM		Age 11 and up		Age 11 and up			

### Aikido for Age 7 to 10

Classes for ages 7-10 years old will be structured around development of balance, coordination and awareness of self. We endeavor to help them learn about their strengths both physically and mentally. Exercises and games will teach them team effort, conflict resolution and appropriate use of power through Aikido techniques.

### Aikido for Age 11 and up

The classes for ages 11 years old and up offer training at a more advanced skill level. These classes are geared towards entrance to the adult program.

