

## YOSHIN KAN AIKIDO

Aikido decides life and death in a single strike or waza, so students must carefully follow the instructor's teaching and not compete to see who is the strongest.

- The purpose of Aikido is to train mind and body and to produce sincere, earnest people. It is a way of life.
- One should never force things unnaturally or unreasonably in practice. One should undertake training suited to his body, physical condition and age to be effective.

### ADDITIONAL TRAINING:

- ◆ IAIDO
- ◆ JO DO Movements (short stick)
- ◆ HAN-PUL-CHANG WOOD SOON Style
- ◆ Shotokan
- ◆ Nutrition Vollora



### Classes include:

**Kids ages 5-11**

**Adults**

**Quarterly Adult/Parent Only Sessions**

**All are welcome**

**Friday 5:30PM- 9PM**

**Saturday 11:00AM- until**

**(Parent Support Group for Kids)**

Sensei Cooper

Athlete's Choice Fitness Center  
12425 North Main Street,  
Jacksonville, FL 32218

Phone: 904-610-4218  
Phone: 904-696-0905  
cooperselfdefense.com  
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## SHI DO KAN - DOJO Cooper's Self Defense Sensei Cooper, D. L.



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## DOJO KUN

STUKES

(1) Seek Perfection Character

STUKES

(2) Be Faithful

STUKES

(3) Endeavor

STUKES

(4) Respect others

STUKES

(5) Refrain from violent behavior

## COUNTING IN JAPANESE

Ichi One

Ni Two

San Three

Shi/Yon Four

Go Five

Roku Six

Shichi/Nana Seven

Hachi Eight

Ku Nine

Ju Ten

## DOJO RULES

- Upon entering and leaving the practice area of the dojo, make a standing bow.
- Respect your training tools. Gi should be clean and mended. Weapons should be in good condition and in their proper place.
- It is important to be on time for practice. If you are unavoidably late you should wait, formally seated beside the mat in seiza until the instructor signals his permission for you to join class. Quietly perform a simple seated bow as you get on the mat.
- During class when the instructor demonstrates a technique for practice, sit quietly in seiza. After the demonstration, bow to the instructor and return to practice.
- Respect those more experienced. Never argue about technique.
- Fingernails and toenails must be short. Feet must be clean. No shoes on the mat.
- No jewelry should be worn during practice, including rings.
- Do not talk to anyone while class is in progress.

Although there seem to be many forms of etiquette, Please do not resent it if you are corrected on a point of etiquette, for each one is important to your safety and to the learning experience.

## Getting Started:

1. Membership Registration Form
  2. Registration Fee and Monthly Tuition
  3. Miscellaneous Fees: \*Gi, Bokken, Tanto, Jo, and Testing (twice a year)
- \*Purchased by Sensei Cooper (Instructor)

## SHINZA

- 1 Migi Hanmi no Kamae
- 2 Hidari Hanmi no Kamae
- 3 Seiza Ho
- 4 Shikko Ho
- 5 Tai no Henko (1)
- 6 Tai no Henko (2)
- 7 Hiriki no Yosei (1)
- 8 Hiriki no Yosei (2)
- 9 Shumatsu Dosa (1)
- 10 Shumatsu Dosa (2)
- 11 Etc...

**Everything is performed individually, and all Kihon Dosa are done on one side only.**

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