

## ***AIKIDO, THE WAY OF HARMONY***

**Course Description** - This course is an introduction to the Japanese art of Aikido, with special emphasis on the practice as a tool of self-development. You will learn the breathing, stretching, and tumbling exercises that are necessary to perform the techniques without injury to the body. You will learn the six fundamental techniques taught in Aikido classes. You will have an opportunity to understand the way that the Japanese teach and learn, with etiquette and mutual respect as cornerstones. There will also be an ongoing discussion of the philosophy of Aikido, which involves non-violent conflict resolution.

**Text** - Ueshiba, Kisshomaru, *The Spirit of Aikido*

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### **Class Requirements:**

- Read the book
- Keep a Journal/Portfolio
  - Thoughts on the practice
  - Thoughts on the book
- Attendance & Performance
  - Be on time
  - Only one unexcused absence – more than three will result in NC (No Credit) or Incomplete for the course
- Write a 3-5 page paper comparing Aikido to another practice or experience.

### **Schedule:**

<b>Class Hours:</b>	Tuesday and Thursday, 6:00 p.m. – 8:15 p.m.
<b>First Class:</b>	Tuesday, October 4, 2011
<b>Uniform payments due*</b>	Thursday, October 6, 2011
<b>Drop/Add Deadline:</b>	Friday, October 7, 2011
<b>Contracts Due:</b>	Tuesday, October 18, 2011
<b>Thanksgiving Holiday:</b>	Thursday, November 24, 2011
<b>Papers Due:</b>	Thursday, December 1, 2011
<b>Last Class:</b>	Thursday, December 15, 2011
<b>Email Self Evaluations Due:</b>	Friday, December 16, 2011 by 10 a.m.

\*Pay by cash or make checks payable to Bob Ward.

This and other class materials are available at: <http://aikidoofprescott.org/pc.htm>