

CLASS SCHEDULE

Adult & Adolescent Classes;

Mon. 6:30 - 8:00 PM

Tue. 6:30-7:30 7:30-8:00 PM

Wed. 5:30 - 6:30 PM Weapons/laido
6:30-7:30 PM

Fri. 6:30-7:30 7:30-8:00 PM

Sat. 10:00 - 11:00 AM

Children's Classes; 6-12 yrs

Tuesday 5:30 - 6:30 PM

Friday 5:30 - 6:30 PM



35 Center Street, 3rd floor

Chicopee, MA 01013

413-594-4300

email; redsunaikido@yahoo.com

website; www.redsunaikido.com

Fees for instruction;

Adult:s \$55.00 per month

Jr. High School: \$35.00 per month

High School: \$45.00 per month

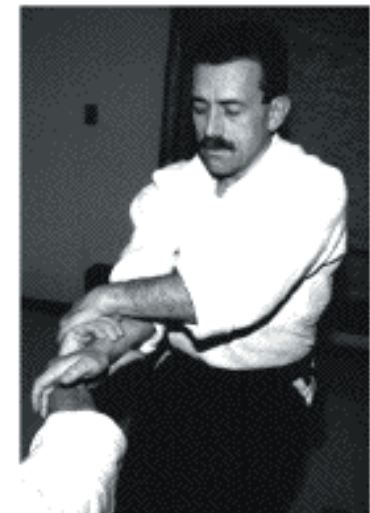
Children's membership: \$30.00 per month

Multiple family members enjoy substantial discounts



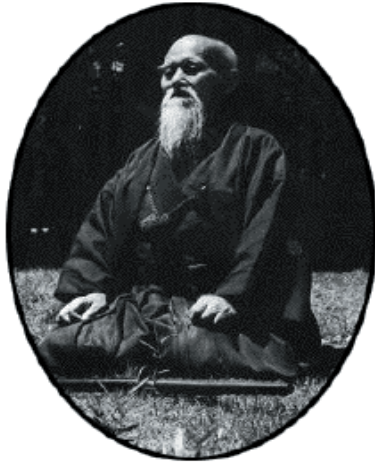
Red Sun Aikido
35 Center Street, 3rd floor
Chicopee, MA 01013
413-594-4300

Located in downtown Chicopee



What is Aikido ?

Aikido is a martial art developed in Japan by Master Morihei Ueshiba. “Aikido” means “the way to project inner strength”. Aikido is considered defensive rather than offensive. The art of Aikido emphasizes circular redirection of an attacker primarily using throws, pins, and joint locks rather than blocks, punches and kicks.



Morihei Ueshiba, Founder of Aikido

Morihei Ueshiba, (1883 - 1969) mastered Daito-Ryu Jujitsu as his primary martial art. However Ueshiba's spiritual and philosophical studies during the late 1920s and 30s caused him to become concerned that martial artists spent their time competing for victories that were meaningless. He felt his students should learn to build inner power. Ueshiba sought to make Aikido a martial art that focused on defeating internal conflict rather than solely on defeating an enemy.

Red Sun Aikido

Red Sun Aikido is a member in good standing of Birankai North America and Birankai International. Birankai NA is under the guidance of its founder T.K. Chiba, Shihan. Information about Birankai International, its purpose, and its teachers is available on line at, <http://www.birankai.org/>.

How does it work?

Much like a swordsman deflects and parries an attack. Aikido students learn to move with the attack rather than block or struggle with the attacker. The Aikidoist instead becomes the center of movement in a conflict. This center is calm, like the eye of a hurricane. This can only be accomplished when the mind and body remain relaxed allowing clear perception of any situation and the ability to react in a natural efficient manner.

The physical training becomes increasingly rigorous and exhilarating over time. The pace of training can be adapted regardless of fitness level.



Staff

Philip Traunstein is the chief instructor of Red Sun, Aikido. He is a **5th degree black belt, Shido-in** (certified USAF teacher) under Birankai International. Philip began his study of Aikido in 1979 under Lorraine DiAnne Sensei and the late Paul Sylvain Sensei. Philip holds a 2nd degree blackbelt in Iaido (Japanese sword).