

# AIKIDO: THE MARTIAL ART OF PEACE

- Non-violent self-defense
- Powerful flowing movement
- Mind/body integration
- Relaxation and exercise
- Physical coordination
- Supportive community
- Fun

**AIKIDO** is a non-violent martial art and a practice of self-awareness and harmony. Aikido offers an effective form of self-defense that aims at protecting yourself without hurting another human being. Aikido defense techniques consist of joint locks and throws and are based on going along with the attack to control it.

However, when we feel threatened, our natural response is to tighten up and resist. In order to go along with the attack, we need to be deeply aware of the attacker, and to do that we need to be anchored in a mindbody state of power and love. This is where the practices of self-defense and self-awareness converge.



At Aikido of Columbus, we teach how to use body awareness, openness of breath, proper body alignment, and flowing energy to achieve smooth, powerful, effective Aikido techniques and an attitude of respect and kindness. Because students move and learn at their own pace, and because there are no competitions in Aikido, people can practice and enjoy Aikido for their whole lives.

**CHILDREN'S AIKIDO** classes use Aikido games as well as formal self-defense techniques to create a fun-filled learning situation. Through non-violent martial art training, children learn how to get along with others without fighting. The training in coordination, relaxation and concentration helps children improve their performance in everything from sports or music to homework or paying attention in school.

**CHIEF INSTRUCTORS:** Aikido of Columbus provides a unique and effective approach to Aikido instruction. With their broad background in movement practice and education, Paul Linden and Peggy Berger teach in a systematic way that makes Aikido easy to understand and easy to learn. They focus on the relationship of the martial, spiritual, biomechanical and conceptual aspects of Aikido.

**Paul Linden** has been practicing Aikido for 38 years and holds a sixth degree black belt. He is an instructor of the Feldenkrais Method® of movement education and holds a first degree black belt in Isshin Ryu Karate and a PhD in Physical Education.

Paul focuses on body and energy awareness as a means of developing practical, effective Aikido self-defense skills and a spirit of compassion.

**Peggy Berger** has been practicing Aikido for 30 years and holds a fifth degree black belt. She is a certified Laban Movement Analyst, a Feldenkrais instructor, and holds a MS in Dance/Movement Therapy. Peggy uses Aikido defense techniques as experiential metaphors for examining reactions to life situations, opening to a larger sense of self, and creating new possibilities for emotional, physical and spiritual ways of being.



## INSTRUCTORS:

Larry Linder – 4<sup>th</sup> degree

Lynette Carpenter – 1<sup>st</sup> degree

## FOR MORE INFORMATION

(614) 262-3355 or 263-1111.

paullinden@aol.com

[www.being-in-movement.com](http://www.being-in-movement.com)

## No-Falling Class Monday evenings

This class focuses on the movement and self-awareness aspects of Aikido. It does not include any of the throwing, falling or self-defense involved in regular Aikido practice.

The class makes use of simple, easy Aikido movement patterns as vehicles for the development of self-awareness, awareness of other people, and connection to the world around you. You will have the opportunity to practice body awareness, openness of breath, proper body alignment, relaxed movement, and expansive energy. The flowing, spiralic movements are relaxing and invigorating and will improve your balance and coordination.

The class is perfect for people who wish to focus on the philosophical/spiritual practice implicit within Aikido. It is also perfect for people who cannot take regular Aikido classes due to physical limitations.

INSTRUCTOR: Paul Linden

TIME: Mondays 7 – 8:30 PM

FEES: Monday only, \$40 per month  
(This class is included in regular fees.)

## CLASSES

Visitors are welcome to observe classes or try one for free.

### Adults:

Evenings -- Mon, Tues, Th, Fri,  
7-8:30 pm.

Mornings -- Tues 9-10:30 am,  
Sat 10 -11:30 am.

### Children: Ages 7 & up:

Tues 5-6 pm, Sat 9-10 am.

### Fees per month:

Adults \$70. Children \$45.

Students \$50.

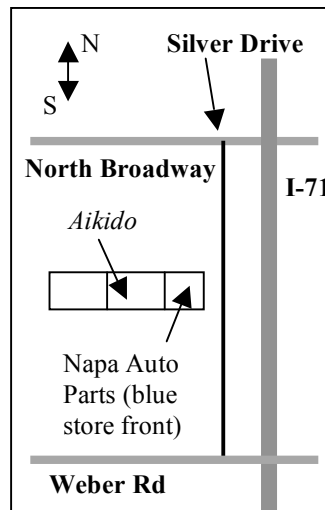
Family rates available. No contracts.

## DEMONSTRATIONS

can be scheduled for interested groups.

## LOCATION

3003 Silver Drive,  
Columbus, OH 43224  
614-263-1111 or 262-3355



# AIKIDO



## THE MARTIAL ART OF PEACE

## AIKIDO OF COLUMBUS

**Paul Linden, Ph.D.**  
**Peggy Berger, M.S.**