

## Sunset Cliffs Aikido Student Handbook

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Download Ebook Sunset Cliffs Aikido Student Handbook Sunset Cliffs Aikido is home to Head Instructor Bernice Tom Shihan. Well known for its close affiliation with Morihiro Saito Shihan, the Founder's closest disciple, Sunset Cliffs Aikido hosted Saito Shihan for many years, and was the site of the historical footage of the late master. Sunset ...

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### Sunset Cliffs Aikido Student Handbook

5019 Santa Monica Ave, San Diego, CA 92107 (619) 222-5085 | aikido@sunsetcliffsaikido.com

### Get Started — Sunset Cliffs Aikido

Where To Download Sunset Cliffs Aikido Student Handbook Bing: Sunset Cliffs Aikido Student Handbook Senior students are patient and classes are held every day. Mike Naranjo reviewed Sunset Cliffs Aikido — 5 star. October 30, 2016 - Attended a weekend seminar earlier this year at Sunset Cliffs Aikido. Greatest place ever with professional staff

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Aikido is a sophisticated method of inner development and an art of self-defense. It is a modern Budo, or martial way of living, in which one's character and spirit are refined through hard training and self-discipline. The word "Aikido" is made from three kanji: ? – Ai: harmony, coordination, unification ? – Ki: spirit, energy, mood

### About Aikido — Sunset Cliffs Aikido

Greg Harkless, 4th dan, is a certified instructor (shidoin) who began his aikido career at Sunset Cliffs Aikido in 2000. He has a combined seven years' experience as a live-in student ( uchideshi ) in two Takemusu Aikido Association dojos, where he played instrumental roles in the development of youth aikido programs, and in short-term stints in Switzerland and Japan.

### Instructors — Sunset Cliffs Aikido

7:30- 8:30 am Weapons (permission from Sensei B. Tom required) 8:30- 9:30 am General (all levels) 6:00- 6:30 pm Suburi (wooden sword & staff) 6:30- 7:30 pm General (all levels) Wednesday, 4:30- 5:30 pm Children. 6:00- 7:00 pm Basics. 7:00- 8:00 pm Advanced. Thursday.

### Schedule — Sunset Cliffs Aikido

To encourage you to get started and try AIKIDO, we invite you to join us as a regular full time new student, and to train for the first month for \$60. INCLUDES UNIFORM AND CLASSES EVERY DAY. The SUNSET CLIFFS AIKIDO training hall, or dojo, has been here for 34 years, offering a strong personal connection to the early roots and the heart of AIKIDO, with a richness of tradition, depth of ...

### First Month Special — Sunset Cliffs Aikido

Membership at Sunset Cliffs Aikido includes unlimited training in classes seven days per week. Additionally, students may arrive before class to train and stay after class to train. Newer students are encouraged to ask more experienced members to train and practice outside of class, especially when preparing for exams.

### Membership — Sunset Cliffs Aikido

Sunset Cliffs Aikido - 5019 Santa Monica Ave, San Diego, California 92107 - Rated 4.9 based on 12 Reviews "Sunset Cliffs Aikido teaches basics, flowing,...

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