Course Description and Objectives:
Aikido can be translated as a way to harmonize with energy and is practiced by men and women of all ages. In this course students will learn Aikido self-defense techniques through blending with the energy of an attacker, physical exercises for mind-body coordination and forms of breathing to improve concentration and relaxation. Aikido was developed early in the 20th century by the Morihei Ueshiba, and stresses the peaceful resolution of conflict whenever possible and the avoidance of inflicting injury. Wear comfortable clothing for stretching, rolling, aerobic movement and self-defense exercises (no need for a uniform).

Jewelry: Remove all jewelry before class.
You will not be permitted to participate in class with jewelry on, due to the likelihood of injury to yourself and other classmates. This includes stud earrings and wedding rings.

Grading:
Physical demonstration (50%), participation (25%) and one written assignment (25%).

Note:
If a student has a special need(s) that requires individual accommodation, please contact instructor so that we can work with the student and the University accordingly.

Missed classes:
Three (3) allowed without written excuse. Additional absences will require make-up assignments.