

# NORTHERN CALIFORNIA KI SOCIETY

# SHIN SHIN TOITSU AIKIDO in ALBANY

Self Defense • Self Control • Self Esteem

New classes, starting in Sept. beginners welcome

"Introduction to Ki-Aikido" Saturdays 9am - 11am

"Relax Taiso aerobics for everyone" Tuesdays 6 -7PM

Pre-register for these weekly classes

Young Peoples  
(7yrs+)

Ki-Aikido classes  
all year round.

Mon, Tues, Weds, Fri  
4 - 5pm

Shin Shin Toitsu Aikido trains us to deal with aggression in a decisive and peaceful way while maintaining our own balance and integrity. This applies to daily life situations and helps instill self-confidence in adults and children while encouraging compassion. Our goal is help an opponent or problem to find balance.



Relax Taiso is a *no* impact aerobics exercise created from the Martial Art of Ki Aikido by Master Koichi Tohei. It is practiced by any age or level of physical ability and is taught in hospitals, Jails, Universities, Police academy and Martial Art dojo throughout Japan and internationally.

[www.kiaikido.org](http://www.kiaikido.org)

*Chief Instructor Pietro Yuji Maida  
Direct senior student of Master Koichi Tohei*

**CITY OF ALBANY RECREATION & COMMUNITY CENTER**  
1249 MARIN AVE • ALBANY • CA (510) 524-9283