

Most commonly translated as “the way of harmony,” aikido promotes life, understanding and deep gratitude. Harmony is blending with our environment by changing difficulties into joy and conflict into peace.



All physical practice of aikido builds upon principles of gratitude, courage, love and empathy to develop a stronger sense of self-awareness and to bring forth our true nature. The philosophical aspects of aikido are so integral to the proper study and practice, that the founder Ueshiba Morihei often said, “No philosophy, no aikido.” • The practice of aikido is not confined to the rectangular matted area of our dojo but also into our homes and offices where we interact with others on a continual basis. Only through practice inside and outside the dojo can one find understanding and true character growth.

NEWPORT BEACH AIKIKAI :: SHIN DO KAN DOJO

AIKIDO FOR ADULTS

Aikido is for men and woman of all ages, body types, and physical conditions. Anyone can practice the art of Aikido.

We have morning, lunch, evening and weekend classes (13 classes per week). There is no limit to the number of days you can practice each month.

Our training includes weapons training twice a week. Sensei Pennewaert studied weapons for more than 20 years under Sugano Shihan, a master of weapons.

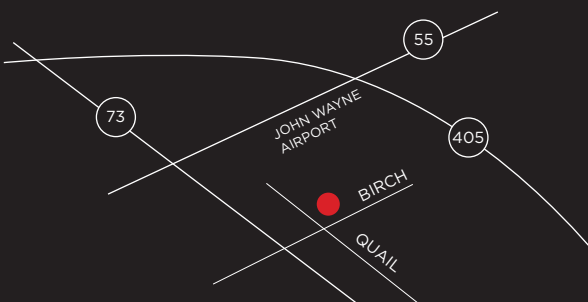
AIKIDO FOR CHILDREN

Children thrive with the safe, effective, gentle art of Aikido. They learn self-discipline, self-confidence, and self-defense while engaging in a fun activity.

6-12 years old children can attend any of the days available for children. 4-5 years old classes are available only on Saturdays.

FOR MORE INFORMATION, PLEASE VISIT OUR WEB SITE: WWW.AIKIDO-ORANGECOUNTY.COM

We also encourage you to stop by to observe a class and speak with Sensei Pennewaert.



NEWPORT BEACH AIKIKAI :: SHIN DO KAN DOJO

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WHAT IS AIKIDO?





Doshu Moriteru Ueshiba and Sensei Pennewaert at Hombu dojo in Japan.

Gentil Pennewaert, Shidoin, 6th Dan

Sensei Pennewaert is a second generation student of Morihei Ueshiba, the founder of Aikido. His teaching embodies the traditional spirit of Aikido. Sensei's credentials are recognized by the World Aikido Headquarters in Tokyo, Japan (which is directly related to the founder of Aikido) and the United States Aikido Federation Headquarters.



Aikido is performed by blending with the motion of the attacker and redirecting the force of the attack rather than opposing it head-on. This requires very little physical strength, as the aikidoka (aikido practitioner) "leads" the attacker's momentum using entering and turning movements. The techniques are completed with various throws or joint locks.



Aikido is the art of becoming of one mind and body with the opponent. This requires being firmly centered and truly aware of one's own existence. Through practice, aikido enables the student to align mind and body with the will. This leads to both wisdom and control - the ability to transform difficulties and aggression into joy and self-improvement. • In addition to increased fitness through physical exercise, aikido clears the mind and offers a greater ability to focus. Practitioners can expect to improve in the following areas: breathing, posture, confidence and poise, coordination and relationships (with self and others).

"A good stance and posture reflect a proper state of mind."

- Morihei Ueshiba, Founder of Aikido



Newport Beach Aikikai :: Shin Do Kan Dojo As Orange County's only full-time aikido dojo, the Shin Do Kan dojo was established in 1987 to teach the traditional art of aikido. It continues the legacy first started in Japan during the last century by the founder Ueshiba Morihei. The world class dojo is made up of a cosmopolitan and diverse group of students and is led by chief instructor Pennewaert Sensei, 6th Dan. He insures a high standard of safety at all times and provides a solid foundation in the basic fundamentals of aikido technique and etiquette.