

## Sunset Cliffs Aikido Student Handbook

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### Sunset Cliffs Aikido - San Diego A-List

The 32-year-old martial arts instructor was a Japanese chemical engineer when the owner of Ocean Beach's Sunset Cliffs Aikido invited him to America to teach aikido, which stresses spiritual values...

### Sunset Cliffs Aikido - Home | Facebook

Sunset Cliffs Aikido - 5019 Santa Monica Ave, San Diego, California 92107 - Rated 4.9 based on 16 Reviews "Sunset Cliffs Aikido teaches basics, flowing,...

### Aikido for Children — 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.

### Sunset Cliffs Aikido

New students are encouraged to attend as many Basics classes as possible, because the curriculum contains a sampling of the most fundamental movements and techniques in the Iwama Aikido curriculum. New students also benefit greatly from the Senior with Junior class on Friday evenings.

### Instructors — Sunset Cliffs Aikido

Our Children's Aikido Program is geared for kids ages 8-14. Classes are approximately one hour long and meet Mondays, Wednesdays, and Fridays from 4:30- 5:30 pm. Additionally, Children are invited to join in special dojo trainings and potluck events periodically throughout the year.

### Sunset Cliffs Aikido, 5019 Santa Monica Ave, San Diego, CA ...

Sunset Cliffs Aikido Nominee for Best Martial Arts. Sunset Cliffs Aikido 5019 Santa Monica Ave San Diego CA. Phone Number: (619) 222-5085. Hours: ... Japan. It was Saito Sensei who preserved the Founder Morihei Ueshiba's Aikido after his passing. So if you want to learn the original Aikido of the Founder, this is the place to go in San Diego ...

### Sunset Cliffs Aikido - Martial Arts - 5019 Santa Monica ...

Sunset Cliffs Aikido has been blessed for over 30 years with the spacious training hall in Ocean Beach and with a special close relationship with the personal dojo of the founder of the art, located in the small town of Iwama, Japan. We studied with the founder's long-time very close student, who was our awesome teacher, Saito Sensei.

### San Diego Yoga Festival: Aikido Fundamentals

Morihiro Saito (山口 正弘 Saitō Morihiro, March 31, 1928–May 13, 2002) was a teacher of the Japanese martial art of aikido, with many students around the world. Saito's practice of aikido spanned 56 years, from the age of 18, when he first met aikido founder Morihei Ueshiba, until his death in 2002.

### Onegaeshimasu! - Aiki Extensions

Sunset Cliffs Aikido teaches basics, flowing, to advance techniques. It has an excellent uchi deshi program with classes 7 days a week. Hand arts, wooden sword, and wooden staff (aiki weapons) are taught by Bernice Tom, 7th degree blackbelt. She studied with Saito Sensei, the founder's student for over 23 years.

### About Aikido — Sunset Cliffs Aikido

Classes are offered seven days per week. Members may train in unlimited classes, although advanced classes are reserved for students who have a basic understanding of Aikido technique and ukemi, and morning weapons classes require Sensei's permission. Doors open thirty minutes prior to class to allow students to warm up and prepare for training.

### Research Guides: Aikido and Japanese Culture

4 reviews of Sunset Cliffs Aikido "Great teacher, great school, great price. Traditional Takemusu Aikido following teachings from Saito Sensei. Could train as much as 7 days if desired. Kids classes are available and summer programs are...

### Sunset Cliffs Aikido Student Handbook

A world-class Aikido training facility affiliated with the Aikikai Hombu Dojo, Aikido World Headquarters; Sunset Cliffs Aikido is a top destination for Aikidoists across the globe. Today SCA continues disseminating the teachings of the Founder as handed down by Morihiro Saito Shihan.

### Morihiro Saito - Wikipedia

Ginny Breeland is an active aikidoka/teacher. She and her husband instruct in Cotati. She also works as a cytotechnologist. She loves brain science, guitar hero and violin. she displays great skill killing zombies in resident evil.

### Get Started — Sunset Cliffs Aikido

It is a path that seeks to unify the body and mind with the universal laws of nature. Aikido's principles are contained within its techniques, and it is through regular training and study that the Aikidoist comes to understand and embody these principles. Aikido's techniques have their origin in some of Japan's most effective samurai arts.

### 'In America, they explain a lot. Japanese don't explain so ...

Doran Seminar at Shobu Aikido. 02/15/2004: Sunset Cliffs Aikido / San Diego: Doran Seminar at Sunset Cliffs Aikido. 01/11/2004: CAA Divison 2 Training / Aikido West: CAA Div. 2 Training, Party ... Events | Affiliation | Gallery | Links | Beginners' Handbook | Home. Acknowledgements For information not found here or other inquiries please send ...

### First Month Special — Sunset Cliffs Aikido

She was invited to teach Iwama Style Weapons at Sunset Cliffs Aikido in the mid eighties, and in 1990 she became SCA's Chief Instructor. For the past two and half decades, Tom Sensei has dedicated herself to the dissemination of Aikido and makes every effort to pass the Iwama System to her students as it was passed down by Saito Shihan.

**Gallery - Aikido West**

"This program is the seventh part of a DVD series presenting important historical footage of Morihiro Saito from his active years conducting seminars in Japan and abroad. The scenes you will see in this compilation are from a weekend seminar Saito Sensei taught in 1994 at Sunset Cliffs Aikido in San Diego, California.

**Membership — Sunset Cliffs Aikido**

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**Sunset Cliffs Aikido - Posts | Facebook**

A year or two into my aikido career, a couple of brothers came in to try a class at Sunset Cliffs Aikido in San Diego. As is typically the case, they were swimming in their not-yet-washed dogi, cuffs rolled seven times each just so their wrists might be grabbed without interference. The knots they had selected to secure their belts were anything but traditional.

**Schedule — Sunset Cliffs Aikido**

First Month Special. Hi! We are excited to invite you and welcome you to the study and practice of the profound art of 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.