

# AIKIDO

At the Sambodh Center for Human Excellence



6363 N. 24TH STREET  
KALAMAZOO, MI  
~NEAR SPRINKLE AND G AVE~

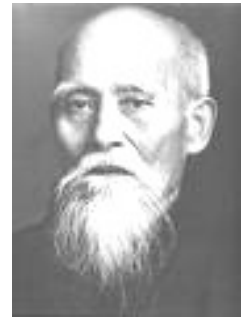


MONDAYS 6:30-8:00PM

*Other classes starting soon!*

\$35/mo

*one time registration fee: \$30*



Aikido is a Japanese martial art based on the premise that harmonizing with rather than opposing an attack is the supreme method. Proper timing, distancing and affecting the attacker's balance are the hidden roots of Aikido; throws, wrist locks and pins are its flowers. Victory over oneself leads to real victory in conflict.

***Come try a free class!***

Contact Paul @ (269) 274-2331 for more information

Ages 13 and up

**INSTRUCTOR:**

PAUL JANSON, NIDAN (2<sup>ND</sup> DEGREE BLACK BELT), HAS TRAINED IN AIKIDO FOR THE LAST 10 YEARS IN MICHIGAN AND SEATTLE, WA. HIS PRIMARY INSTRUCTORS ARE DR. MARK CRAPO SENSEI, SEICHIDAN (7<sup>TH</sup>), AND JANEAN CRAPO SENSEI, GODAN (5<sup>TH</sup>), CHIEF INSTRUCTOR AND DOJOCHO OF THE AIKIDO INSTITUTE OF MICHIGAN IN BATTLE CREEK, MI.

PAUL IS ALSO A LICENCED ACUPUNCTURIST AND HERBALIST WITH PRACTICES IN PORTAGE AND BATTLE CREEK, AND TEACHES YOGA AND MEDITATION.