

About Fitzgibbon Sensei —

Kathy Fitzgibbon Sensei started Aikido in 1976 and tested for 5th kyu under Kanai Sensei. Her training began in earnest in 1978 as Lou Perriello Sensei's first student upon the opening of Northeast Aikikai.



As members of the USAF, operated by Kanai Sensei of Cambridge, MA and Yamada Sensei of New York, NY, Fitzgibbon Sensei advanced to the rank of Sandan (3rd degree black belt). In 1996, Northeast Aikikai joined the American Aikido Association, operated by Toyoda Shihan Sensei of Chicago, IL. Fitzgibbon Sensei was the second person in that organization to test for the rank of Yondan (4th degree black belt) at the request of Toyoda Shihan Sensei and Perriello Sensei. In 2012 she was promoted to Godan (5th degree black belt) by Stephen Toyoda Sensei and Lou Perriello Sensei.

About Mill City Aikido —

Mill City Aikido was founded in 2006 and is affiliated with Aikido World Headquarters Hombu Dojo in Tokyo Japan through the American Aikido Association. Ranks earned at Mill City Aikido are recognized worldwide. Classes are open to men, women and children and are offered throughout the year. Beginners are welcome to join at any time.



SCHEDULE							
	S	M	T	W	R	F	S
8:00-9:30	T						
9:30-11:00		M					W
11-12							Y
12-1		M		M		M	
5:30-6:30			Y				
6:30-7:30		M	M	M	M		
7:30-9:00		W	T	W	T		

M=mixed levels Y=youth W=weapons T=tenshin

Adults - \$90 per month • Youth - \$60 per month
Family Plans available



Mill City Aikido

Traditional Aikido

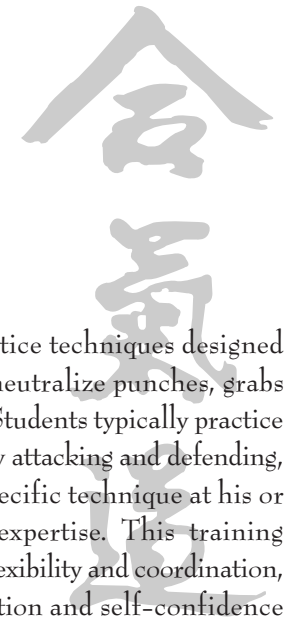


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“Aikido is not a technique to fight and defeat an enemy.

It is a way to reconcile the world and make human beings one family.” - O’Sensei



The Practice of Aikido ———

Aikido is a martial art with the unusual goal to peacefully resolve conflicts. Unlike the typical attack oriented martial arts, Aikido aims not to injure or to kill an opponent. Instead, Aikido is an effective art of self-defense that teaches how



to control an attacker without inflicting injury. Aikido utilizes a relaxed body and a heightened awareness of an opponent’s energy to blend with and redirect their aggression in a safe direction. Aikido techniques use power developed not from strength or size, but rather from extension, centering, and an intuitively developed sense of

body mechanics. Thus, it allows a smaller person to effectively control a much larger opponent. Its defensive throws, locks, and pins protect both the attacker and the defender. Knowledge of Aikido promotes one’s ability to manage forms of conflict beyond those taught explicitly in the dojo. As part of the Japanese martial heritage, Aikido practice includes training with weapons such as the sword, the staff, and the knife.



Aikido benefits adults and children alike with increased body awareness, centering, relaxed movement, and enhanced confidence. Aikido’s cooperative philosophy promotes learning in a non-competitive atmosphere. During an Aikido

class, students practice techniques designed to blend with and neutralize punches, grabs and other assaults. Students typically practice in pairs, alternatively attacking and defending, each executing a specific technique at his or her own level of expertise. This training develops balance, flexibility and coordination, as well as concentration and self-confidence in the face of a physical attack. The ultimate goal of Aikido training is to master a calm, alert, and confident approach to conflict, which provides the student with a courageous and compassionate spirit to whole-heartedly confront the challenges and difficulties of life.



Come observe a class, and get a feel for the grace and power of Aikido!