

CLASS TIMES

Aikido

- Monday 7:00 PM*
 - Tuesday 7:00 PM
 - Thursday 7:00 PM
 - Saturday 11:30 AM
- *Fundamentals Class

Tai Chi

- Saturday 10:15 AM

Energy Exercises

- Saturday 9:30 AM

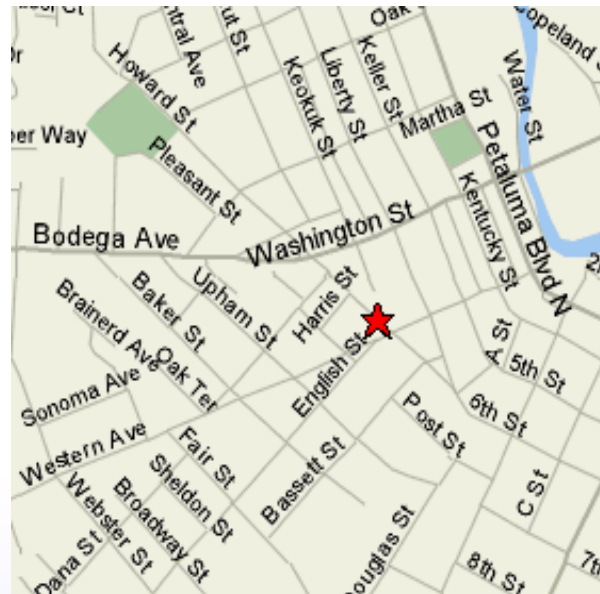
MONTHLY MEMBERSHIP FEES

Aikido	\$70
Tai Chi	\$30
Aikido & Tai Chi	\$80
Energy Exercises	Free

LOCATION

110 Howard Street
Petaluma.

Corner of Howard and Western Avenue
in the Petaluma School of Ballet building



AIKIDOPETALUMA.COM

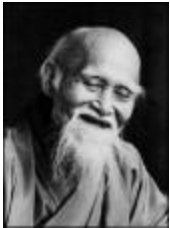
Phone: (707) 374-6568
E-mail: aikidopetaluma@yahoo.com

AIKIDO OF PETALUMA

*Gentle martial arts for the
pressures of everyday life*

Aikidopetaluma.com

AIKIDO Aikido is a martial art that blends with the attackers motion and energy bringing it to a different outcome. It was founded in the late 1950s



Morihei Ueshiba, Founder of Aikido

by Morihei Ueshiba, usually referred to as O Sensei (Great Teacher), in Japan. The art he created was meant to be a way to harmonize oneself with the world around him instead of dominating or clashing with it. As a result, O Sensei was virtually undefeatable even into the his 80s. We strive to continue the principals of his teachings

One should always train with a joyous heart. Morihei Ueshiba

TAI CHI CH'UAN

Tai Chi

Ch'uan is an ancient Chinese internal martial art. Its ability to improve ones health, centering and balance is quite well know as well as it ability to be a powerful martial art. Classes include training in the Tai Chi form, push hands, and energy work.

AIKIDO OF PETALUMA

The school has been a part of Petaluma for over 20 years and has students of all ranks and skills levels. The students are friendly and the school provides a warm, encouraging yet challenging environment.



Bob Noha, 5 Degree Black Belt

SENSEI BOB NOHA

Sensei Bob Noha is the

owner and chief instructor and has been studying martial arts for over 40 years and teaching for over 30. His training includes Bagwa, Tai Chi, Aikido, Boxing, Judo, and Hsin-i

One of his primary instructors, Robert Nadeau, with whom Bob still trains, trained directly with O Sensei.

CLASSES



Classes are open to all levels and newcomers may join at any time.

Classes are friendly and fun as well as well as challenging. Each students trains at the level appropriate for their abilities and skills. Senior students assist newcomers in getting started at a pace appropriate for them. Classes also include weapons training using boken (wooden sword) and jo (wooden staff).

Visitors and spectators are welcome. Feel free to come by and watch or ask questions. People interested in starting can receive a introductory private lesson.



AIKIDOPETALUMA.COM

**110 Howard Street
Petaluma.**

Phone: (707) 374-6568

E-mail: aikidopetaluma@yahoo.com