



GRIFFIN AIKIDO CLUB BALZERS

TRAINING TYPES

(Ages 13+ Recommended, younger possible)

HIIT Conditioning

Aikido training provides a unique mixture of cardio, strength, coordination and flexibility training found in few activities. Aikido HIIT Conditioning attempts to emulate the physical training in a concentrated solo-activity.

Aikido – Body Arts (Unarmed)

The backbone of Aikido training, Body Arts is an unarmed training that is practiced with partners and guided by an instructor. Students learn how to utilize the energy provided by an attack to throw or bind their aggressor in such a way as to limit injury. Within Aikido there is no sparring or competitions, every student is encouraged to train with as many people as possible through guest-visits, seminars and special events.

Aikido – Weapons Training

Weapons work is an essential part of Aikido training, practiced with a Bokken (wooden sword), Jyo (wooden staff) and Tanto (wooden knife). Training is done in pairs, with some solo practices, to draw parallels between working with and without weapons.

Iaido

A solo practice that focuses on the art of drawing a Japanese sword (katana) and completing traditional forms. Used with a Bokken (wooden sword), Iaito (blunted metal blade) or a Katana (sharpened “live” blade) while wearing a traditional uniform. Recommended Ages 16+

GAC REGISTRATION

Fill out and send a photo to info@gac.li or +423 791 22 52

Name: _____

Birthday: _____ Postal Code: _____

Phone: _____

Email: _____

Membership Registration

Type: Individual Family Sibling

Student: Yes No

Duration: Quarterly Annually

Interest(s): HIIT Conditioning
 Aikido - Body Arts
 Aikido - Weapons
 Iaido

Course Registration

Year: _____

Type: HIIT Conditioning Aikido - Body Arts
 Iaido

Season: Spring Fall