



Aikido Fellowship of Virginia

Welcome!

General Information

We meet on **Monday** and **Friday** nights.

Kids Class: 6-7pm (ages 5 and up)

Adult Class: 7-8pm (ages 15 and up)

Try a class for free. \$10 to join, and \$10 a month (no contracts)

The Art: AIKIDO comes from 3 words, which translate into the “Art of Harmonizing Spirit”

- *ai* - joining, unifying, combining, harmonizing
- *ki* - spirit, energy
- *dō* - way, path

Aikido aims to redirect an attacker's energy instead of inflicting harm. Students blending with the attacker's force, and then lead that force (or energy) into a circular or flowing motion. As a result, the aggressor is thrown to the ground or held in a neutralizing lock. When used properly, Aikido is a peaceful yet effective self-defense form.

Aikido is much more than a physical art. Its unique blend of physical and mental training emphasizes centering, grounding, blending with conflict, relaxation, timing, intuition and energy flow.

The Fellowship: The Aikido Fellowship was founded in 2009 with the intent of creating greater awareness in the community of the benefits of Aikido, and because of our love of the art.

The Instructor and Lineage: Shannon Frye began martial arts at 12 year old (1982). In Aikido, he obtained 5th kyu ranking through AikiKai (2006), and continued his training towards shodan under Lewis (Shihan and U.S. President of Karate For Christ International), a student of Kuniba-soke, student of Gozo-soke (founder of Yoshinkan), student of O'Sensei (founder of Aikido). Frye-sensei, holds yudansha (black belt) ranking in aikido, karate, judo, jujitsu, Shaolin Kung Fu, and Goshin Budo.

Uniforms: Uniforms are available.. If you already have a uniform (solid white only), you may wear it. No patches, screen printing, or advertisements are allowed. Please, no V-necked TKD uniforms! Females are required to wear a t-shirt under their uniform top. Males are encouraged to wear a cup.

Equipment: As there is no sparring, no additional gear/sparring equipment is necessary.

Contact information

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