

Nihon Goshin Aikido



Black Belt/Advanced Class 2009/2010

The Aikido School of Self Defense holds one Sunday class from September to June for all Yudansha, I-Kyu and Ni-Kyu students. Below is a list of class rules. We make no exceptions to these rules.

Nine (9) out of ten (10) classes must be attended in order to be eligible for your next promotion.

If you feel ill or unable to work out, you still need to attend. There is a viewing area where you can observe class.

Print your name in the sign in book so that you can be marked as an attendee.

2009-10 Class Dates

1. October 4, 2009
2. November 1, 2009
3. November 29, 2009
4. December 27, 2008
5. January 31, 2009
6. February 28, 2010
7. March 28, 2010
8. April 25, 2010
9. May 23, 2010
10. June 27, 2010

Class Times:

Yudansha - 9:30 - 11:15 am

I-Kyu and Ni-Kyu - 10:00 - 11:15