



Aikido must be practiced in a vibrant and joyful manner. [Morehei Ueshiba](#)

Classes will be held :

Monday's from 8:00 until 9:15

Wednesday's from 7:30 until 9:15

Sunday's will be available for open practice upon availability of the instructors.

Seminars will be held periodically with the dojo instructors and guest instructors.

We encourage you to come talk with us if you have additional questions.

Individuals interested in joining the dojo are invited to come and participate in a trial workout. During the trial workout period prospective new students are evaluated and a decision is made on their acceptance into the dojo.

Entrance Requirements

Must be physically fit and be able to fall and roll so as not to restrict the activity of class.

Fees

No contracts are required.
Dues are \$50 per month on a monthly basis.
An annual fee of \$30 covers the cost of insurance.
This is required before formal training can begin.

Location

The dojo is located in the home of the United Korean Martial Arts Studio at:

27 Olcott Street
Manchester, Connecticut

To Contact Us Or Schedule A Trial Workout

E-mail Brian Putkonen Sensei at:

bpaiki@att.net or cell: 860-798-4047

Or

E-mail Jon Guglietta Sensei at:

jguglietta@sbcglobal.net or cell: 860-620-4593

Or

Visit us at the web at:

www.aikidoct.com



Classes for Men and Women
Over 16 years old

27 Olcott Street
Manchester, Connecticut



Brian Putkonen Sensei and Jon Guglietta Sensei

What is Aikido

Aikido is the study of Aiki.

Ai- harmony

Ki- spirit energy

Do- path

According to the founder of Aikido, Morehei Ueshiba, Aikido is the pathway to Aiki. Aiki is the universal principle that brings all things together. It is the optimal process of harmonization that operates in all realms, from the vastness of space to the tiniest atoms.

Aiki further signifies the unity of heaven, earth, and humankind, the ideal that inspires people to live in harmony with the environment and with each other.

Aiki is the mutual accord, the art of reconciliation, a virtue essential for civilized living.

On the individual level, Aiki stands for the integration of body and spirit, a state of wholeness and balance.

Philosophy

Aikido evolved from traditional martial arts in the 1930's. Aikido is an art that trains one in the skills required to defend oneself, one's values, and beliefs when confronted with conflict, either physical or mental, without inflicting injury to the aggressor.

Aikido is naturally effective as self-defense, because it relies on intuition, insight, good judgment, and evasive moves, rather than physical power, when confronted with a threat.

Aikido is also a mind-and-body-coordinated activity. Mind and body coordinated activities recognize the way the mind controls the body and the way the body affects the mind.

Through the training process students develop a calm centered state of body and mind from which new pathways are generated that are based on restoring love and harmony in life.

Is Aikido for You?

Aikido is for someone:

- Looking for a martial art that is non-violent, yet effective, and does not rely on physical strength
- Interested in reducing stress
- Who wants to improve their physical conditioning and balance
- Seeking to develop their spirituality

Come out and observe a class to see if Aikido is right for you.



Centering exercise at end of class

Our Dojo

Aikido of CT was established in 1965 by Ralph Chiaradia Sensei. Chiaradia Sensei offered a traditional soft style of Aikido that focuses on ki development. Chiaradia Sensei received his training from Koichi Tohei Shihan and Mitsugumi Saotome Shihan- students of the founder of Aikido, Morehei Ueshiba. With Sensei Chiaradia's passing on May 18, 2016 the leadership of the Dojo passed to his two most senior students Brian Putkonen and Jon Guglietta.

The dojo operates independently and is proud to be the 13th established dojo in the USA.

Instructors

Brian Putkonen (5th Dan) and Jon Guglietta (4th Dan) teach all classes. In Their absence they are assisted by other senior members of the dojo.

Learning Environment

The dojo provides a learning environment that encourages self-exploration and self-development. This positive learning environment has created a strong student membership. The majority of students have 5 to 35 years of experience. This depth of knowledge and experience offers the beginning as well as the advanced student a wealth of Aikido knowledge and understanding where new ideas are generated and explored.

