

Aikido is a martial art founded by Morihei Ueshiba that emphasizes harmonizing with an attacker. Aikido is purely defensive and is characterized by smooth, flowing throws and joint locks. Aikido is practiced by young and old, holds no competitions, and can be incorporated into your daily life

The Jinshinkan Aikido Dojo is affiliated with the Aikido Association of America, founded by Shihan Fumio Toyoda. Sean Caffee, a 2<sup>nd</sup> Degree Black Belt, is the current dojo cho and chief instructor.

We start each class with a short warm-up period followed by various exercises to teach mind-body coordination. This is then typically followed by practicing empty-hand techniques, or techniques and forms with Jo (staff) and Bokken (wooden practice sword).

We currently have a special introductory price for beginning students. We are offering a month of aikido instruction including an aikido gi (uniform) for only \$40.00. This is a great way to attend several classes for a reasonable rate.



Morihei Ueshiba  
O-Sensei  
The Founder of Aikido



## Jinshinkan Aikido Dojo

[www.jinshinkan.searaven.org](http://www.jinshinkan.searaven.org)

Contact info: [webmaster@searaven.org](mailto:webmaster@searaven.org)

## Jinshinkan Aikido Dojo

合氣道

Monday and Wednesday  
5:30pm - 6:30pm  
(General)  
6:30pm - 7:30pm  
(Advanced)  
Dues: \$40.00 monthly

Leedy Grange  
Cedar Mill  
835 NW Saltzman Road  
Portland, OR 97229



## Introduction

Aikido is a traditional Japanese martial art developed in the early part of the last century by Morihei Ueshiba (1883-1969), now known as O-Sensei (venerable teacher). Morihei Ueshiba O-Sensei the aikido kaiso (founder), was born in 1883 in Tanabe, a coastal town in southern Japan. From the time of his youth, he studied various martial arts, eventually sumo, swordsmanship, spear technique, staff technique, and various styles of jiu-jitsu, particularly the yagyu and daito styles.

The following is one of many quotes from O-Sensei's collection of talks, poems and oral traditions:

*The Art of Peace begins with you. Work on yourself and your appointed task in the Art of Peace. Everyone has a spirit that can be refined, a body that can be trained in some manner, a suitable path to follow. You are here for no other purpose than to realize your inner divinity and manifest your innate enlightenment. Foster peace in your own life and then apply the Art to all that you encounter.*

The Jinshinkan Aikido Dojo is affiliated with the Aikido Association of America founded by Shihan Fumio Toyoda. The AAA is a diverse organization, welcoming members with a sincere desire to train in aikido. The AAA currently overseas instructional programs at over 140 facilities in the United States.

Shihan Fumio Toyoda, born in Japan on November 8<sup>th</sup>, 1947, held the rank of 6<sup>th</sup> dan in aikido, and had trained

in several other Japanese martial arts. He began his study of aikido at the age of 10 at Chyushinkan Dojo in Tochigi prefecture, Japan. After earning his shodan in aikido at age 17, he was accepted as uchideshi at the Ichi Kukai Dojo in Tokyo, committing to three years of rigorous training in misogi and Zen. During this time he also pursued a law degree at Senshu University.

Beginning in 1974, Toyoda Shihan began spreading the teaching of aikido to Canada and more than 30 states here in the US. That year he established the Chicago-Ki Aikido Society, that dojo would later become headquarters for the Aikido Association of America. Sadly, Toyoda Shihan passed away on July 4<sup>th</sup>, 2001. Today the traditions of the AAA continue under the leadership of his son, Stephen.

### Chief Instructor Sean Caffee

Sean started practicing in 1980 with John Smartt Sensei in his garage with a few other die-hard aikidoists. He received his shodan rank from him in 1986. Sean has practiced with several fantastic teachers, in addition to Smartt Sensei, for various periods of time: Jack Wada Sensei in San Jose, CA; Tri Dang Sensei in Sacramento, CA; and Master Phong Dang in Garden City, CA. Sean spent about 2 years practicing with Robert Nadeau Sensei in Mountain View, CA where he was awarded the rank of nidan in 1995.

After moving to Oregon, Sean began practicing with Fred Phillips Sensei, the founder of Jinshinkan Dojo.



Members of Jinshinkan Dojo  
pose for a group picture

## Getting Started

You are welcome to watch a class to see if aikido is right for you. If you would like to start right away, please wear loose fitting clothing (sweats are fine).

We begin class with some general warm-ups. Then we move on to doing some rolls and falls (beginners will be paired with a senior student to learn how to roll at this time). Next we begin practicing aikido techniques. This basically consists of the instructor teaching a technique and then the students pair up to practice. The instructor monitors the practice and makes sure that the students are doing the techniques in a safe and effective way.