

## Aikido Instructors



### **Dr. Peter McNally 6th Dan**

Dr. McNally is the Chief Instructor of Wago Enten dojo and has been practicing Aikido for over 30 years. McNally Sensei has trained on numerous occasions in Japan and is under the direction of Seijuro Masuda Sensei, 8th Dan, Director of Instructors Department, Aikikai World Headquarters, Tokyo, Japan. McNally Sensei is a licensed obstetrician in private practice in Honolulu, Hawaii.

"Wago Enten means 'harmonious movement in a circular fashion'. We are interested in trying to follow Hombu Dojo Tokyo style as closely as possible. We have members, not students, as all aikidoka are constantly discovering and learning aikido. We believe that Aikido training is the endeavor of self control and the realization of the web of ki that underpins ordinary perception."



### **Art May 5th Dan**

Art May is an Assistant Instructor at Wago Enten dojo and has been practicing Aikido for over 24 years. Art has trained on numerous occasions in Japan and is a licensed general contractor and avid sailor.



### **Harry Fu 5th Dan**

Harry Fu has been practicing Aikido for over 30 years. Harry also has experience in other martial arts. He retired as a Mobile Intensive Care Technician from the City and County of Honolulu Health Department.

## Class Schedule

Monday	7:00 - 8:00PM	Adults
	8:00 - 8:30PM	Adults
Wednesday	7:00 - 8:00PM	Adults
	8:00 - 8:30PM	Weapons
Thursday	7:00 - 8:00PM	Adults
Saturday	4:00 - 5:00PM	Children



## Tuition Schedule

Adults	\$30.00/month
13 - 18 years old	\$25.00/month
Children 8 to 12	\$20.00/month
First time registration fee	\$20.00

First timers get FREE registration with a three-month sign up. (Three months tuition must be paid in advance).

# Wago Enten Aikido Dojo



# Aikido

Training for the mind,  
body and spirit.

合  
氣  
道

“Ai” = Harmony

“Ki” = Energy

“Do” = Way



## Why Aikido?

The goal of Aikido training is not perfection of a step or skill, but to improve one's character worshipping the rule of nature so that one becomes "tough" inside in such a way that this strength is expressed softly in movement. This is exactly like nature: Nature's movements are efficient, rational, and soft, but the center is immovable, firm, and stable. This can be said for Space and Earth -- they all have a hard core -- and must be true for human beings. These cores should become as one, so that the culmination of nature can be expressed.

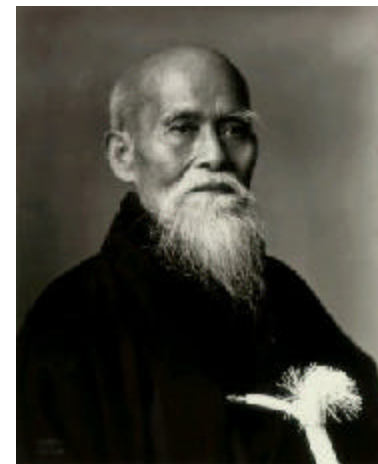
Maintaining this firm, stable, center, Aikido movement, with its emphasis on spherical rotation, is characterized by flowing, almost dancelike, circular motions (pivoting, entering, circling) that are used to overcome and control the strength of the opponent. The principle of spherical rotation makes it possible to defend one's self from an opponent of superior size, strength, and experience.

Although Aikido movements are as soft, rational, and smooth as nature, by applying a bit of force, it can become "tough" and devastating. The soft or gentle quality of Aikido makes it appealing to people of all ages. *In fact, Aikido can be enjoyed by all -- men and women (regardless of age) and children.* It not only offers spiritual development, but also provides exercise and teaches proper etiquette and behavior.

At the heart of Aikido is the concept of the universal creative principle, Ki. Aikido ("the way of harmony with Ki") seeks to achieve the total unification of this universal Ki with the Ki (life force or breath) of the individual self.

## What is Aikido?

Officially recognized by the Japanese government in 1940, Aikido is a new Japanese martial art created during the 1920s by Morihei Ueshiba, an expert who reached the highest level of mastery in the classical Japanese martial arts.



Morihei Ueshiba O-Sensei

For more information please see our website:  
<http://www.honcad.com/aikido>

The Wago Enten Aikido Dojo is located at:

4835 Kilauea Ave YMCA Kahala  
Honolulu, HI 96816  
Phone: 808-737-5544

Dojo e-mail is: [wagoenten@hotmail.com](mailto:wagoenten@hotmail.com)