

Contacts...

Tudor Grange Classes

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www.tudorgrangeaikiko.co.uk

CMW Classes

Mark Pickering ~ 0121 459 8830
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Michelle Eagles ~07979 373 065
Child protection officer
aikieddie78@aol.com

Trevor D ~ 07825 605 259
Secretary
Trevord100@gmail.com



Disability Friendly Club

Venue Details...

Tudor Grange Leisure Centre
Blossomfield road
Solihull
B91 1NB

Tel: 0121 705 6371

Cocks Moors Woods Leisure Centre
Alcester Road South
Kings Heath
Birmingham
B14 6ER

Tel: 0121 464 1996



SELF DEFENSE

AIKIDO



Tudor Grange
Central Aikikai

Aikido is a non-competitive, martial art
for men, women and children from age 7.
No upper age limit

No minimum fitness or ability level required

About the Chief Instructor

Sensei Stuart Lovering is the chief instructor of Tudor Grange. He himself was only a junior when he first started in 1988 after finding the calming side of it assisted him in the competitions he used to compete in through his karate. Noticing the difference aikido was doing for him he continued to follow even though the reasons have changed over the years. He started aikido due to the interest in martial arts and has continued due to the enjoyment of giving other people the same experience he has had over the years and how it has helped him through his early years. He is now a member of the British Birankai Teaching Committee and holds the rank of 4th Dan Shido-in.

What is Traditional Aikido?

Traditional Aikido is a Japanese Martial Art. It is the most effective form of self-defence taught today. This is due to the fact that it has no set rules and may therefore, be practiced in a realistic way, with or without weapons.

Another important aspect is its versatility, which allows it to be practised by students in the form they wish to learn.

Traditional Aikido works by allowing an attacker's own weight and strength to disable and throw them

About Tudor Grange Dojo

Tudor Grange is a strong dojo with many students and is recognised for its quality and high standards. Classes have been running here since 2003.

All instructors in the club are Dan graded, with excellent technical ability. They are CRB checked and have nationally recognised Coaching Qualifications.

British Birankai (BB)

The Dojo and all regular students are members of the BB. This membership enables you to take internationally recognised grading's, and provides insurance. These are renewed annually. The BB was under the technical direction of Master Chiba Sensei, 8th Dan, who was a personal student of the Founder of Aikido; Morihei Ueshiba.

Many courses are organised by the BB and all members are welcome to attend, regardless of ability. The majority of courses are taught by visiting Japanese instructors.

Instructors

Chief Instructor

Stuart Lovering, 4th Dan, Shido-in

Assistant Instructors

Jonathan Thomas (Adults)

Trevor Doxesy (Beginners)

Wayne Moorey (Juniors)

Prices

Adults: £5.00 per night

Student/Unwaged: £4.00 per night

Junior BB Members: £4.00 (1 hour)

Junior non-members: £4.50 (1 hour)

Family of 3 juniors £10.00

(Provided all training)

Membership

Adult waged: £45 per year

Student / Unwaged: £25 per year

Junior: £20 per year

Grading Fees – Members only

Junior: £5.00 + Class Fee

Adults: £15.00 + Class Fee

Adult Classes Available...

Monday (Tudor Grange Leisure Centre)

7:00 - 8:15pm Beginner Aikido

8:15 - 9:00pm Beginner Weapons

Wednesday (Cocks Moors Woods LC)

7:30 - 8:30pm Beginner / General Aikido

8:30 - 9:30pm Weapons / Iaido

Thursday (Cocks Moors Woods LC)

7:30 - 8:30pm Beginner / General Aikido

8:30 - 9:30pm Weapons / Iaido

All classes open to all abilities and beginners.

Junior Classes Available...

Monday (Tudor Grange Leisure Centre)

Ages 7-11

6:00 - 7:00pm Beginner Aikido

Ages 11-16

7:00 - 8:15pm Beginner Aikido

Wednesday (Cocks Moors Woods LC)

Ages 6 and above

7:30 – 8:30pm Beginner / General Aikido

Thursday (Cocks Moors Woods LC)

Ages 6 and above

6:15 - 7:15pm Beginner / General Aikido

Weapons practised at instructor's discretion.