

A1 Lima's Studio Of Self-Defense  
*Presents*  
A SEMINAR WITH  
**PROFESSOR LARRY GARRON**

**SATURDAY, MARCH 15th, 12:30 - 2:00**

**COST: \$45.00**

**AIKI-JUTSU**  
FIGHTING TECHNIQUES AND CONCEPTS

**AIKI – JUTSU**

Aiki (eye-kee) "harmony meaning" or "spirit meeting". Jutsu (ju' tsoo) a term linking a fighting method with the bugei. Aiki Jutsu is an ancient system of combat based on Jujutsu founded by Shihra Saburo Yoshimitsu during the Kamalsura period (1185-1336) in Japan. Also known as Aiki-Jutjutsu, it is the art from which Aikido developed.

Sometime during the 13<sup>th</sup> century, a school existed to the north of Mount Fuji that specialized in the teaching of Aiki Jutsu. It was kept secret except to a few disciples, for the most part, Japanese nobles of ancient lineage. This art had originated from Kenjutsu and is said to have gradually become a method of combat superior to jutsu. The term Aiki, like Ju indicates a principle, a way of using the body as a weapon of combat, the method of Aiki is to use the coordinated power of Ki in harmony with the circumstances of combat.

Don't miss out on this opportunity to learn from one of the great Masters. Following the seminar there will be a question and answer session and an opportunity to meet and talk to Professor Garron. Space is limited so please sign-up early.

Seminar is open to all ranks and anyone 10 years or older (if you are under 10 and would like to attend please see Shihan). SORRY but only students of A.L.S.S.D. may attend and *NO video taping of any kind is allowed.*

**SEMINAR IS LIMITED TO 25 STUDENTS ON A FIRST COME FIRST SERVE BASIS!**

**(Please see Shihan to register. Payment is due at registration. SORRY, NO REFUNDS)**