

## FAQs

Last updated 01 July2022

### WHERE. WHEN. HOW MUCH

1) **MAT FEES/ CONTRIBUTIONS.** Our fees are so negligible as to be practically token. This is because the MAC is not a for-profit enterprise, nor even a livelihood of any of our teachers. We are a group of students and teachers who train for the love of the art and the pursuit of excellence. Mat fee contributions and membership contributions go towards rent and premises and equipment maintenance. Our instructors do not accept payment


Per attendance contribution: PhP150/session

(Contribution amounts are subject to change at any time.)

2) **UNIFORMS.** You may attend the first few class sessions in gym pants and an old tee. For a complete training experience, you're advised to obtain a gi asap, so you can experience sleeve grab attacks, shoulder grab attacks, and the like. Your Aikido classmates can point you towards several alternative sources of uniforms

3) **WHO CAN JOIN?** All interested in learning and training are welcome. MAC has approximately 40% women members.

*(More FAQs at [makatiaikidoclub.com](http://makatiaikidoclub.com))*



**Aikido**  
at Makati (Sports) Club

[www.makatiaikidoclub.com](http://www.makatiaikidoclub.com)  
**8899-6391**

- ENHANCED PROPRIOCEPTION • SITUATIONAL AWARENESS
- SYMMETRICAL TRAINING • LEARNING HOW TO LEARN
- FITNESS & AGILITY • SELF-DEFENSE

The Makati Aikido Club has highly experienced instructors, with a combined aikido training experience of over 150 years. The MAC teaching staff has one 6th dan black belt, two 5th dan, and two 4th dan (as of 2022).

The MAC - founded in 1983 - is the oldest continuously operating dojo in the Philippines

# Aikido

## A modern Japanese martial art

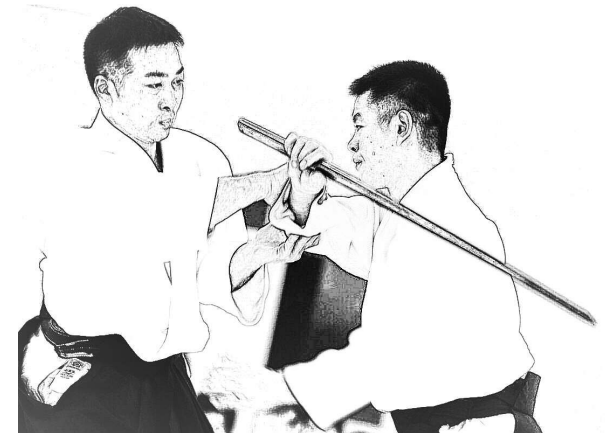
Aikido is a Japanese martial art known for powerful, beautiful, and logical movements. Aikido training promotes fitness and robust health, harmony and serenity.

Being inherently symmetrical training, aikido is an excellent cross-training complement to your favorite sport or dance genre. Or, since it's a total-body training regimen, aikido could easily be your sole exercise activity.

Aikido sharpens your proprioception, refines your situational awareness, and speeds up your reaction times - capabilities that enhance performance in any sport.

The Makati Aikido Club was founded in 1983. The club is recognized by Japan Aikikai (World Aikido Headquarters) in Tokyo. As a formally recognized grouping, all of Makati Aikido Club's ranks/belts are honored worldwide.

The MAC is a founding member of the Filipino Federation of Aikido.





Famous teacher Yoka Okamoto, 7th dan, based in Kyoto, has taught in Manila in recent years.

## CLASS SCHEDULE (as of July 2022)

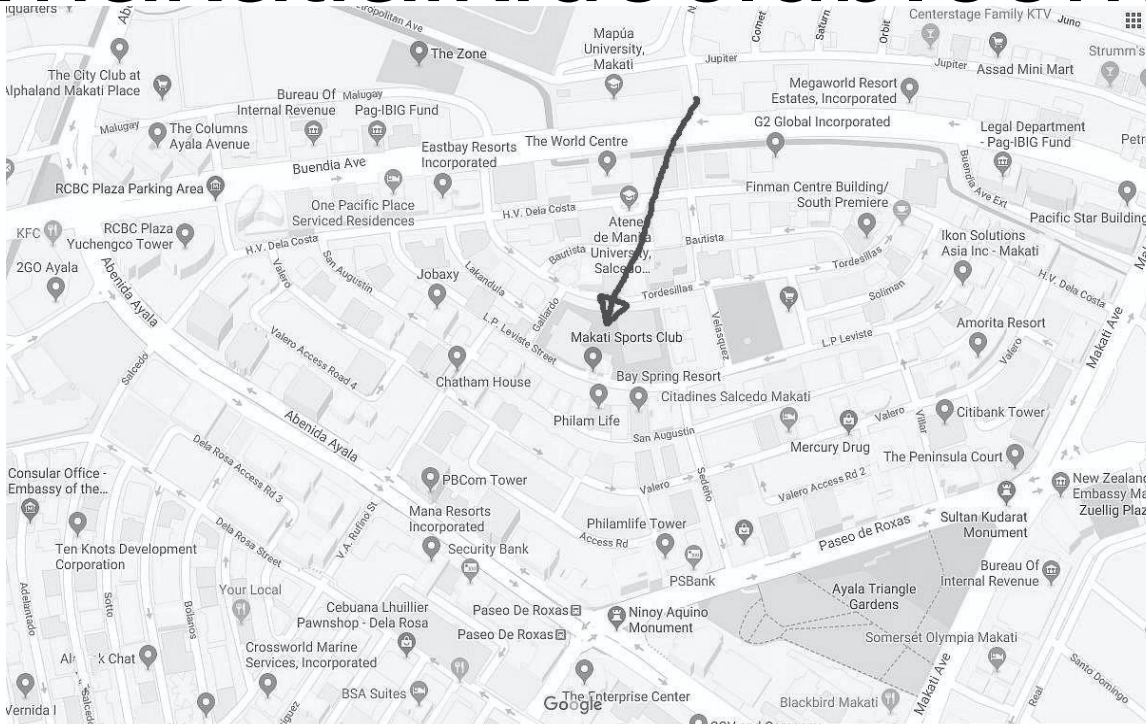
(Check the home page of [www.makatiaikidoclub.com](http://www.makatiaikidoclub.com) for the most reliable update on the class schedule. This printed schedule may be obsolete by the time you receive this leaflet.)

	Morning	Afternoon	Evening
Monday			18:30 hrs*
Tuesday			
Wednesday			18:30 hrs*
Thursday			
Friday			
Saturday	1030hrs*	17:30 hrs**	18:30 hrs*

\* Adult classes

\*\* Children's class

# makatiaikidoclub.com



More Information about aikido and the MAC

Website: [www.makatiaikidoclub.com](http://www.makatiaikidoclub.com)

Website has training schedules, street, directions, articles, photos, and FAQs.

Training venue: Makati (Sports) Club  
L.P. Leviste cor. Gallardo  
Salcedo Village, Makati City

MAC contact info: 8899-6391  
(Martlyn, Barbi or Frank)

## Makati Aikido Club (at Makati Sports)