

Still Point Aikido Center Course Catalogue

Spring 2003

Fundamental Courses

Course Title	Dates	Fee
Introduction to Aikido	1/24/03 - 3/28/03	\$150/16 meetings
General Aikido	Wednesdays, ongoing	\$40/month
Kyu Test Preparation	Saturdays, ongoing. Starts 2/1/03	\$10/session

Extension Courses

Course Title	Dates	Fee
Aikido and the Internet	1/24/03 - 3/28/03	\$50
Aikikou Taigi	2/6/03 - 2/27/03	\$50
Basic Aiki Taiso	2/4/03 - 2/25/03	\$50
Kicking & Striking Seminar	2/22/03 - 3/08/03	\$30
Weapons Workshop	1/31/03 - 3/7/03	\$30

General Notes:

See Catalogue detail for more information. Some classes will not be held on certain days. Some classes will have specific requirements or restrictions, as well as registration deadlines.

Course Coordinators are of three varieties:

- An **Instructor** will impart skill and knowledge
- A **Moderator** will serve as a guide for joint exploration
- A **Facilitator** serves as a host only, providing venue and framework.

Uniforms are required for most coursework. Registrants are responsible for obtaining their own uniforms. Still Point does not sell uniforms, except for the T-shirts required for informal practice. Uniform descriptions are as follows:

- **Formal** = white gi jacket, white, gray, or black trousers or hakama
- **Informal** = Still Point T-Shirt and black or gray trousers

Details are subject to change. This catalogue is for information purposes, and does not constitute a guarantee. Registrants are advised to check back for updates, and contact coordinators for any last minute changes.

Fundamental Courses

INTRODUCTION TO AIKIDO

Instructor: Ross Robertson

Bio: Founder and Chief Instructor of Still Point. 5th dan in Seidokan Aikido

Contact: etaison@stillpointaikido.com; dayphone 512/703-8942

Course Description: Beginners establish a strong foundation of essentials to aikido practice, and are given an introduction to the wide variety of practice styles available to the advanced student.

Fee: \$150

Meeting Times: Mondays - 8 pm to 9:30 pm, and Fridays - 6 pm to 7:25 pm.
No classes on 2/17/03 or the week of 3/10-3/14/03

Start Date: 1/24/03

End Date: 3/28/03

Registration Deadline: 1/24/03

Location: Hancock Recreation Center, SW corner of 41st and Red River on the grounds of the Hancock Golf Course.

MapQuest Link:

<http://www.mapquest.com/maps/map.adp?country=US&addtohistory=&address=811+E.+41st+st.&city=austin&state=tx&zipcode=78753&homesubmit=Get+Map>

Minimum Enrollment: 8

Maximum Enrollment: 20

Required Materials: Handouts will be provided

Uniform Required: Formal

Restrictions: Age 12+

Comments: No additional comments

GENERAL AIKIDO

Instructor: Steven Snapp

Bio: I currently hold the rank of nidan in Seidokan Aikido, and have been training at Still Point since 1991. I have been teaching this class for two years, and have more than 5 years of experience teaching classes at Still Point.

Contact: snapp@austin.rr.com, nightphone 512-257-1822

CourseDescription: This class is for general Aikido, and is open to all students of any rank, including beginners. We study all aspects of Aikido, including rolling, the Aiki Taiso, any and all techniques, weapons forms, test preparation, randori, etc.

Fee: \$40 per month

Meeting Times: Wednesdays - 5:30pm to 7:00pm

Start Date: Monthly, ongoing

End Date: Monthly, ongoing

Registration Deadline: 1st class of each month

Location: Hancock Recreation Center, SW corner of 41st and Red River on the grounds of the Hancock Golf Course.

MapQuest Link:

<http://www.mapquest.com/maps/map.adp?country=US&addtohistory=&address=811+E.+41st+st.&city=austin&state=tx&zipcode=78753&homesubmit=Get+Map>

Minimum Enrollment: 6

Maximum Enrollment: 15

Required Materials: The only thing required for this class is a student willing to learn about Aikido.

Uniform Required: Formal

Restrictions: All students are welcome. Age 12+

Comments: No additional comments.

KYU TEST PREPARATION

Instructor: Frank Bieser

Bio: Frank Bieser is a second degree black belt (Nidan) in the Seidokan Aikido system. He has trained with Sensei Ross Robertson since the founding of Still Point Aikido.

Contact: frankb@bighead.com; dayphone 512/341-7739

CourseDescription: This course will concentrate on refining the students execution of the various required arts to be performed on a Seidokan Aikido kyu exam.

Fee: \$10 per class

Meeting Times: Saturdays, 10:30am - 12pm

Start Date: 2/1/03

End Date: Ongoing. No classes 2/22/03 - 3/08/03.

Registration Deadline: Pay as you come to each class. Waivers must be on file.

Location: Hancock Recreation Center, SW corner of 41st and Red River on the grounds of the Hancock Golf Course.

MapQuest Link:

<http://www.mapquest.com/maps/map.adp?country=US&addtohistory=&address=811+E.+41st+st.&city=austin&state=tx&zipcode=78753&homesubmit=Get+Map>

Minimum Enrollment: 6

Maximum Enrollment: 12

Required Materials: None

Uniform Required: Informal

Restrictions: Age 6+

Comments: Students must show up early enough to stretch and warm up as they feel is required. Classes will start with a very short warm up of aiki taiso and rolling.

Extension Courses

AIKIDO AND THE INTERNET

Moderator: Ross Robertson

Bio: Founder and Chief Instructor of Still Point Aikido Center. 5th Dan Certification in Seidokan Aikido.

Contact: etaison@stillpointaikido.com, dayphone 512/703-8942

CourseDescription: Participants will engage in virtual conversations on local, organizational, and international aikido email lists. Weekly meetings will discuss aikido culture as it appears in cyberspace.

Fee: \$50

Meeting Times: Check in w/Moderator weekly via email

Start Date: 1/24/03

End Date: 3/28/03

Registration Deadline: 1/17/03

Mail checks w/registration materials to: Still Point Aikido Center, PO 650094, Austin TX 78765, attn: Course Registration Enclosed.

Location: Electronic format, on-line participation. No physical meeting place.

Minimum Enrollment: 6

Maximum Enrollment: 20

Required Materials: Regular access to email account. Must be willing to disclose an identifiable email address.

Uniform Required: None

Restrictions: No restrictions.

Comments: If course does not make, checks will be destroyed or applied to other course fees if registrant prefers.

AIKIKOU TAIGI: ENERGY WORK AND SOLO PRACTICE

Instructor: Ross Robertson

Bio: Founder and Chief Instructor of Still Point Aikido Center. 5th Dan Certification. Originator of the Aikikou TaiGi.

Contact: etaison@stillpointaikido.com; dayphone 512/703-8942

CourseDescription: The Aikikou TaiGi is a movement form similar to TaiChi, which develops energy awareness and calm balance. It is a method which facilitates solo practice, and embodies all the movements one is likely to encounter in the defensive side of aikido.

Fee: \$50

Meeting Times: Thursdays 7:30-9pm

Start Date: 2/5/03

End Date: 2/26/03

Registration Deadline: 1/31/03

Location: 5000 Lansing Dr., Austin TX

<http://www.mapquest.com/maps/map.adp?country=US&addtohistory=&address=5000+Lansing+Dr.&city=Austin&state=TX&zipcode=78748&homesubmit.x=21&homesubmit.y=10>

Minium Enrollment: 6

Maximum Enrollment: 16

Required Materials: No special requirements.

Uniform Required: Informal. Students may wish to purchase kung-fu style slippers, available at a number of area import stores.

Restrictions: Age 12 and above.

Comments: No additional comments.

BASIC AIKI TAISO

Moderator: Katie Parsoneault

Bio: Katie has been studying aikido for 3 1/2 years. She would like to continue to explore the aiki taiso with others who also want to increase their mastery of these exercises for ki development, test preparation, and personal training.

Contact: catrin@texas.net, dayphone 448-2680

CourseDescription: The aiki taiso are a set of movements that are used for warmups in aikido training. But they also encompass many of the basic techniques that beginning students need to learn to identify and recognize. Demonstrating familiarity with the aiki taiso is a part of each belt level exam. Students will learn the basic movements of the aiki taiso, and will learn to perform ki tests that are related to the aiki taiso; they will gain a better familiarity with the terms used to designate the various exercises, and will begin to develop an understanding of how aikido techniques are named. By the end of the class, a student should be able to lead the group through the entire aiki taiso.

Fee: \$50

Meeting Times: Tuesdays, 8 - 9:30 pm

Start Date: 2/04/03

End Date: 3/06/03

Registration Deadline: 1/31/03

Location: 5000 Lansing Dr., Austin TX

MapQuest Link:

<http://www.mapquest.com/maps/map.adp?country=US&addtohistory=&address=5000+Lansing+Dr.&city=Austin&state=TX&zipcode=78748&homesubmit.x=21&homesubmit.y=10>

Minimum Enrollment: 6

Maximum Enrollment: 10

Required Materials: Still Point Handbook, available on-line at stillpointaikido.com, or from the chief instructor. A handout will be provided to the class.

Uniform Required: Informal

Restrictions: Age 12 and above

Comments: No additional comments

KICKING AND STRIKING SEMINAR

Instructor: Frank E. Allen

Bio: I am a 3rd Degree Black Belt in a Martial Art Self-Defense System called Kajukenbo. Specifically related to this Seminar, Kajukenbo encompasses Gong Sao (Closed Fist) Blocks and Punches as well as Pak Sao (Open Fist) Blocks and Stikes. In addition, it teaches most of the fundamental kicks usually incorporated in most Martial Art Forms. This information and experience is what will be passed on to those who participate.

Contact: FAShrink@aol.com, dayphone 454-2456

CourseDescription: Study of the form, balance and movement of the Offensive side of Martial Arts. Will include basic punches, strikes, and kicks incorporated in both Soft and Hard Martial Art forms. Experience in these forms, movements and techniques should add a great deal to ones ability to defend themselves. At the same time, experience of these techniques will also invaluable information about how to respond to these same techniques when attacked.

Fee: \$30.00

Meeting Times: Saturday, 10:30 AM - 12.00 Noon

Start Date: 2/22/03

End Date: 3/08/03

Registration Deadline: 2/22/03

Location: Hancock Recreation Center, SW corner of 41st and Red River on the grounds of the Hancock Golf Course.

MapQuest Link:

<http://www.mapquest.com/maps/map.adp?country=US&addtohistory=&address=811+E.+41st+st.&city=austin&state=tx&zipcode=78753&homesubmit=Get+Map>

Minimum Enrollment: 6

Maximum Enrollment: 15

Required Materials: None

Uniform Required: Informal

Restrictions: Anyone interested in learning the movement and technique required for appropriate kicking and/or striking should attend.

Comments: No additional comments

WEAPONS WORKSHOP

Instructor: Steven Snapp

Bio: I currently hold the rank of nidan in Seidokan Aikido, and have been training at Still Point since 1991. I have been teaching the weapons forms in classes and work shops for more than 5 years.

Contact: snapp@austin.rr.com, night phone 512-257-1822

CourseDescription: The weapons workshop is a 6 week course of 30 minute sessions designed to introduce the student to the 3 jo and 3 bokken weapons forms. Week 1: intro to bokken, kengi #1. Week 2: intro to jo, jogi #1. Week 3: kengi #2. Week 4: jogi #2. Week 5: kengi #3. Week 6: jogi #3.

Fee: \$30

Meeting Times: Fridays, 5:30pm to 6:00pm

Start Date: 1/31/03

End Date: 3/7/03

Registration Deadline: 1/24/03

Location: Hancock Recreation Center, SW corner of 41st and Red River on the grounds of the Hancock Golf Course.

MapQuest Link:

<http://www.mapquest.com/maps/map.adp?country=US&addtohistory=&address=811+E.+41st+st.&city=austin&state=tx&zipcode=78753&homesubmit=Get+Map>

Minimum Enrollment: 6

Maximum Enrollment: 10

Required Materials: Students are required to have a bokken and jo. We will have a limited number of loaner weapons available for use during the class.

Uniform Required: Informal

Restrictions: Age 12 and above

Comments: No additional comments.