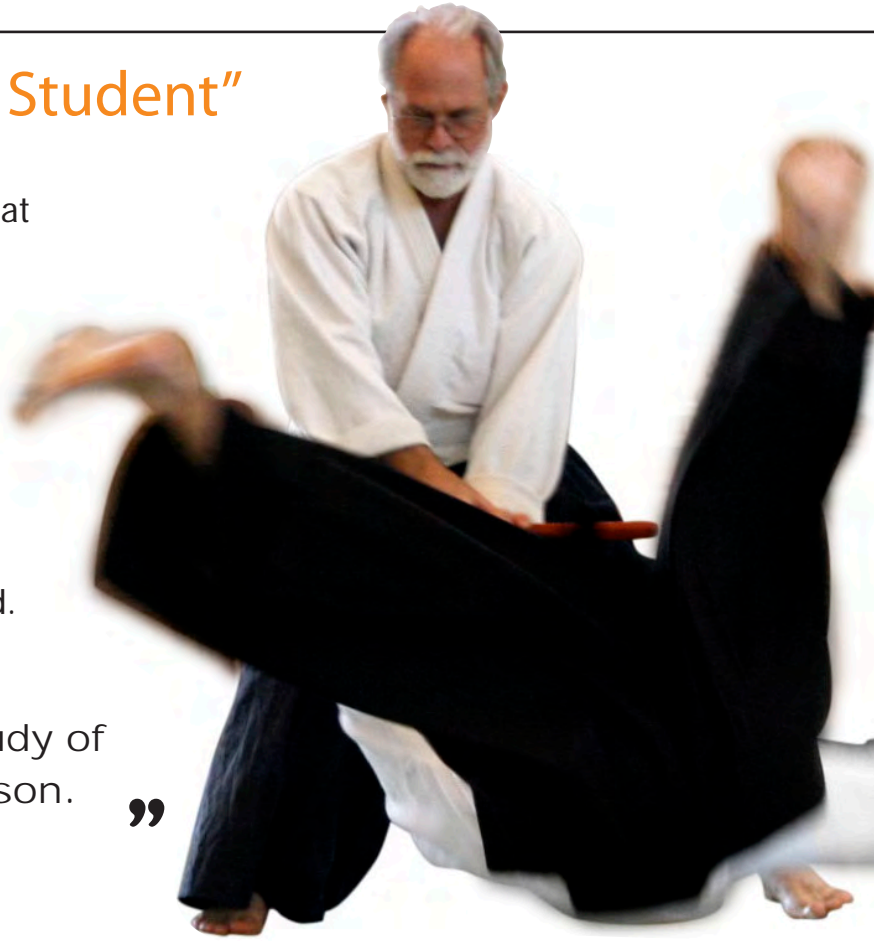


Immerse Yourself in Aikido

Uchideshi at Aikido in Fredericksburg

Live and Train as an "Inside Student"

The *uchideshi* ("inside student") program at Aikido in Fredericksburg is an intensive residential apprenticeship designed for students wishing to thoroughly develop their understanding of aikido while contributing to the aikido community in the greater Fredericksburg area. No previous martial arts experience is needed.



“ Being *uchideshi* enriched my study of aikido and my growth as a person. ”

~ David Street

▶ [Email aviv@aikidoinn.com](mailto:aviv@aikidoinn.com) or call 540.582.9600 for more information.

AIF's World Class Facility

- “Green” building patterned after the Iwama dojo in Japan
- Air conditioned 2100 ft² training area – one of the largest around
- Sun room with reading and video library
- Well-appointed kitchen (food not provided)
- Superior, air conditioned rooms; linens provided
- Coin operated washer/dryer
- The dojo sits on 22 acres of land with organic garden and native plants
- Surrounded by historical sites from Revolutionary & Civil Wars

“ Living in such a peaceful environment left me feeling invigorated. ”

~ Scott Fennell



Aviv Goldsmith Sensei, 5th dan, trained as *uchideshi* in Japan with Morihiro Saito Shihan. He has been teaching aikido for more than 20 years.

Balance Discipline Focus Flexibility Leadership Service Life Skills Community

REQUIREMENTS

A positive attitude and an open mind • Applicants must be at least 18 years old or, with special permission from Sensei, have parental consent • Healthy physical condition and health insurance in good standing • Financial ability to support oneself for the length of your stay. Most work schedules can be accommodated, but aikido training needs to be your primary focus. Limited work-study opportunities are available at the dojo.

FEATURES

- Superior Training And Living Facilities
- Personalized Attention From Sensei
- Rapid Progression to Black Belt
- Over 20 Classes Each Week
- Stays Of Up To A Year

