

## **AIKIDO UNITED INTERNATIONAL 501(c)3 NON-PROFIT ORGANIZATION**

### ***AUI Community Programs***

**Aikido United International (AUI)** is dedicated to the complete wellness of the community by focusing on the physical, mental, and emotional aspects of life.

**AUI** provides a suite of services and programs made available to the community along with the cooperation and effort of supporting individuals and organizations. Please contact an **AUI Coordinator/Representative** for pricing and scheduling.

### ***Leadership Workshop***

Based on the book "How Aikido Can Change the World" by Michael Aloia, the **Leadership Workshop**, designed as a tool to build better leadership and communication skills, provides individuals and teams the concepts and philosophies found within the martial art of **Aikido** to use in everyday situations.

Half day or full day seminars are available – includes lecture and hands on exercises.

### ***Conflict Awareness and Resolution Workshops***

offered by **Asahi Schools of Aikido (ASA)**  
These workshops are based on Aikido's teachings and philosophies for finding a path of least resistance and can be tailored to non-martial artists and used in a corporate or business setting. Half day or full day seminars are available.

### ***E.D.S Citizen Safe®***

offered by the **Essential Defense System (E.D.S.)**

*Self-Protection workshops* for the average, everyday citizen - no experience required. Clinics are made available on site to businesses, organizations or groups. Designed to create awareness and build confidence. Typically offered as 1 to 2-hour hands-on sessions.

### ***Women's Self Defense Clinics***

offered by **E.D.S.**

*Self-Protection workshops* designed specifically for women to build awareness, confidence and basic ability using fundamental and simplistic movements and concepts. Workshops can be offered as 1 to 3-hour hands-on sessions.

### ***Anti-Bullying Programs***

Designed around the concepts of the martial art of **Aikido** and exclusively written for the AUI, the **Anti-Bullying Program** offers children and youth ages a code of conduct of standards and principles to treat themselves and those around them with mutual respect and dignity. This program helps children and youths maintain their own personal space and awareness to avoid conflict and passively resolve any that may cross their path.

### ***Fitness & Wellness Programs***

offered by **I-Fitness and Sol Angel**

Personal training sessions, fitness and flexibility classes, Reiki, meditation and energy work sessions are available to individuals and groups who are looking to enhance their lives through making good wellness choices and becoming active.

### ***Life Coaching Sessions***

offered by **Sol Angel**

Coaching provides tools, perspective, and structure to accomplish goals or work through current challenges. Coaches help individuals access their own ingenuity, creativity, and strength as they step upon a path to creating the life they wish to lead. 30 minute sessions

### ***Community Projects***

AUI's goal is to build community. Community building projects are a cornerstone of such a mission. AUI can facilitate or become a sponsor/activist for projects that support our mission.

### ***Fundraisers***

Throughout the year fundraisers are managed for organizations such as St. Jude's, the Red Cross, Pottstown Cluster, KenCrest, and more. Be on the lookout for the current fundraiser. AUI fundraisers are also held throughout the year to benefit and help fund both the community and Aikido specific programs.

## Donate to AUI

### ***Expect, Experience and Excel Program***

Individuals, groups and clubs who wish to study Aikido and cannot financially contribute are not turned away. AUI offers everyone the opportunity to experience the Art and the benefits. Your donations to the *Expect, Experience and Excel Program* will help support these efforts in making Aikido available to anyone and spreading its message of peace and harmony.

### ***Together We Learn, Together We Grow Program***

AUI is actively involved in community growth and outreach. AUI offers programs to better the community by bettering the individual - making them aware and teaching them to take responsibility for their thoughts, words and actions. The *Together We Learn, Together We Grow Program* offers everyone a chance to get involved and make a difference.

### ***Become an AUI Member***

AUI offers everyone an opportunity to get involved. *Full and Associated Annual Memberships* are available for children, youth and adults as well as *Tier Memberships* for business and organizations to become active supporters of Aikido United International. Memberships help sustain the daily operations of the organization.

[www.aikidounited.org](http://www.aikidounited.org)

*“Together we learn, together we grow... together we find a way.”*



***tomo*** – the Japanese character for  
***“together”***



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# Community Wellness Programs



# Aikido United International

...building community by promoting Aikido

[www.aikidounited.org](http://www.aikidounited.org)