

# Aikido Of Monterey



## JOIN OUR COMMUNITY

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## CULTIVATE YOUR KI

Join beginner's classes and learn to utilize universal energy while training in Aikido as well as throughout daily life.



## MOVE WITH HARMONY

With training, one learns to connect with opponent and environment. An attack is seen as a gift of energy and both move in harmony to safety.

*Practicing the Art of Peace since 1973*

"The divine is not something high above us. It is in heaven, it is in earth, it is inside us." –Morihei Uesheiba