

# **Albany Aikido Seminar**

## **Saturday, Nov. 18th**

### **11am-2pm \$50**



## **Hal Lehrman Shihan**

### **Chief Instructor,**

### **Aikido of Park Slope**

I began teaching at New York Aikikai in the '70s. I moved to Brooklyn in 1976; so when the request was made to Yamada Sensei, my teacher and the Founder of the NYA, to have an instructor teach a weekly Aikido class at a Tae Kwon Do School, Way of Action on 5th Avenue and 7th Street in Brooklyn, he asked me to teach the class. It was never my intention to start an Aikido school. But, as I look back at our history, I had only one path. Aikido is a practice that has nourished me. It is a profound resource for self-exploration and growth. It has informed all of the other pursuits of my life. Aikido develops both the outward and the inner courage. It is daring, exuberant and caring. Aikido is a very broad path. Each student brings his own spirit to the practice. One of my favorite quotes from O'Sensei, the founder of aikido, is, "The purpose of Aikido is to give one the courage to live the most creative life possible." It is a martial art of creation, not of destruction or of victory over others. It is an art that helps us find and invigorate our, Ki, inner strength.

**Albany Aikido**  
**Chief Instructor**  
**Shihan Irvin Faust**

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