

Contact/General Information

Instructor:
Ed Hernandez

Phone number: 910-545-3093
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New Tampa Family YMCA phone number: 813-866-9622

Class Schedule:
Tuesdays 8:00pm – 9:30pm
Thursdays 8:00pm – 9:30pm

If interested, Aikido classes are also held at the Campo Family YMCA:
Instructor: Gus Rodriguez Sensei

Tuesdays 8:30pm – 10:00pm
Wednesdays 8:00pm – 10:00pm

The dojo follows the guidance of T.K. Chiba Shihan and is member of Birankai, North America.
Information on Chiba Shihan and Birankai, North America can be found at: www.birankai.org

Suggested Reading List

AIKIDO AND THE DYNAMIC SPHERE, by A. Westbrook and O. Ratti

A LIFE IN AIKIDO (the biography of the Founder Morihei Ueshiba),
by Kisshomaru Ueshiba

AIKIDO, by Kisshomaru Ueshiba

THE SPIRIT OF AIKIDO, by Kisshomaru Ueshiba

PROGRESSIVE AIKIDO, The Essential Elements, by Moriteu Ueshiba

AIKIDO IN EVERYDAY LIFE, by Terry Dobson and Victor Miller

THE AIKIDO STUDENT HANDBOOK, by Greg O'Connor