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WE INVITE YOU

...to join us for an exciting adventure.

Learn one of the world's most effective and enjoyable martial arts. When you train with us you can tone up and trim down, get focused and relaxed, improve your self-confidence and discipline, improve your posture, lose weight, get energized, and enjoy life while you do it! It is amazing how much a positive attitude can do to improve your life, your work, your relationships, and everything around you. Training at Aikido of Central New York will put you well on your way to a lifetime of positive thinking.

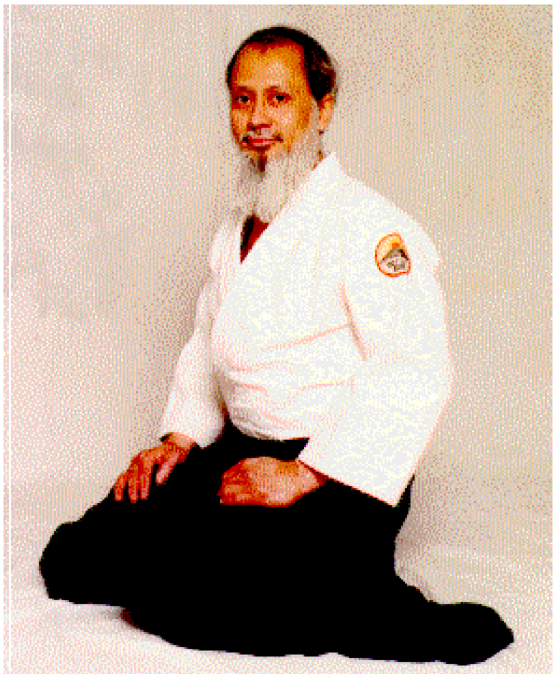
What is Aikido of Central New York?

Aikido is a highly effective, non-aggressive martial art. Aikido of Central New York is a unique place to train in this extraordinary art form. Our friendly, polite, and experienced instructors are completely committed to helping you with every stage of your development. We emphasize both martial arts technique, as well as friendly cooperation, so learning is both thorough and fun. We train you systematically, step by step, so you can develop at your own pace.

Since the founding of our school in 1971, countless people have benefited from their training at Aikido of CNY. This includes people from all walks of life: homemakers and executives, blue and white collar workers, professionals and college students, and grade school children. Our student body ranges in experience from beginners to accomplished martial arts instructors with decades of training. Aikido of Central New York has something to offer to everyone. Our training will help you at home, at work, at school, and at play.

The Aikido classes include training in: breathing and focusing techniques, coordination and concentration, flexibility, self defense techniques, such as locks and throws, and specialized weapons training. We offer an assortment of both general and special classes to fit your schedule.

Aikido of Central New York is celebrating over 25 years of martial arts excellence.You are invited to join us and start your adventure today!



Chief Instructor, Yousuf A. Mehter

Yousuf A. Mehter, 5th Dan in Aikido, is the Director and Chief Instructor of Aikido of Central New York, in Syracuse, NY.

He is a seasoned martial artist with over 30 years experience in Aikido, as well as a variety of weapon disciplines. He also holds a 1st degree black belt in Karate. Mehter Sensei started his formal training in martial arts at the age of 17, and continued through high school, college, graduate school, and a previous career. He was a skilled field hockey player and eventually played for the Burma National Team. In the University Training Corps he was ranked among the top 15.

Mr. Mehter started his training in Rangoon, Burma, under Chief Instructor Sayagyi U Thaung Din, at Burma Aikikai. He also received serious training from his brother, Dr. Ariff Mehter, who is now Chief Instructor for Kentuckiana Aikikai in Louisville, KY.

Mehter Sensei is certified by the U.S. Aikido Federation and the International Aikido Federation, Tokyo, Japan.

He started teaching at Aikido of C.N.Y. in 1974. The school itself was founded in 1971 by his brother. Yousuf became Chief Instructor in 1979.

Thousands of students of all ages, from beginner to martial arts instructors, have greatly benefited from his tutelage and abundance of positive ki. Martial art instructors from other disciplines such as Karate, Tae Kwon Do, Kickboxing, Judo, and Jiu Jitsu, have also sought and benefited from his instruction. Self defense workshops and Aikido seminars also keep Sensei busy.

Sensei extends his usual warm, personal greeting to all, and an invitation to come practice at one of the largest dojo's in the U.S. (and certainly the friendliest!), Aikido of Central New York. Domo!

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