

“If you were all alone in the universe with no one to talk to, no one with which to share the beauty of the stars, to laugh with, to touch, what would be your purpose in life?

It is other life; it is love, which gives your life meaning.  
This is harmony.”

- Mitsugi Saotome (founder of the Aikido Schools of Ueshiba)



Want to learn more? Join Case Aikido.

Classes (Veale Aerobics Room):  
Wednesday, 9-10 PM  
Sunday, 6-9 PM

Open Practice (Veale Aerobics Room):  
Friday, 5-8 PM

For more information, visit the website (<http://aikido.case.edu>) or e-mail Patrick Langer (ptl5)/Andrew Fu (asf5).