

Martial Arts Training.

Aikido is a Martial Art, whereby a student will learn to deal with attacks using circular movements, typically using throws and pins. Students learn how to roll and break fall to safely receive techniques. There are no competitions and so it is suitable for all physiques. This Aikido covers physical and spiritual training as well as weapons, meditation and dealing with multiple opponents. The club has a minimum age of 18 (no juniors) and runs on Wednesdays (Cadishead Fit City) and Thursdays (Sale Central Scout Hut). Students may take advantage of 2 introductory classes, but will require membership after this point.

Wellington Tsang Biography

Wellington started aikido at his first week of Aston University in 1989 after studying fencing, jiu jitsu and karate during school. He left University ranked 3rd Kyu and continued his training at Ei Mei Kan after a brief break whereupon he was promoted through his Dan rankings by the Dojo head Chris Mooney. His training and friendships gained have resulted in visits to Hombu Dojo in Tokyo, San Diego USA Summer Camp, France, San Francisco, Auckland and Singapore Dojos. Wellington started teaching Aikido in South Manchester in 2006, after . He was joined by Kevin Hudson (2nd Dan) in 2009, who instructs the Thursday Class. Wellington has made contributions to the Birankai magazine Musubi and is currently a 2nd Dan Fukushidoin (Birankai recognised Instructor)