

# GET FIT & GET HEALTHY

**Get fit and learn to defend yourself**

## Georgetown Aikido introduces classes for women

This woman is not a damsel in distress.

She is a woman who has learned to take care of herself, and that means being confident and secure in her physical, and inner, strength.

She's a woman you would want on your side.

The Georgetown Aikido club has been teaching self defence to both adults and children for more than 18 years.

Aikido as a martial art is non-competitive and nonviolent. Cooperation and harmony are more important than aggression— timing and control are more important than strength. With the development of basic techniques Aikido provides a very powerful means

of self defence without undue aggression.

Although the classes are traditionally co-ed, this January, Georgetown Aikido is offering a women's only class.

"It was a desire to bring more women into the martial arts. To show them that you don't need to be big, and strong, and powerful to do a martial art and be able to defend yourself," said Terri Portelli, a fourth level black belt and one of the instructors for the women's only class.

This once weekly session will focus on the advantages that women have when it comes to self defence, and how to benefit from them while avoiding any gender specific vulnerabilities.

"While the Aikido club has always encouraged women's participation, women can be intimidated starting a martial arts class when the majority of the students are men," said Genevieve Leslie, a third level black belt and the second instructor for the women's only class.

The classes will focus on balance, core and hip strength, incorporating this into circular movements which are beneficial in self defence.

The classes will be taught by Portelli and Leslie, who have both trained in Aikido across Canada and in Japan for

more than 13 years.

The women's only class will be one night a week. The remaining four classes, held on Monday, Wednesday, Thursday and Saturday will maintain the usual co-ed setup.

"I haven't heard of any opposition to the idea of a women's class. The men in the dojo are very supportive, and are more than willing to help us out any time we need them to play the bad guys," said Leslie.

The classes begin January 6, 2009 at 42 Mill St., second floor of the Georgetown Memorial Arena and will run Tuesday nights between 7-8:30 p.m. until March 31, 2009.

The cost of the 13-week program is \$95 and will include the first belt grading.

"This women's only Aikido is something new that we're trying out. If there is continued enthusiasm for it after 13 weeks, then yeah, we'll continue it," said Portelli.

For more information, please contact either Genevieve Leslie at 519-853-0012 or Terri Portelli at 905-873-8812 and please visit the website at georgetownaikido.com.

"This is a very empowering thing," said Portelli.

Submitted by Amanda Portelli



Terry Portelli defends herself against Patrick Winter in a match at Georgetown Aikido.

Submitted photo

### Silent auction at Curves Acton

In order to raise money for Breast Cancer Research, Curves of Acton will be conducting a Silent Auction from October 20 to 31, open to members and non-members and will include a variety of ways for attendees to obtain free and discounted Liv Aids (breast self-exam tool). For more information call Sandy Collins, 519-853-0502.



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Contact:  
Terri Portelli (905) 873-8812  
Genevieve Leslie (519) 853-0012

Georgetown Memorial Arena  
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[www.georgetownaikido.com](http://www.georgetownaikido.com)



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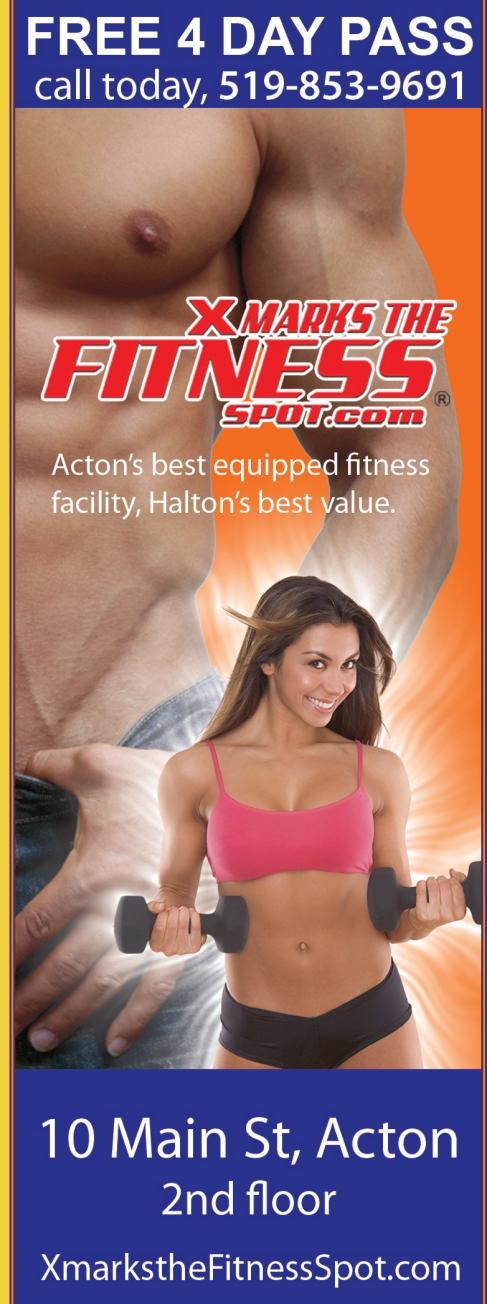
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