

Welcome to Peaceful Warrior Aikido



Thank you for your interest in **Peaceful Warrior Aikido!** Our Dojo was founded in June 2000 by Shihan Steven Macillas, a Martial Artist with over 40 years of experience in several different Martial Arts systems. We are very family-focused, and train students of all ages and backgrounds. Many of our students came to Aikido with experience in other forms of Martial Arts, but more are "first-timers"; we treat every student with the same open and welcoming approach. We want you to learn as much about Aikido as you want to, whether you're more interested in the learning the basics, or if you stay with us for the 'long haul' and promote to Black Belt status.

We encourage all visitors to observe a class before signing up and paying dues. Better yet, join us on the mat for some hands-on orientation! Our skilled instructors will work one-on-one with you to introduce you to some of the basics, including basic dojo etiquette, how to properly fall, and introductory techniques. We want your first (and subsequent) experience at our dojo to be a positive one, so please let us work with you to make it just that.

Please feel free to contact us with questions or concerns at:
staff@peacefulwarrioraikido.com or 831-205-9092

Current Class Schedule:

Friday Evening Classes

6:00pm – 7:00pm: **Beginner/New Student Class** (*all ages*)

Saturday Morning Classes

7:30am – 8:30am: **Intermediate/Advanced Class**

8:30am – 9:30am: **Intermediate Class**

9:30am – 10:30am: **Beginning Class**

合氣道

About Aikido:

Aikido is a Japanese Martial Art developed by Morihei Ueshiba. This is an art of physical systems and controlled movement which involves throws and joint locks that are derived from Jiu-Jitsu and other Kenjutsu techniques. Aikido focuses not on punching or kicking opponents, but on using the opponent's energy to gain control of them or to throw them away from you.

About our school:

Peaceful Warrior Aikido is a family-focused Dojo that welcomes students of all levels of training. Whether you have years of experience in Martial Arts, or this is your first time ever on the mat, we are very happy to have you with us! The quickest and most efficient way to learn the basics of Aikido is to jump right in and train with another student. We always try to pair new students with higher-level belts who have experience in the techniques being taught. If you have questions, please ask! We want everyone to walk out of the Dojo feeling like they learned something useful. While training, you may notice students have belts of various colors to indicate their level of training within our Dojo. You may also notice the teachers, or "Sensei", wearing Black Belts and "Hakama" (skirts). This denotes the highest level of training at our Dojo, and the Sensei are a wealth of experience and information.

Peaceful Warrior Aikido was established in June 2000, by Shihan Steven Macillas. Since then, 25 students have promoted to Black Belt status. In January 2023, Shihan Macillas retired and was succeeded by his Soto-Deshi (protégé) – Sensei Samantha Tova. When Sensei Samantha retired in June 2025, Sensei Ben Butler took over the administration of the school.

Peaceful Warrior Aikido is fortunate to have a number of support instructors of various levels that teach all ages and skill levels.



Peaceful Warrior Martial Arts LLC

Dojo Etiquette



Proper observance of etiquette in the Dojo is as much a part of your training as is learning techniques. Please take the following guidelines seriously!

A. General Etiquette:

1. Upon entering and leaving the Dojo, make a standing bow
2. When stepping onto or off the mat, always bow in the direction of the Shomen and the picture of the founder (O Sensei).
3. A few minutes before practice is to begin, you should be warmed up, seated formally in Seiza, and in quiet meditation. (In this posture, the knees are bent 180 degrees with the calves tucked under the thighs, so you sit on your heels, toes pointed.). These few minutes are to rid your mind of the day's problems and to prepare for study.
4. The class is opened and closed with a formal ceremony. It is important to be on time and participate in this ceremony. If you are unavoidably late, you should wait, formally standing beside the mat, until the instructor signals permission for you to join the class. Perform a formal seated bow as you get on the mat. It is important that you do not disrupt the class in doing so.
5. The proper way to sit on the mat is in Seiza. If you have a knee injury, you may sit cross-legged, but never with legs outstretched. Never stand with your arms crossed or lean against the walls or anything else. You should be alert at all times.
6. Do not leave the mat during practice except in the case of injury or illness. If you must leave the mat for personal reasons, request permission before doing so. Although it is important to push your body to discover your limits, it is permissible to rest, if necessary. Do so by moving to the edge of the mat and sitting in Seiza until able to rejoin the class.
7. Keep talking on the mat to a minimum. Aikido is experience.
8. Do not lounge around on the mat before or after class. The space is for students who wish to train. There are other areas in the Dojo for socializing.
9. The mat should be swept or wiped down before class each day and after practice is over. It is everyone's responsibility to keep the Dojo clean.
10. No eating, drinking, smoking, or gum chewing on or off the mat during practice, nor on the mat at any time. Be sure to use time wisely before or between classes to hydrate and consume nourishment, as needed.
11. No jewelry should be worn during practice. However, a properly secured wedding band is permitted, provided it is a band only (no protruding stone or setting).
12. Hygiene is very important when working in very close proximity with other students. Care should always be taken to ensure your physical person is clean and fresh smelling (shower, brush teeth, and apply deodorant, as needed, prior to training). Your Gi should always be clean, mended, and properly fitting. Hair that is shoulder-length or longer for any student should be secured back off the face (Ponytail, braid, etc). Long, loose hair can be a distraction and can get tangled up with training partners during techniques.

B. Training Etiquette:

- A. During class, when the instructor demonstrates a technique for practice, you should sit quietly and attentively in Seiza. If you have questions about the technique, wait until the instructor has finished demonstrating, then raise your hand and wait quietly to be called on. After the demonstration, bow to the instructor and then to a partner and begin practicing the technique.
- B. During class, practicing of techniques is normally done in pairs, with Senpai (Instructor or higher-level belt of the pair) taking four turns as "Nage", and then four turns as "Uke". If there is an odd number of students in the class, a group of three may be formed, with practice proceeding by twos instead of fours.
- C. When the end of a technique is signaled, stop immediately. Bow to your partner and quickly line up with other students.
- D. Never stand around idly on the mat. You should be practicing or, if necessary, seated formally, awaiting your turn.
- E. If, for some reason, it is absolutely necessary to ask a question of the instructor, go to him/her (never call out), bow respectfully, and wait for acknowledgement. A standing bow is acceptable.
- F. When receiving personal instruction during class, sit in Seiza and watch intently. Bow formally to the instructor when the personal instruction is finished. When the instructor is instructing another student, you may stop your practice to watch. Sit formally and bow when he/she is finished.
- G. Respect those who are more experienced. Never argue about technique.
- H. If you know the movement being studied and are working with someone who does not, you may lead the person through it. But please do not attempt to correct or instruct your training partner if you are not of senior yudansha (black belt).
- I. Respect your training tools. Weapons should be in good condition and in their proper place when not in use.
- J. Never use someone else's training tools or weapons without permission.
- K. When transferring a weapon to your training partner, perform a standing bow while extending the weapon horizontally with the blade facing your partner. The partner should also perform a standing bow while accepting the blade.
- L. It is necessary for training partners to touch to practice techniques together. This includes touching the hands, wrists, arms, and face. Touching your partner inappropriately will not be tolerated.

C. Payment of Dues:

- A. Paying Dues is one of the most important obligations of Aikido students. Dues should not be thought of as a fee for service. Rather, it is a contribution to the Aikido community, to insure that the dojo continues to exist and that students have a place to train. Dues are due on the first of the month through the City of Los Banos – Recreation Department (even if you only plan to train sporadically). Please remit the required amount and submit a copy of your receipt to the Dojo on the first training day of each month.
- B. If you are unable to pay your dues for any reason, it is part of your obligation to discuss this with the Dojo Sotodeshi/Cho. We are very reasonable people and want all students who are interested in training to have the opportunity.

Peaceful Warrior Martial Arts LLC

WARNING, WAIVER, RELEASE OF LIABILITY, ASSUMPTION OF RISK

THIS AGREEMENT MUST BE SIGNED BY ALL PERSONS WHO WISH TO PARTICIPATE IN ANY PEACEFUL WARRIOR MARTIAL ARTS LLC CLASS, EVENT, OR ACTIVITY.

In consideration of being allowed to participate in any way in the classes, events, and/or activities of Peaceful Warrior Martial Arts LLC, I:

Participant's Name: _____

Phone: _____ Email: _____

Address: _____

Parent/Guardian Name (of minor child participant): _____

Emergency Contact Name: _____

Phone: _____

1. Recognize and understand that martial arts training is an activity that involves physical contact and that my participation might result in serious injury, including permanent disability or even death, and severe social and economic loss.
2. Recognize and understand that such risk may be due to not only my own actions, but also the action, inaction or negligence of others, the regulations of participation, or the conditions of the premises, or of any of the equipment used.
3. Recognize that there may be other risks that are not known to me or to others or not reasonably foreseeable at this time.
4. Agree to inspect the facilities, equipment and pairings prior to participation. I will immediately inform an instructor if I believe that anything is unsafe or beyond my capability and refuse to participate.
5. Assume all of the foregoing risks and accept personal responsibility for any damages that may result from injury, permanent disability or death.
6. Enter martial arts training and/or competition entirely of my own free will and understand the importance of following the rules of training and competition.
7. I certify that I am in good physical condition, and have no disease, injury or other condition that would impair my performance or physical and mental well-being during intense training practice and/or competition.
8. Grant permission in case of injury to have a doctor, nurse, athletic trainer, or other emergency medical personnel provide me with medical assistance or treatment for such injury.
9. Release, waive, discharge and covenant not to sue, Peaceful Warrior Aikido, its affiliated organizations and governing bodies, their officers, instructors and personnel, other members of the organizations, participants, supervisors, coaches, sponsoring organizations or their agents, and if applicable, owners and leasers of the premises from any and all liability to the undersigned, his or her heirs and next of kin for any and all claims, demands, losses and damages which may be sustained and suffered on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise.

I HAVE READ THE WARNING, WAIVER, RELEASE, AND ASSUMPTION OF RISK. I FULLY UNDERSTAND ITS CONTENTS, AND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT. I HEARBY SIGN IT VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY.

Participant's Printed Name: _____

Signature: _____ Date: _____

Or Parent or Guardian if under 18): _____

PHOTO RELEASE FORM

I grant permission to Peaceful Warrior Martial Arts LLC and its agents or employees, to use photographs taken of me or my minor child/children in classes or events of Peaceful Warrior Martial Arts LLC to use in publications such as brochures, newsletters, and magazines, and to use the photographs on display boards, and to use such photographs in electronic versions of the same publications or on Peaceful Warrior Martial Arts LLC web sites or other electronic forms or media, and to offer them for use or distribution in other non-company publications, electronic or otherwise, without notifying me. I hereby waive any right to inspect or approve the finished photographs or printed or electronic matter that may be used in conjunction with them now or in the future, whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from or related to the use of the photograph.

I hereby agree to release, defend, and hold harmless Peaceful Warrior Martial Arts LLC and its agents or employees, including any firm publishing and/or distributing the finished product in whole or in part, whether on paper or via electronic media, from and against any claims, damages or liability arising from or related to the use of the photographs, including but not limited to any misuse, distortion, blurring, alteration, optical illusion or use in composite form, either intentionally or otherwise, that may occur or be produced in taking, processing, reduction or production of the finished product, its publication or distribution. I have read and understand the above:

Participant's Printed Name: _____

Signature: _____ Date: _____

or Parent or Guardian if under 18): _____

DOJO ETIQUETTE

Please sign when you've reviewed the rules for dojo etiquette:

Participant's Printed Name: _____

Signature: _____ Date: _____

or Parent or Guardian if under 18): _____