

**Regular scheduled classes have restarted at McGill Aikido Dojo since February 15 2022. Please visit [mcgillathletics.ca](http://mcgillathletics.ca) for more information.**

**Les cours réguliers ont repris au McGill Aikido Dojo depuis le 15 février 2021. Veuillez visiter [mcgillathletics.ca](http://mcgillathletics.ca) pour plus d'informations.**

**Daniel Laurendeau Shihan and Gilles Longpré Shihan have been awarded the rank of 7th Dan (Shichidan) by Doshu Moriteru Ueshiba on January 1st, 2022**

**Daniel Laurendeau Shihan et Gilles Longpré Shihan ont reçu le grade de 7ième Dan (Shichidan) de Doshu Moriteru Ueshiba le 1er janvier 2022.**



McGill Aikido wishes to awaken its students to the values carried by this non-aggressive martial art characterized by graceful circular movements and dramatic projections. There is no competition in Aikido and it is practiced by young and old.

Being a never-ending quest for self-improvement, each semester begins with a reminder of Aikido's challenge to clarify our own values and thus behave according to those values, even under stress.

The beginning is always difficult. We witness the frustration of realizing the difficulty of teaching one's mind and body something new. But perseverance has its rewards. The more one gives, the more one gains. In this way, one truly receives what one deserves.

Our Dojo provides an environment where one can leave the pressures of life's activities to find their 'way' in an orderly pattern that does not exclude fun and enjoyment. Harmony cannot exist in an uncontrolled, chaotic situation.

We thrive to extend our quest of common goals and cooperation outside the mat to forge bonds and friendships that can provide joy and security, especially to those students from

foreign cities and countries.

Our Aikido is based on three cherished principles: yield, blend, flow. Transposed in everyday life and situations, we feel these basic elements can help and guide us in a confident and comfortable manner to achieve our goals.

A successful Aikidoka has confronted his ego and realized there is more satisfaction in a humble demeanor than in recognition from others. A talented performer should not be considered a better person than a mistake prone beginner. Aikido remains an act of generosity, passing on knowledge as an altruistic gift.

Finally, bear witness to our appreciation of those individuals who have persisted with McGill Aikido, who have retained a loyal memory of their initial steps in this wonderful, noble Art, and in particular our Assistant-Instructors who have persevered with me all these years.

Go, and give some more...

- [Daniel Laurendeau - Shichidan Shihan, Head Instructor](#)
- [Gilles Longpré – Shichidan Shihan](#)
- [Juan-Carlos Cruz – Godan](#)
- [Jacques Pharand - Yondan](#)
- [Denis Betournay - Yondan](#)
- [Eric Kimmel – Yondan](#)
- [Jason Lambert – Sandan](#)
- [Pierre Marier – Shodan](#)
- [Michel Brutti – Shodan](#)
- [Louise Potvin - Shodan](#)

- [Raymond Yuan - Shodan](#)

Let us extend an invitation to [come and visit us](#) or join us for one of our seminars or other [activities](#)

. We are always happy to meet our friends who share our collective vision and passion. You are invited to visit our

[Facebook page](#)

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