

## Thistle Aikikai / Aikido Club, Chryston, Scotland

Thistle Aikikai is a member of the Scottish and Borders Birankai under the technical direction of T.K Chiba Shihan.

The Chief Instructor, Michael Flynn Shihan began his study of Aikido in 1982 at San Diego Aikikai under the direction of Shihan TK Chiba. He was promoted to 6th Dan in 2001, and named Shihan in June of 2005. He was formally awarded his Shihan Certificate in a ceremony at Aikikai Hombu Dojo in Tokyo in November 2006 by the second Doshu, Ueshiba Moriteru. He has also received Iaido Shihan title from Mitsuzuka Sensei.

Since arriving in Scotland, Flynn Sensei has established the Thistle Aikikai.

He serves as the Chairman and Technical Director of Scottish and Borders Birankai.

Thistle Aikikai offers beginner through to advanced classes in Aikido and weapons. All are welcome.

Instruction in Iaido, the art of drawing the sword and striking a killing blow, is also offered at Thistle Aikikai. In Iaido, students learn to use the sword not merely as a tool for cutting down one's enemy, but as a method of allowing the mind and body to become more harmonious with nature. During training, students will learn the forms of the Muso Shinden Ryu Iai as developed by Nakayama Hakudo Sensei, with a goal toward synchronizing their breathing and body motions within the techniques in order to understand and practice the efficient use of the body.

The club trains at the Iain Nicolson Recreation Centre, Chryston (near Glasgow), Scotland. See [here](#) for a map.

If you have any questions or would like further information please contact Mike Flynn on 01236 631465 or send an email to [mike@thistleaikikai.com](mailto:mike@thistleaikikai.com)