

Spacious Dojo Facilities



Enjoy two floors of superb practice areas located within the prestigious Takahashi Dojo. The main floor level has oak hardwood for Karate, Kendo, Iaido and Jodo while the 2nd floor level has padded "tatami" mats for the Judo, Aikido and Jujitsu.



If you're looking for fitness, recreation, self-defense, competition or just fun, the Takahashi Dojo is a respected school worldwide that has trained many children and adults, including families of 2 Canadian prime ministers.



Mas Takahashi & Prime Minister Pierre Trudeau at Parliament Hill on Canada Day 1983



**5 Melrose Avenue
725-3451**



**SCHOOL OF
MARTIAL ARTS
Since 1969**

高橋

**JUDO
JU JITSU
KENDO
IAIDO
JODO
AIKIDO
KARATE
MIXED MARTIAL ARTS**

**5 Melrose Avenue
Ottawa, ON K1Y 1T8
(613) 725-3451
www.takahashi-doj.com
Email: takahashi@bellnet.ca**

Takahashi Dojo

Since 1969

Class Schedule 2010

JUDO

Children

Tues. 6:00-7:00 p.m.
Thurs. 6:30-7:30 p.m.
Sat. 11:00-12:00 p.m.



Youth & Adult

Tues. 7:00-8:00 p.m. (youth)
Tues. 8:00-9:30 p.m. (adult)
Thurs. 7:30-9:00 p.m. (youth & adult)
Sat. 12:00-1:30 p.m. (youth & adult)

Conditioning Class

Sun. 9:00-11:00 a.m. (youth & adult)

Kata Class

Mon. 6:30-8:00 p.m.

New!

MMA Class

Tues. 6:15-7:30 p.m.
Thurs. 6:00-7:15 p.m.

KENDO

Mon. 6:30-8:00 p.m.
Wed. 6:30-8:00 p.m.
Sat. 10:45-12:00 p.m.

Children

Sat. 1:30-3:00 p.m.

IAIDO/JODO

Mon. & Wed. 8:00-9:30 p.m.



KARATE

Tues. 7:00-8:00 p.m.
Thurs. 7:00-8:00 p.m.
Sun. 10:00-11:00 a.m.

AIKIDO

Wed. 6:00-7:30 p.m.
Fri. 6:30-8:00 p.m.
Sat. 4:00-5:00 p.m.
Sun. 11:30-1:00 p.m.

JUJITSU

Mon. 6:30-8:00 p.m.
Wed. 7:30-9:00 p.m.

The Takahashi family are award winning black belt Judo masters who have participated and coached at elite level tournaments including several Olympic Games. The school, was founded by Masao (8th degree) and June (6th degree) Takahashi in 1969. Many forms of Martial Arts are now offered to children and adults of all fitness levels.

Judo: Masao Takahashi 8th dan
Phil Takahashi 7th dan
Tina Takahashi 6th dan
June Takahashi 6th dan
James Kendrick 6th dan
Andrzej Sadej 6th dan
Brian Mitani 6th dan
Nathalie Gosselin 5th dan
Dave Kiang 5th dan
Tony Walby 4th dan
Steven Hayami 4th dan
Kathleen Gordon Lee 4th dan
Sean MacFadyen 3rd dan
Christy Takahashi 2nd dan

Kendo Mike Masanori Arai 5th dan
Hughes Renaud 4th dan
Eric Rocheleau 2nd dan
Katherine Neufield 1st dan

Iaido Ed Chart 5th dan
Miki Takashima Chart 3rd dan

Jo Do Ed Chart 4th dan
Miki Takashima Chart 3rd dan

Karate Oscar Avellanada 5th dan
Bio Aikawa 3rd dan

Aikido Hans DeGroot 2nd dan
Dave Steuerman 2nd dan
Guy Charlebois 2nd dan

