

Featured Dojo-cho, June 2000



Frank Mc Gouirk
Aikido Ai, Whittier, CA
Division 2

The Aikido-Ai Dojo is a member of Division 2 of the AANC. It was established in 1981 in Whittier, California by Frank Mc Gouirk.

Classes are offered every day of the week for men, women, and children. Membership exceeds 150.

In addition to the Whittier Dojo, Mc Gouirk Sensei also teaches at two satellite schools.

Mc Gouirk Sensei is the abbot of the Dharma Kai Zen School and is a certified Qi Gong, Tai Chi, and Dharma teacher.

Mc Gouirk Sensei began Aikido in 1962 at the So. San Francisco School under the direction of Robert Tan Sensei. Other notable students training together at that time were Frank Doran, Bob Nadeau and Ed Baker, all currently 6th Dan.

On June 18, 1965, Koichi Tohei Sensei promoted Frank Doran to Nidan and Frank Mc Gouirk to Shodan.

Frank and Frank have shared a close friendship extending over the past 35 years, and Mc Gouirk Sensei is most honored to consider Frank Doran Sensei his mentor.

Mc Gouirk Sensei regards his son's promotion to Yondan as his most memorable Aikido experience.