

# Aikido *New!*



- Fitness
- Confidence
- Friendship

## A Gentle Introduction to Aikido

*3 Weeks – Thursday evenings from 7.40 to 8.30*

- What's a “**non-aggressive martial art**”? What does it look like and how does it work?
- Discover how you can **immobilize** a larger, stronger attacker.
- Why is **flexibility** so important and how is it achieved?

**Where?** 16 Aberfoyle Street, Mt Eden

**What time?** 7.40 to 8.30 p.m.

**Who?** Men or women aged 15 years and older

**What about ...** ... children?

To find out about Aikido trial lessons for children, please contact Jeanie Benson Phone: 021 335 020

**How much?** \$25 for the 3 sessions

**What ...** ... do I wear? Any casual loose-fitting clothing e.g. track suit

**How ....** ... do I reserve my place? Contact us at any of the numbers or addresses below.

### **Aikido Shinryukan**

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***Places are limited, so reserve your place soon!***