

# Aikido October School Holidays

Learn how to turn an attacker's power to your advantage.

Aikido is a non-competitive, purely defensive Japanese martial art. This two-day course takes you through basic Aikido moves and techniques. You'll learn quickly with Aikido-related games and activities.



And you'll have fun learning to fall and roll safely in our full-size specially-designed Aikido mat area. Improves fitness, concentration, discipline and confidence.



## School Holiday Courses:

**Ages 7-13** Cost: \$75 (2 days)

Wed 19 & Thurs 20 October 1-3 p.m.

Instructor: Nobuo Takase Shihan (7 dan)

Venue: Aikido Shinryukan

16 Aberfoyle Street, Mt Eden

To book: Phone: 575 1633

Email: [takase@aikidonewzealand.com](mailto:takase@aikidonewzealand.com)

[www.aikidonewzealand.com](http://www.aikidonewzealand.com)

## Regular Children's classes:

5 years plus: 5 p.m. Tuesday and 9.30 a.m. Saturday

9 years plus: 5 p.m. Thursday & 8.30 am. Saturday

13 to 15 years: 5 p.m. Friday

Venue: 16 Aberfoyle Street, Mt Eden