

合氣道

Exercise with a purpose – try Aikido



An Introduction to **Aikido** (The way of harmony)

Exercise your body and mind through practice in a traditional Japanese self-defence martial art. This course (20+ lessons) has been designed for adults (all ages) and covers the fundamentals of Aikido, including the syllabus for yellow belt (6th kyu). Free trial period.

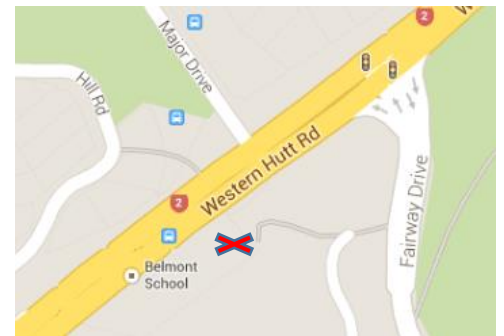
Instructors: Lyn Meachen and Andrew Watson

Location: Belmont Memorial Hall, Lower Hutt
(Access via Fairway Drive)

Class Times: Tue 6.30-7:30 pm & Sat 10.00-11.00 am

Attire: Casual training gear e.g. track pants or gi

Course Cost: \$100 (**Free trial period** – 3 classes)



Aikido is a flowing traditional Japanese martial art that uses circular movements to neutralise an attacker. It does not depend on your size or strength, so is suitable for all ages, women and men. As a non-competitive martial art, **Aikido** is learnt co-operatively with training partners. This allows the application of self-defence techniques in a safe, non-aggressive and controlled environment.

Training in Aikido: improves coordination, balance and posture; stimulates the mind; builds self-confidence; improves flexibility; builds “core” strength, and lots more.



For more information, or to register, contact Lyn or check out our website

www.aikido.org.nz

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