

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 has been designed for adults (all ages) and covers the fundamentals of Aikido.

Instructors: Lyn Meachen & Andrew Watson

Venues: Belmont Memorial Hall
(Car access via Fairway Drive)
Hardwick Smith Lounge (Car access via SH2/Norfolk St)

Class Times: Tue 6.30-7:30 pm & Sat 10.00-11.00 am (BMH)
Thurs 6.30-7.45 pm (HSL)

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

Course Cost: \$100 for 3 months training (**Free trial period** – 2 free lessons)

Aikido is a flowing traditional Japanese martial art that uses circular movements. 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. You need to be injury free with some level of fitness. Training twice a week is recommended.

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 your interest, contact us or check out our [website](#) or [joint facebook](#) andrew@aikido.org.nz or lyn@aikido.org.nz Mob: 027 534 7191

