



Aikido

Beginners Course

www.aikido.org.nz



FUN | FITNESS | SELF DEFENCE

Aikido is a traditional non-competitive Japanese martial that emphasizes harmonious movement. One of the goals of aikido is to diffuse confrontation without causing injury.

Riai Aikido was established in 1971. Our teachers are internationally recognised in Japan and are affiliated to World Aikido Head Quarters. They offer a wealth of knowledge and experience.

In a relaxed and friendly environment you will be taught how to respond to your partners actions by safely falling, rolling and blending with attacks, gaining confidence, focus, balance and coordination. Suitable for all ages and genders and we have a kids class on Mondays.

We welcome you to try out the first lesson for Free to see if it's for you.

Where: Riai Aikido Learning Centre
38 Monmouth Street
Grey Lynn
Auckland



When: 6.30 - 7.30pm Mondays & Wednesdays, 8.15 - 9.30pm Thursdays
Pick any night, mix & match to suit you.

Cost: \$90 for the 10 week Course - first lesson FREE!

Contact: Henry Lynch | learningcentre.info@aikido.org.nz | 027 497 4993
or Danny McIntyre | 021 593 067 For Kids class: Mark Sleeman | 027 430 8411

www.aikido.org.nz