



# Aikido



## Beginners' course



**Starting Monday 11<sup>th</sup> October 2021**

Have you ever wanted to take up a martial art, but worried about it being too combative? Aikido could be a great martial art for you, with its focus on defence rather than attack, and on subduing rather than harming

Come and give it a try!

**First three lessons are free**

Friendly club, qualified teachers

**Kids and teens classes too 😊**

**16 week course**

for **\$150** only

Mondays and Wednesdays

6:30pm – 7:30pm

132 Hutt Rd

Kaiwharawhara, Wellington

Top floor of Animates Building

Questions? Contact Nick at [nick@aikido.org.nz](mailto:nick@aikido.org.nz) or 027 661 66010