



Aikido



Beginners' course



Starting Monday 5th September 2022

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,
My Vaccine Pass required

Kids and teens classes too 😊

Questions? Contact Nick at nick@aikido.org.nz or 027 661 66010

16 week course

for **\$150** only

Mondays and Wednesdays

6:30pm – 7:30pm

132 Hutt Rd

Kaiwharawhara, Wellington

Top floor of Animates Building