

Aikido

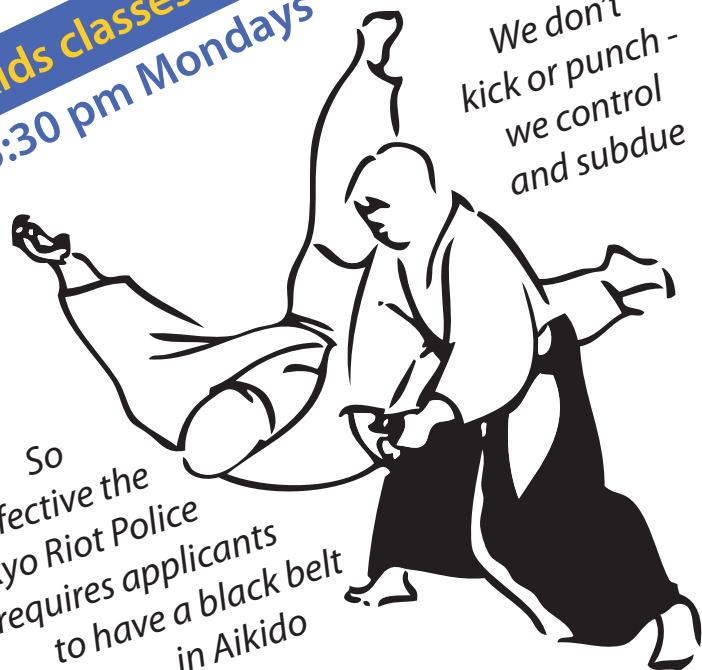
Adult and teens beginners course

6:30pm Mondays and Wednesdays
Animates building Kaiwharawhara
First month free - no obligation

Kids classes too
5:30 pm Mondays

We don't
kick or punch -
we control
and subdue

So
effective the
Tokyo Riot Police
requires applicants
to have a black belt
in Aikido



**Traditional
Japanese
martial art**

合
氣
道

Aikido is a unique and fascinating martial art focused on effective self-defence

Learn

- a non-violent approach to conflict
- to blend with and control aggression
- posture and fluid, balanced movement

Have fun and stay fit and flexible

For all genders, from six to senior

Friendly club established 1993

Japan-certified instructors

Contact:

Conrad
021 843 467
conradjte@gmail.com



Or just come along:

132 Hutt Road, Kaiwharawhara
Above Animates pet shop



Aikido Wellington Riai



@aikidowellington



aikido.org.nz

