

# Aikido

**Traditional Japanese  
martial art**

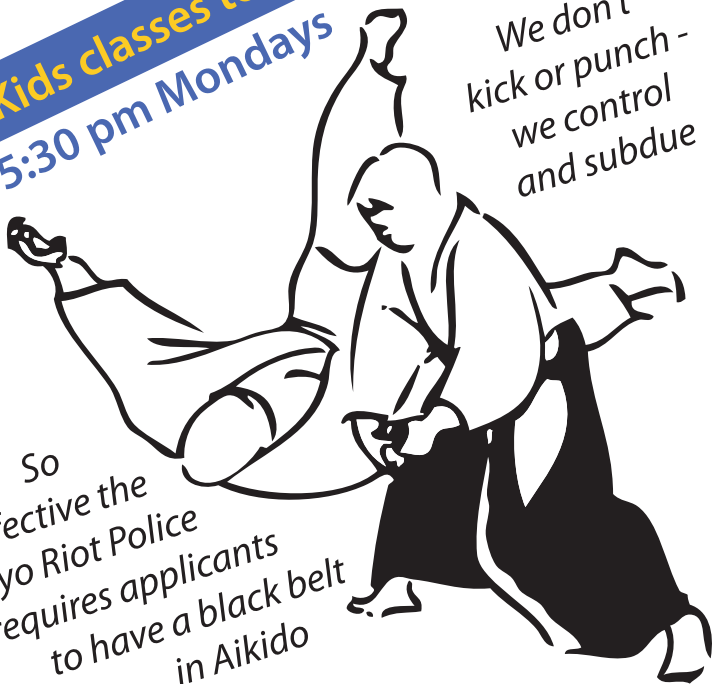
**Adult and teens beginners course**

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



**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**

