

Aikido for beginners



What:

Aikido classes for beginners

When:

Mondays & Fridays 7:15-8:30pm
starting September 6th

Where:

North Vancouver Aikikai
121 East 1st St. North Vancouver
(above Big Pete's Comic Shop)

Aikido is a Japanese martial art that is practiced in a non combative manner using techniques that emphasize balance, timing and accurate body positioning. It includes hand to hand practice as well as the use of a wooden sword and short staff.

Whether you're looking for a dedicated traditional martial art, or a whole body exercise, aikido has a lot of value to offer.

For more information please find us on

Meetup:

<https://www.meetup.com/North-Vancouver-Aikido-Meetup-Group/>

Website:

<http://www.nvaikikai.org>

Or to inquire personally, feel free to send an **email** to

khunter.nvaikikai@gmail.com

Unfortunately walk-ins cannot be accommodated, so please contact us first to arrange a practice time.

Thank you!