

AIKIDO

body, mind and spirit

North Vancouver Aikikai, offering instruction in Traditional Aikido taught by Joel Posluns Shihan, (7th Dan) Chief Instructor. Aikido is a "Budo" - Traditional Japanese Martial Art that offers a highly cardiovascular, full contact workout but without competition.

A great practice for body, mind & spirit!



Adults 18 and over can participate and may attend all Aikido general and basics classes with the permission of the Chief Instructor and which are included in the monthly fee* of \$100 plus GST.

To securely pay on-line go to:

nvaikikai.org/dues-and-fees/

Online PayPal and onsite credit card/ATM payment available.

North Vancouver Aikikai is a registered B.C. not-for-profit Society and is a member of the United States Aikido Federation.

Class Schedule as of Sept 1st, 2019

Aikido General Class

Saturday 12 noon - 1:30 pm

Aikido/Weapons Class

Wednesday 7:00 - 8:30 pm

Aikido Basic's Classes

Monday and Friday

5:30 - 7:00 pm

Aikido Beginner's Classes

Monday and Friday

7:00 - 8:30 pm

starting September 2019

Member's ONLY Open Matt

Monday, Wednesday & Friday 4:00 - 5:00 pm

+Iaijutsu (Ryushin Shouchi Ryu)

Sunday 12 noon - 1:30 pm

Wednesday 5:30 - 7:00 pm

North Vancouver Aikikai

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aikido@nvaikikai.org

nvaikikai.org



✿ And \$100 Annual Registration Fee plus GST
+ RSR only Monthly Fee \$50 or \$25 with Aikido