

# 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 \$50 plus GST for either Aikido/Iaijutsu, \$75 plus GST for a Combo Subscription\*.

To securely pay on-line go to:

[nvaikikai.org/dues-and-fees/](http://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 [Shin Kaze Aikido Alliance](#)*

## **Tentative Class Schedule (subject to change) starting February 6th, 2021**

**Aikido General Class**  
Saturdays 2:30 - 3:30 pm  
Sundays 2:30 - 3:30 pm

**Iaijutsu (Ryushin Shouchi Ryu)**  
Saturday 3:30 - 4:30 pm  
Sunday 1:30 - 2:30 pm

## **New Address starting Feb 6th, 2021**

North Vancouver Aikikai  
c/o North Vancouver BJJ,  
250 Esplanade E, Unit 206,  
North Vancouver, BC  
V7L 1A5  
(604) 983-8730  
[aikido@nvaikikai.org](mailto:aikido@nvaikikai.org)  
[nvaikikai.org](http://nvaikikai.org)



❁ Plus \$100 Annual Registration Fee plus GST