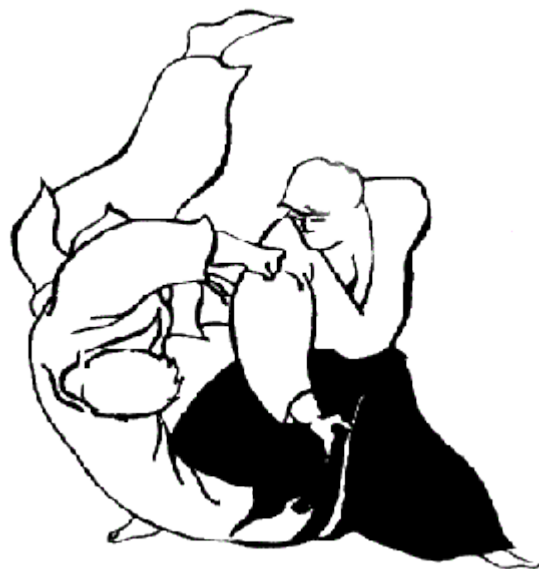
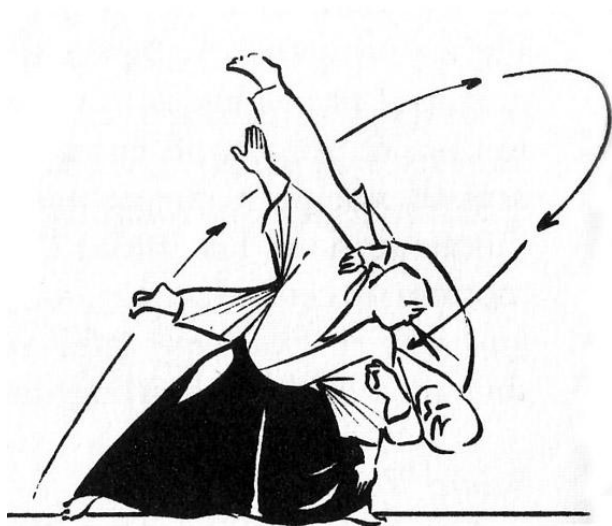


Aikido

合氣道



Learn **Aikido**, a traditional Japanese **martial art**, incorporating a wide range of **effective self defence** techniques including throws, joint locks, chokes and pins. Aikido also teaches, **co-ordination, relaxation** and **awareness**. Most importantly **Aikido** is fun for everyone. **No previous experience required.**

Sensei A. Miller
4th Dan
Thursday 6.30-8.30pm
Brooksbank Centre,
Pitairlie Road, Dundee,
DD4 8DB



£3.50 Per Class

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