

AIKIDO

Aikido is a unique martial art that integrates body, mind and spirit.

Graceful and Powerful, it emphasises peace and harmony over aggression and violence.

Benefits and Opportunities:

- ❖ Self confidence
- ❖ Positive Way of Life
- ❖ Mental liberation
- ❖ Mind & Body connection
- ❖ Conflict resolution skills
- ❖ Education
- ❖ Lifelong Learning



"I want considerate people to listen to the voice of Aikido. It is not for correcting others; it is for correcting your own mind"

Morihei Ueshiba – founder of Aikido

Adults regular sessions

Monday	1830 to 2000hrs
Wednesday	1830 to 2000hrs
Saturday	1630 to 1800hrs

You are invited to visit any of our sessions to determine if Aikido is right for you! No martial arts experience is necessary.

Aikido Yamato Dojo

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