

INTRODUCTION TO AIKIDO

合
氣
道

Ongoing Classes on
Wednesday Evenings

5:30 PM Kids Class

6:30 PM Seniors Class

7:30 PM Adults & Teens Class

offered in partnership with

Stafford County Parks & Rec

at the Courthouse Community Center

29 Stafford Avenue (just east of the Courthouse, left on Stafford Ave)



What is Aikido?

An effective yet *non-violent* Japanese martial art emphasizing self-defense without injury.

Good exercise which will also increase your flexibility and energy.

Designed for participation by seniors, women, and juniors.

An effective method of *conflict resolution*.

A lot of fun.



Come and Join Us!



Aikido in Fredericksburg is a 501C3 non-profit educational corporation

For more information (540) 455-3378 (Aviv Goldsmith, instructor, aviv@aikidoinn.com)

Aikido is a non-competitive martial art that focuses on self-defense, positive energy, and conflict resolution.