

INTRODUCTION TO AIKIDO

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Ongoing Classes on
Wednesday Evenings

starts January 18
6:30PM Seniors Class
7:30PM General Class



offered by

Stafford County Parks & Rec

at the Rowser Building in Stafford

1729 Jefferson Davis Highway (near Log Cabin Restaurant)

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!



Call Parks & Rec at (540) 658-7109 to enroll

or for more information (540) 582-9600 (Aviv Goldsmith, instructor, aviv@aikidoinn.com)

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