

AIKIDO

Youth Class

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for ages 10 & up
Wednesdays 4 - 5:30PM
FREE INTRODUCTORY CLASS

4006 Leonard Drive, B5
near I-95 Exit 126



Aikido in Fredericksburg, a non-profit organization

What is Aikido?

An effective yet **non-violent** Japanese martial art emphasizing **self-defense without injury**.
Good **physical exercise** which will also increase **mental concentration**.

An introduction to **respectful interactions** and personal growth.

An effective method of *conflict resolution*.
A lot of **fun** with friendly training partners!!!

Come and Join Us!



Call for more information 540.582.9600
or look at our web page www.aikidoinn.com

call for directions 540.455.3378

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