

INTRODUCTION TO AIKIDO

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Ongoing Classes on
Wednesday Evenings



6:00 PM Seniors Class

7:00 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, personal growth, and conflict resolution.