

# Aikido

## Beginner's Program



Aikido is a dynamic Japanese martial art that uses circular movement to redirect the force of an attack. It emphasizes agility and precision before strength and force and relies on body control, timing and balance.

Begins: September 14, 2009

Ends: November 18, 2009

**Mondays & Wednesdays 6 PM - 7 PM**

10 weeks / Total of 20 classes

Total cost, including a uniform:

**\$110.00**

For more information: **804.340.0116**

Visit our website: <http://www.aikidointhefan.org>

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**Enroll at:** Aikido in the Fan  
2310 1/2 West Main Street  
Richmond, VA 23220-4435  
(Between Strawberry St. & Stafford St.)

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