

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 13, 2010

Ends: November 29, 2010

Mondays, Wednesdays & Fridays

6 pm - 7 pm

11 weeks / Total of 33 classes

Total cost, including a dogi:

\$90.00 without a dogi

\$125.00

For more information: **804.340.0116**

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

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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