

# Aikido

## Beginner's Program



Aikido is a traditional Japanese martial art that teaches not only effective self-defense strategies but also the means to better physical and mental wellbeing. Aikido in The Fan is formally affiliated with Aikido Schools of Ueshiba, and all instructors hold certified rankings from the Aikido Hombu Dojo in Japan.

Open to men and women,  
15 years and older

Note: Children's classes on Sunday afternoon, 4:30 pm - 6:00 pm.

### Class Times:

**Mondays, Wednesdays & Fridays**  
**6:00 - 7:00 pm**

## \$30 /month for 3 months

(Regular dues, \$50 / month)

For more information: 804.340.0116

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

Aikido in the Fan

2310 1/2 West Main Street Richmond, VA 23220-4435

(Between Strawberry St. & Stafford St.)

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