

OKINAWA AIKIKAI

AIKIDO CLASS



\$65

PER MONTH

BARBER PHYSICAL ACTIVITY CENTER
MONDAYS & WEDNESDAYS, 4:00-5:30 PM | SATURDAY, 9-10 AM

COME JOIN US

For traditional Aikido that is taught with an emphasis on technique and practical application. The instructor has seven years' experience assisting and instruction in dojo in Japan and has traveled throughout Asia and the East Coast participating in different Aikido dojos. Due to COVID-19 restrictions, class cannot include throws or pins of attackers at this time.

- ▶ Boken (sword)
- ▶ Jo (staff)
- ▶ Aikido counter & basic movements
- ▶ Ukemi (taking falls)
- ▶ Dojo etiquette
- ▶ History
- ▶ Principles and philosophy of Aikido

Class size is limited to seven adults. Register for class at the front desk of the gym. All ranges of experience are encouraged. No GI or equipment is required to participate.

FACE COVERINGS ARE MANDATORY AT ALL TIMES

Open to authorized ID holders ages 18 and up.
For more information, call 703.784.2339