



AIKIDO TENSHINDO

Aikido is a Japanese martial art, which uses joint locks and throws to control and neutralise an attacker.

Aikido is suitable for men and women.

Come along and give it a try.

Beginners Class

Wednesday 6:30pm - 8:00pm

Wear any loose, comfortable clothing.

\$7 per session

\$50 per month (unlimited sessions)

First 2 classes free!

You can find us at

2 Drummond St,
Mt Cook, Wellington

(We are on the 1st floor, above spray painters workshop)

In addition to the Beginners Class we have morning, lunchtime and evening classes that are open to any students.

Please visit our web site for a detailed class schedule:

aikido-wgtn.co.nz

For further enquiries contact:
Malcolm (mob) 027 465 2450

Everyone is always welcome!

