



Beat the winter blues with Aikido. Please join us for our annual open day demonstrations where you'll learn about Aikido and experience this unique martial art first hand.

## Aikido Tenshindo Open Day

Saturday, 4<sup>th</sup> August 2018

10:00 am – 12:00pm

2 Bell Road, Brooklyn, Wellington

Time	Activity	Information
10:00-10:10	Warm up	Before each practice we make sure we're all warm and ready to go.
10:10-10:20	Welcome to Open day	Learn about Aikido and what makes it a very special martial art form. Our senior instructors will tell you a bit about Aikido's origins and history as well as some of the key principles which are the foundation of Aikido.
10:20 -10:35	Aikido demonstration 1	Our instructors will demonstrate Aikido techniques in a dynamic style while being attacked by multiple attackers
10:35 -10:45	Aikido weapons demonstration	Learn about Japanese weapons and how they are used when practicing Aikido
10:45 - 10:55	Kids class demo	A short demonstration of our popular juniors class
10:55 - 11:05	Break	Time to take a breather and enjoy some hot coffee and tea.
11:05-11:15	Aikido demonstration 2	Our instructors will demonstrate Aikido techniques in a dynamic style while being attacked by multiple attackers
11:15-12:00	Aikido seminar and open mat	Join us and give Aikido a try. You will not be disappointed. All levels and ages are welcome!

**Website:** [www.aikido-wgtn.co.nz](http://www.aikido-wgtn.co.nz)

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