

合気道

# AIKIDO

堅心会

## NEW CLASS STARTING

### FIRST SESSION FREE

\* **Beginners welcome  
at all classes**

\* **Adults & Juniors**

\* **Qualified instructors**

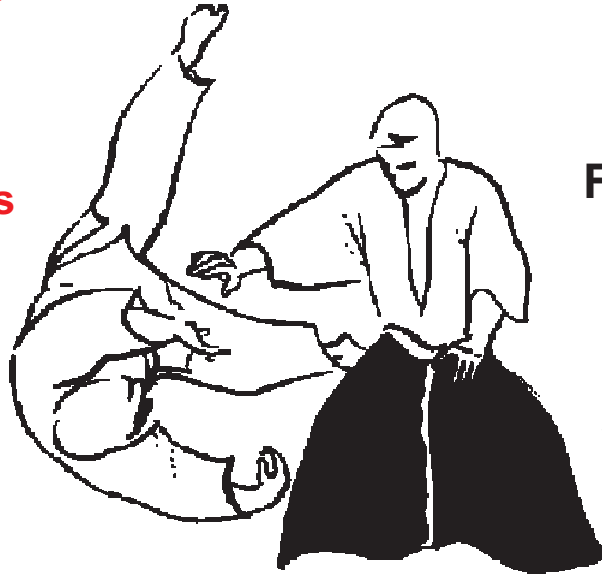
\* **DBS checked**

\* **First aid qualified**

\* **No contracts or  
cancellation fees**

\* **Discounts available**

\* **Non-profit group**



**NEW CLASS  
STARTING  
WEDNESDAYS  
8.00PM - 9.30PM  
FAREHAM LEISURE  
CENTRE**

**FAREHAM LEISURE  
CENTRE (AGE 16+)  
Mon 8.00pm - 9.30pm  
Wed 8.00pm - 9.30pm**

**\* CLASSES ALSO  
AVAILABLE IN  
PORTSMOUTH SEE  
WEBSITE FOR DETAILS**

Aikido is a Japanese martial art. Members are taught a range of moves and techniques that are based on self-defence which can also aid weight loss, increase fitness and stamina, improve balance and develop self-confidence. Learn to defend yourself by blending with an attacker's power, dispersing their energy, and finally, throwing or controlling the attacker.

Joining fee includes 4 weeks training to allow you time to decide if this is the Martial Art for YOU! \*First session free, joining fee payable on 2nd session

**COME ALONG AND WATCH A SESSION AND/OR TAKE PART IN YOUR  
FIRST SESSION FOR FREE**

ALL INFORMATION IS AVAILABLE ON OUR WEBSITE  
(PLEASE CHECK CANCELLATIONS PAGE BEFORE ATTENDING CLASSES)

**[WWW.LEARN-AIKIDO.ORG.UK](http://WWW.LEARN-AIKIDO.ORG.UK)**

