

# MARTIAL ARTS, FITNESS, FLEXIBILITY & SELF-DEFENCE

合氣道



**LOW IMPACT MARTIAL ART CLASS (18+)**

**FAREHAM LEISURE CENTRE  
WEDNESDAY 8.00PM - 9.00PM**

**[WWW.KENSHINKAI.ORG.UK](http://WWW.KENSHINKAI.ORG.UK)**

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|  NO FALLS (UKEMI)      |  BALANCE        |
|  NO FLOOR WORK       |  FLEXIBILITY  |
|  NO CARDIO           |  FITNESS      |
|  NO GRADINGS         |  MUSCLE TONE  |
|  NO UNIFORM          |  CONFIDENCE   |
|  TRADITIONAL WEAPONS |  COORDINATION |

Based on a Japanese martial art. Learn 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.

Wear T-Shirt & Jogging Bottoms.  
Bare feet or non-slip socks.  
Bring a drink, Please remove jewellery.

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)