

# 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)**

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

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