

# Aberdeen Aikido Club

Aikido is a comprehensive Japanese martial art that is derived from centuries old techniques.

It is a powerful and effective, non-competitive martial art which focuses purely on self defence and self development. Aikido is based on neutralising and controlling an attacker's aggression through the use of evasion, immobilisation and throws without using physical strength making it ideal for men, women, young, old, large and small.

The club welcomes new practitioners of any race, colour or creed.

## PRACTICE TIMES

Mondays 7:30-9:30

Wednesdays 6:30-8:30pm

at the Beach Leisure Centre

朔明館

SAKUMEIKAN



[www.aberdeenaikido.co.uk](http://www.aberdeenaikido.co.uk)

For more information contact:

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