

AIKIDO for Beginners

合気道



BENEFITS

- Physical fitness
- Mental training, Stress relief
- Flexibility and strength
- Self-Defense skills
- Team-building activity

CONCEPT

Aikido is a modern Japanese martial art which aims to cultivate the body and mind.

The techniques consist of joint locks or immobilizations, or throwing forwards or backwards.

Aikido exercises the whole body and it develops flexibility, co-ordination, balance and quick reaction.

In Aikido, we strive to work in cooperation with partners. It can be enjoyed regardless of physical strength and beyond generations.

Instructor : Takaki SUZUKI,
5th Dan Aikikai

Training Schedule :

Mon. 15:30-16:30

Tue. 15:30-16:30

Thu. 15:30-16:30

Fri. 15:30-16:30

Training Place :

Gym of the Marine Law office
at Malakal