

AIKIDO

Youth Class

For ages 10 & up

Saturdays 3 – 4 PM

a Special "inclusive" class series

\$210 for three month session

Aikido in Fredericksburg

6155 Hickory Ridge Road, Spotsylvania



Aikido in Fredericksburg is a non-profit organization

Special two for one introductory fee * just \$70 per month includes uniform

What is Aikido?

An effective yet non-violent Japanese martial-art emphasizing self-defense without injury. Good physical exercise which will also increase mental concentration and self-esteem.

An introduction to **respectful interactions** and personal growth. An effective method of *conflict resolution*. A lot of **fun** with friendly training partners!!!

Class Size is Limited!



Call for more information or [to register](http://www.familyaikido.org) at 540.582.9600
or go to www.familyaikido.org

Aikido is a non-competitive martial art focusing on self-defense, personal growth & conflict resolution

