

# AIKIDO

# Youth Class

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for ages 10 & up  
Wednesdays 4 - 5:30PM  
FREE INTRODUCTORY CLASS

4006 Leonard Drive, B5  
near I-95 Exit 126



Aikido in Fredericksburg, a non-profit organization

## 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**.

An introduction to **respectful interactions** and personal growth.

An effective method of *conflict resolution*.  
A lot of **fun** with friendly training partners!!!

*Come and Join Us!*



Call for more information 540.582.9600  
or look at our web page [www.aikidoinn.com](http://www.aikidoinn.com)

call for directions 540.455.3378

Aikido is a non-competitive martial art that focuses on self-defense, personal growth, and conflict resolution.