

合
氣
道

Ai
Ki
Do



What is aikido?

Aikido is a Japanese martial art with roots going all the way back to the samurai tradition in feudal Japan. Today aikido tries to grasp the same essence of budo, but with emphasis on personal growth and harmony between the practitioners. We don't fight in aikido, but practice together and, in doing so, we discover the strengths and weaknesses that we all have, both physical and mental. The benefits of doing aikido are many: improved body control and balance, flexibility and physical stamina, in addition to self awareness and inner personal growth. But the most important aspect of aikido is that it's incredibly fun!

The beginner's sessions starts on **september 1st.** and takes place at **Tuesdays and Thursdays 1730 to 1900** at the sport centre at Dragvoll.

www.tekisuikan.org