

STARTS SUNDAY MARCH 18TH, 2012

**JOIN OUR
BEGINNER
AIKIDO
COURSE**

No Experience Required
6-Week Course
Sundays 3-4pm
Cost --- \$95.00
Call -or- Email
603-275-1262
info@portsmouthaikido.org

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Aikido, "The Way of Harmony," is a Japanese martial art that teaches practitioners how to and redirect an attacker's force. blend with aggressive energy without opposing it. Aikido provides the benefits of physical exercise, mind-body awareness, relaxation and self-defense - beyond that it's also a lot of fun! Observers are always welcome. We hope to see you on the mat!

PORTSMOUTH

AIKIDO

SEACOAST FAMILY YMCA - 550 PEVERLY HILL ROAD - PORTSMOUTH, NH 03801
REGULAR CLASSES: SUNDAY 4:15-5:30PM - TUESDAY 7:30-9PM - THURSDAY 7:45-9PM

PORTSMOUTH AIKIDO IS A NON-PROFIT ORGANIZATION THAT WELCOMES STUDENTS OF ANY RACE, COLOR, AND NATIONAL OR ETHNIC ORIGIN