

September 2016

BEGINNERS' COURSE



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Non-Violent Martial Arts From Japan

AIKIDO BEGINNERS' COURSE

Join us for our international Aikido beginners' course!

In the 4-hour introductory course you will learn the basics of this fascinating Japanese martial art.

Aikido becomes increasingly popular as it keeps you focused, responsive and flexible and helps you to stand your ground in conflict situations.

Aikido is suitable for women and men of all ages and fitness levels, admissions start from age 14. All of our instructors have an international background. Find out more on our English website under „Dojo > FAQ“.

Come in comfortable sports gear (track suit trousers and t-shirt with sleeves) if you don't have a judo gi. We practise barefoot.

Sunday, 11 Sep: **18:00 - 19:00**
Thursday, 15 Sep: **20:00 - 21:00**
Sunday, 18 Sep: **18:00 - 19:00**
Thursday, 22 Sep: **20:00 - 21:00**

Start with any of the 4 classes; however, we recommend to attend the full set, as classes loosely build on each other.

Please arrive 15 minutes early.

Classes are held in German and English.

Location:

TV Weisskirchen
Oberurseler Str. 16
61440 Oberursel
(ca. 20 mins from Frankfurt)

How to get there:

<http://aikido-oberursel.de/en/location>

Contact:

dojo@aikido-oberursel.de
Mobile +49 (172) 86 36 101 (Klaus)
<http://aikido-oberursel.de/en>

All participants must accept the dojo's Terms & Conditions for seminar participation (see „Terms & Conditions“ page on our website). A printed copy is available at the venue. Aikido Oberursel is a department of TV 1889 Weisskirchen/Ts. e.V. sports club.