

AIKIDO BEGINNERS' COURSE

6-18 March
2017



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THE GENTLE MARTIAL ART

Aikido Beginners' Course March 2018

Tuesday, **6 March:** 7–8 pm (GSS)
Sunday, **11 March:** 6–7 pm (TVW)
Tuesday, **13 March:** 7–8 pm (GSS)
Sunday, **18 March:** 6–7 pm (TVW)

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

Please arrive 15 minutes early.

>> Please register via this link:

<https://aikido-oberursel.de/1803en>

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 is becoming 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.

Classes are held in German and English.

Locations:

GSS (on Tuesdays):

Gym of the old Stierstadt primary school
Römerstraße 1
61440 Oberursel

TVW (on Sundays):

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
Mobil (0172) 86 36 101 (Klaus)
<http://aikido-oberursel.de/en/>

Import all four classes into your **Calendar**:

- Download calendar file: https://aikido-oberursel.de/load/2018/03/Aikido_EN.ics
- Double click on the file „Aikido_EN.ics“ to import the dates.

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.

We are a non-profit organisation, so all proceedings are used to cover the costs.