

FREE AIKIDO ALL WEEK

September 26 - October 1, 2011

171 East Liberty St. Unit 116 • 416.259.4320



Naka Ima Aikikai
nakaima.ca

Back to Basics



Come as you are!
No uniform required.



ADULTS

MONDAY class 7 - 8 pm
basic Aikido terminology,
history, etiquette



WEDNESDAY class 7 - 8 pm
basic techniques

THURSDAY class 7 - 8 pm
basic self-defense



SATURDAY class 11 - 12 pm
weapons

SATURDAY class 12 - 1 pm
basic ukemi and rolling

KIDS

MONDAY class
6 - 6:50 pm
basic foot work



THURSDAY class
6 - 6:50 pm
rolling and falling



SATURDAY class
10 - 10:50 am
self defense

