

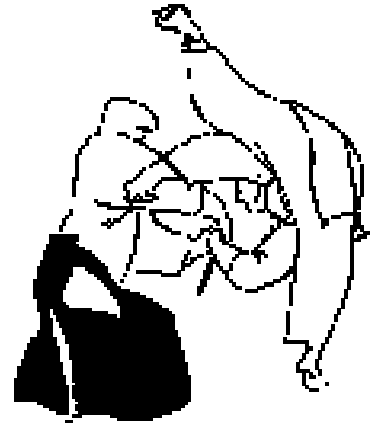
Aikido Martial Art

***FAST START* COURSE**

Learn *the Art of Peace*
in this *four week* course.

After four weeks you will:

- be able to apply Aikido principles
- know basic techniques
- take steps towards your first official grade
- improve your physical, mental and spiritual state.



STARTS 18 MARCH '08

at Griffin Centre, Genge St, Civic
COSTS ONLY \$80

Includes:

- all course fees (training twice per week)
- 50% discount toward your 2008 Aikido KenkyuKai club membership

RING 0417 692 178 TO RESERVE YOUR PLACE

Aikido - a dynamic martial art for men, women, and children