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Learn Martial Arts

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FIRST SESSION FREE

Kenshinkai Aikido

* **Beginners welcome
at ALL classes**

* **Adults & Juniors**

* **Qualified
instructors**

* **DBS checked**

* **First aid qualified**

* **Not for Profit**

* **No contracts or
cancellation fees**



* **PORTSMOUTH 16+**

Admiral Lord Nelson School
Friday 8.00pm - 9.30pm
Sunday 11.00am - 1.00pm

* **PORTSMOUTH 7+**

Admiral Lord Nelson School
Friday 7.00pm - 8.00pm
Sunday 10.00am - 11.00am

* **FAREHAM 16+**

Fareham Leisure Centre
Monday 8.30pm - 10.00pm
Wednesday 8.00pm - 9.30pm

**No instructors are paid. All
are fully qualified volunteers
with a minimum of 10 years
experience**

Japanese martial art. Adults and Juniors are taught a range of moves and techniques that are based on self-defence which can also aid weight loss, increase fitness and stamina, improve balance and develop self-confidence.

Learn to defend yourself by blending with an attackers power, dispersing their energy, and finally, throwing or controlling the attacker. Wooden Staff (Jo), Sword (Bokken), Knife (Tanto) training also included. Internationally recognised organisation.

**COME ALONG AND WATCH A SESSION AND/OR TAKE PART IN YOUR
FIRST SESSION FOR FREE**

**ALL INFORMATION IS AVAILABLE ON OUR WEBSITE
(PLEASE CHECK CANCELLATIONS PAGE BEFORE ATTENDING CLASSES)**

WWW.LEARN-AIKIDO.ORG.UK

