

# AIKIDO

*body, mind and spirit*

North Vancouver Aikikai is hosting our annual **Kagami Biraki Demonstration and Dojo Open House** for the public on **Saturday January 16th**. This year our demonstrations will include Aikido and also Shotokan Karate, Iaido (Sword Drawing) and Sado (Tea Ceremony). Everyone is welcome to attend, there is no cost for children but we suggest a small donation from adult attendees. In addition, we will be holding a **Traditional Mochitsuki (Mochi Pounding)** on **Saturday January 2nd** at 10:30 am with a New Years class of 108 shomenuchi, dojo members and invited guests may attend.



*North Vancouver Aikikai is a registered B.C. not-for-profit Society and is a member of the United States Aikido Federation.*

**Kagami Biraki Demonstration**  
**Saturday January 16th**  
**Introduction and Bow-in**

12 noon to 12:30 pm

**Aikido for Kids Demo**

12:30 pm to 1 pm

**Aikido for Teens Demo**

1 pm to 1:15 pm

**Aikido Weapons Demo**

1:15 pm to 1:30 pm

**Shotokan Karate Demo**

**North Vancouver Shidokan**

1:30 pm to 1:45 pm

**Iaido Demo**

**Shin Ken Kai Iaido**

1:45 pm to 2:00 pm

**Sado Demo**

**Furemi An**

2:15 pm to 2:45 pm

**Ending Bow-out**

2:45 pm to 3:00 pm



**North Shore Aikido**  
**Traditional Aikido by**  
**North Vancouver Aikikai**

**121 East 1st Street**  
**North Vancouver, BC**  
**V7L 1B2**

**(604) 983-8730**

**nsaikido@telus.net**

**www.nsaikido.org**

**For more information see our website at:**

**<http://www.nsaikido.org/>**