

AIKIDO

body, mind and spirit

North Vancouver Aikikai, offering instruction in Traditional Aikido taught by Joel Posluns Sensei, (6th Dan) Chief Instructor has an **On-going Beginner's Special Three Months of Unlimited Classes for the price of Two / \$180** plus Yearly Registration and GST. Aikido is a traditional "Budo" - Japanese martial art that offers highly cardio-vascular workouts without competition and a great practice for your mind and spirit as well. Try a complementary beginner's class, wear loose fitting clothing or gi if you have one and be prepared to have your horizons expanded.

Register and pay on-line at:

http://www.nsaikido.org/NEW_REG.html

Make a secure and convenient payment using your PayPal account or any major credit card.

North Vancouver Aikikai is a registered B.C. not-for-profit Society and is a member of the United States Aikido Federation. We offer scholarships and sliding scales tuition!

Winter 2009 Schedule

Beginners Classes

Monday to Thursday

7:00-8:00 am

6:00-7:00 pm

Taijutsu (body arts) Classes

Monday & Thursday

7:00-8:00 pm

Saturday

11:30 am -12:30 pm

Weapons (bokken/jo) Classes

Wednesday

7:00-8:00 pm

Saturday

10:30-11:30 am

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

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