

New!

AIKIDO

at the Castle Club



For Children and Adults



Sensei

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6th Dan

*Tokyo Hombu Dojo graduate
(World Aikido Center in Japan)*



Aïkido can be defined as such, although inaccurately:

Aï : represents harmony, coordination, **Union**.

Ki : encompasses the "force of life", **Energy**.

Do : means the search, the **Way**.

Aïkido : the modern and peaceful form of an old Japanese martial art, put into practice by Master Morihei Ueshiba, combining the physical and mental study of energy.

AIM:

- Self-confidence, flexibility of the mind by discovering the possibilities of the body.
- Coordination of movements and ideas in space.
- Respect of the partner, control of aggressiveness and inner calm.
- Gradual development of harmony of body and mind.
- Mastery of defense reflexes by learning the movements that turn the opponent's strength against himself.

LESSONS

Adults	Children (*)
Thursday	Monday
12h00 - 13h00	18h00 - 19h00

(*) (8 to 11 Y)

INFORMATION:

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www.rem-aiki-dojo.eu

First lesson free

Registration all year round



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