AIKIDO at the Castle Club

For Children and Adults

Sensei

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Aïkido can be defined as such, although inaccurately:

Aï: represents harmony, coordination, Union.

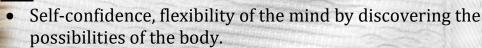
Ki : encompasses the "force of life", Energy.

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:



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.





ESSONS

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

(*) (8 to 11 Y)

INFORMATION:

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First lesson free

Registration all year round





