



REM AIKI DOJO

Newsletter Janvier 2023

Our Dojos

Centre Sportif Mounier
av. Mounier, 87
1200 Woluwé-St-Lambert

Complexe Sportif Poséidon
av. des Vaillants, 4
1200 Woluwé-St-Lambert

Hall Sportif Kraainem
rue du Patronage, 10
1950 Kraainem

Castle Club
av. de la Bécasse, 16
1970 Wezembeek-Oppeem



合気道

AI

Coordination, Harmony, Unity

KI

Energy, Vital Force

DO

The Way



NEW

SEN classes Poséidon

- Tuesday 12:00 - 1:00 pm
- Saturday 11:15 am - 12:15 pm

New soft classes for adults who believe they are limited by their age or physical condition.

Communication and Visibility of the dojo

DURING SCHOOL HOLIDAYS

Adults and Teens classes

19/02 - 05/03

- Tuesday at 8:00 PM, Mounier
- Thursday at 8:00 PM, Kraainem

Youth and Teen classes

Congé de détente

20/02 - 24/02

Registration:



TO PUT IN THE CALENDAR!

Kagami Biraki

24/01
from 7 p.m.

Adult training course

30/04 and 01/05

Children's course

Congés de printemps

02/05 - 05/05

Registration:



Happy New Year 2023



<https://youtube.com/@remaikidojo693>



https://www.tiktok.com/@remaikidojo?_t=8YwcqXmiXIR&r=1

New ! Follow us on:



<https://www.facebook.com/remaiki.dojo/>
<https://www.facebook.com/stage123w/>



<https://www.instagram.com/invites/contact/?>

REM AIKI DOJO

rem-aiki-dojo@telenet.be

All the information on <https://www.rem-aiki-dojo.eu/>

+32 495 60 95 20

Office address: rue Colonel Van Gele, 90 à 1040 Etterbeek



Many participants are preparing their Kyu and Dan exams. For the first time, a seminar organized by REM AIKI DOJO allowed them to share their experiences and to progress. In the opinion of all, it was a success!

Motivated teachers accompanied them. A flexible solution adapted to each one: two-hour classes, morning and afternoon, during the vacations.

Etienne

Excellent stage. Concret, productif et personnalisé. A refaire.



15:31

Vincent

Interactions très enrichissantes et efficaces. Je pousserais le vice jusqu'à l'organiser de manière structurée 😊

15:36

Next Adult training course: 30/04 and 01/05.

TO ALL!

We are looking for :

an enthusiast,

parent or participant,

who knows WordPress,

to help update

the club's website.



Happy New Year 2023 and many good resolutions. If in your good resolutions, you have written:

- physical effort and smooth movements
- discovery of the possibilities of your body
- control of inner calm and aggressiveness
- harmony of body and mind
- mastery of defense reflexes without the stress of danger

You will find all this in the practice of Aikido.

Accessible to all from 4 to 74 years old.

New soft classes for adults who believe they are limited by their age or physical condition.

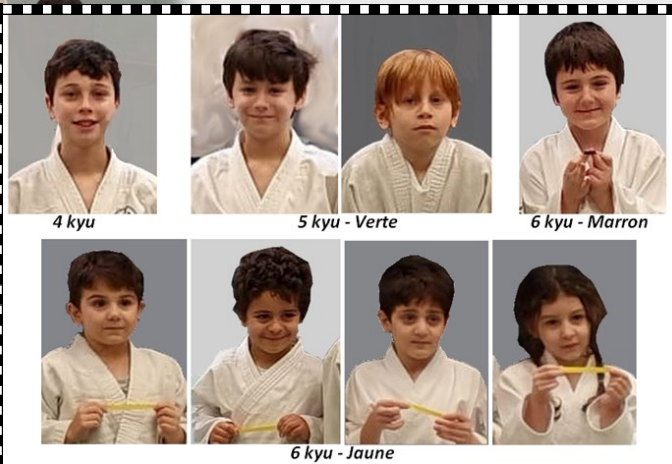
So do not hesitate! Join us starting January 9th.



Stage enfants Janvier 2023



The children's stage took place during the vacations at the end of the year. A very big thank you to all of you. **Congratulations for the promotion!**



4 kyu

5 kyu - Verte

6 kyu - Marron

6 kyu - Jaune

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