

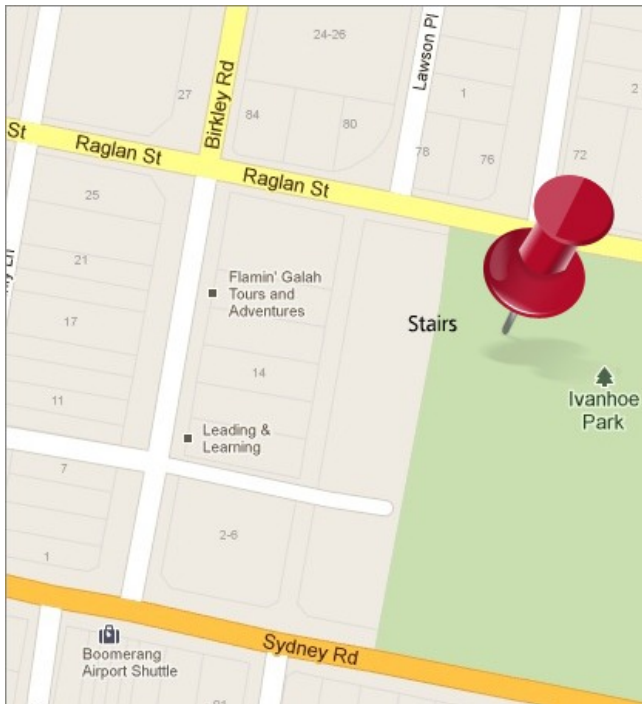
Manly Aikido Classes

Every Tuesday from October 4th

7:30 – 8:30PM

Ivanhoe Park Scout Hall

(Stair Access via Parkview Lane off Birkley Rd / Sydney Rd)



First Class Free

Beginners to advanced

All welcome (14 years and up)

Head Instructor: Paul Sinkinson (5th Dan)

More information:

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www.aikidoaustralia.com.au



Aikido is a fluid but powerful form of self defence which was developed by Morihei Ueshiba in the early 1900s.

The Aikikai style helps develop core balance, control as well as giving the student a powerful form of defence.

Further Information:

<http://en.wikipedia.org/wiki/Aikido>

<http://www.aikikai.or.jp/eng/index.htm>

NZ Aikido affiliate club video

<http://www.youtube.com/watch?v=DflWdncFBqk>

