

Aikido is a martial art, but differs from most with the focus being on defence and control, rather than attack

Classes Monday (Kids) and Wednesday (Teens) 5:30pm during school terms Ages ~8 to 16+ \$80 per term, first 3 lessons free City Dojo, 132 Hutt Rd, Kaiwharawhara, Wellington Directly above Animates

Turn up and give it a try - **first 3 lessons free** or contact Conrad at <u>conrad@aikido.org.nz</u> or 021 843 467 Riai Aikido Wellington is a not-for-profit organisation