

Beginning Aikido Classes



Sponsored by the
**Clarkson Aikido Club:
North Country Aikido**

Aikido, 'The Way of Harmony', is a martial art that teaches participants how to respond to conflict without resorting to force or more conflict; it teaches the strength to choose peace and harmony. Aikido develops body, mind and spirit and enhances fitness, grace and calm.

The emphasis on mutual respect fosters a supportive learning environment that promotes self-confidence and relaxation. The Beginning Aikido classes are for anyone interested in learning about this non-violent martial art. No prior experience necessary.

INTRODUCTION TO AIKIDO WORKSHOP Sun, 1/22/23, 4-5 pm.
Weekly Beginners' classes in the Aerobics room, Sundays, 4-5 pm.
Japanese sword classes, Saturday 4-5 pm

Free to Clarkson students/staff; \$5 fee for others.

For more information about the Aikido Club, contact Cameron at aikido@clarkson.edu
The Chief instructor has a 5th degree black belt with 36 years of Aikido experience.

<p>Aikido Classes Sunday 4 pm Fitness Center aikido@clarkson.edu</p>	<p>Aikido Classes Sunday 4 pm Fitness Center aikido@clarkson.edu</p>	<p>Aikido Classes Sunday 4 pm Fitness Center aikido@clarkson.edu</p>	<p>Aikido Classes Sunday 4 pm Fitness Center aikido@clarkson.edu</p>	<p>Aikido Classes Sunday 4 pm Fitness Center aikido@clarkson.edu</p>
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