



Sligo Aikido Dojo



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Higashi

Sligo Brazilian Jiu Jitsu and Sligo Higashi Karate
in conjunction with Sligo Aikido Club
will host a
cross style Martial Arts seminar
in aid of Foróige Sligo

***“Everyone welcome to train or watch
irrespective of experience or style”***

Venue: The Crib, Rockwood Parade, Sligo

Date: 9th June 2013 11am - 4pm

Contact: Micky Downs 0876296933

Eamon Coyne 0876693711



***“Foróige is a non profit organisation whose purpose is to enable young people
to involve themselves consciously and actively in their development and
in the development of society.”***

www.facebook.com/thecribsligo

www.foroige.ie