

Introduction to the Art of Aikido



Aikido

*Is a non-competitive Japanese Martial Art for Flexibility,
Coordination, Relaxation and Self Defense*

Instructor

Joe McHugh 4th Dan Aikido Aikikai

Where

*Menapia Martial Arts Centre..Westpoint Business Park
Clonard Wexford*

When

Sunday 24th June 11.00-14.00

Cost

10€

Information and Booking

086/101 96 68 and 086/109 28 35

www.aikidoikedadojo.ie