



AIKIDO
SHUGYO
DOJO

Non-Profit Martial Arts
Club since 1985
www.shugyo.com

Saturday May 23 2-3pm

Norwood Park Rain Date: Saturday May 30

Aikido

non-competitive
Japanese martial arts

Demonstration

Our local kids and adults exhibit their self-defence forms, focus, and spirit! Come enjoy this friendly community showcase.

- ◆ The goal of Aikido training is to neutralize aggression, control the attacker and protect all parties involved. Rather than meeting force with force, the arts focus on blending with an opponent's energy, redirecting it and to produce the result they require ◆

