



Non-Profit Martial  
Arts Club EST. 1985

**Saturday May 30 2-3pm**  
**Bob Acton Park**

**Japanese martial arts**  
**Aikido 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 ◆

