

AIKIDO

NEW BASIC COURSES BEGIN!

Come to see the aikido
demonstration at

**Wednesday 27th of
January 2010
at 8.15 pm.**

place:
urheilutalo of Joensuu
(address: koskikatu 12, first floor)



Aikido is based on ancient Japanese martial arts and it includes unarmed techniques and practising with wooden weapons. Aikido is a good way to develop oneself both physically and mentally

Contact: Asko Hirvonen 050-5875908
Juhani Rautiainen 040-5962790

**Price for the course for adults is 80€ (includes club
fee for year 2010). Check also our website for
pictures, videos and more information:
<http://www.jnsaikikai.org/>**

Joensuu Aikikai Ry.

**Note! The first practise is held on Fri 29th. It is also possible to
start the course during next few weeks.**

