

Dojo Class Times

AMAI New England - East Armidale Hall Cor. Mann & Chapel

M				
T			4.30 – 5.30pm Aikido Juniors LD&G&B	Aikido Class 6pm – 7.30pm Weapon Class 7.45 – 9pm B&P
W				
Th				6pm – 8pm Aikido Seniors / Weapon class P & A
F				
Sa	10am - 11am Aikido Juniors LD&G&B	11.40am - 12 noon Aikido Seniors Special Needs		

Note: **LD** = Little Dragons Age4-6, **G** = Grasshoppers Age6-10, **B** = Bugs Age10-17,
P = Phoenix Age 17 up
A = Advanced is 5th Kyu up.

Aikido:

Training Aikido will help you obtain the level of **physical fitness** that you want to achieve – at your own pace. Aikido training will **CHANGE** your body – it will develop better muscle tone and strength, increase suppleness and agility. Your **mental fitness** will improve – greater awareness and concentration with less stress. You will develop **emotional fitness** – the ability to relax more completely and manage your life with a greater sense of control and happiness.

Shinto Muso Ryu Jodo:

The Institute also teaches the ancient Art of Shinto Muso Ryu. This aspect of training focuses on a number of traditional weapons including sword, short staff and short sword. Many students choose to broaden their skills through this exciting element of training. It also provides an opportunity for older people who do not wish to practice the more physical unarmed Aikido. Watch a class and even try it out at no cost!

*All monthly fees include membership to International
Yoshinkan Aikido Federation and insurance.*