

Back to Basics II



October 21

Covering **MORE** Aikido basics including—
warm-up explanations, centering, stances,
etiquette, solitary drills, proper attacks,
foot movements, multiple attack basics
and **MORE!**

10 am - 12 noon

Lunch break

2 pm - 4 pm

Full One-Day: **\$60** Half Day: **\$40**

(Also - Please pre-register at any Aikido Centers Dojo)

at

Aikido Centers-East Hanover

55 Eagle Rock Ave. East Hanover, NJ 07936

www.AikidoCenters.com

- *Highly recommended for any and all levels of Aikido practitioners!*
- *If you have your own bokken and jo please bring them.*
- *Bokken and jo are also available for sale at the dojo.*
- *Bring your Member Passport for validation of attendance.*

Warning!

Regular Aikido training can lead to a more satisfying life.