

AIKIDO  CENTERS

Holiday Celebration Seminar



Saturday, **December 8** 2018

Join us for one class or all...
Train, visit, eat, drink and have a great time!

Donation: **\$40**

Open to all aikidoka from all dojos and affiliations

Aikido Centers - East Hanover
55 Eagle Rock Ave. East Hanover, NJ 07936
973 599 9300
www.AikidoCenters.com

9 am Half-hour classes highlighting some of our
1st thru 3rd Degree Black Belt Instructors

1 pm Practical Applications with O'Connor Sensei

2 pm Kyu Tests *followed by*

**Embu* by Aikido Centers 4th Dan Instructors
and Holiday Party / 50/50** Raffle drawing!**

****50/50 Raffle Chances: \$10 each**

(Winner gets 50% of the Total \$\$\$ and remaining 50% helps the Dojos)

*Embu: "2-minute Demonstrations

Warning!

*Training in Aikido is hazardous to poor health. It can lead to strengthening your core, sharpening your brain,
improving your overall physical well-being, and your entire mental and emotional state of being.*