



Saturday Afternoon Intensive



Disarming

Focusing on Basic Disarming Techniques for Aikido Rank Advancement

with **Sensei Greg O'Connor**

Saturday

June 23 1-4 pm

Mat fee: **\$40** - Please try to pre-register by June 16

Open to all levels
(especially 2nd Kyu, 1st Kyu and Dan ranks with testing in mind)

Bring your personal bokken and jo*

(*Bokken, jo and tanto are available for purchase at the East Hanover Dojo.)

at **Aikido Centers-East Hanover**

www.AikidoCenters.com