



**Saturday Afternoon Intensive**

**13 & 31**

# Jo Kata

Covering two of Aikido's most well known jo kata

**Saturday July 14 1-3:30 pm**  
with **Greg O'Connor**

at **Aikido Centers-East Hanover**

Mat fee: **\$40** **NOTE: Pre-Registration Only**  
(by emailing - [greg@aikidocenters.com](mailto:greg@aikidocenters.com))

Open to all students of all levels  
(Attendance counts towards rank advancement requirements.)