



Saturday Afternoon **Intensive**

Intro to
New Approaches
for **Aikido Rank Requirements**

with **Greg O'Connor**

Saturday **November 11** 1-4 pm

These approaches and their applications are easier for Aikido beginners to grasp and master while also enabling advanced Aikido students and instructors to expand the range and effectiveness of their Aikido. These highly effective, progressive approaches are also more logical and economical for practical applications. They include “throw & go”, unique come-alongs and pins and methods that afford beneficial personal protection alternatives for anyone—including any law enforcement or security professional’s control and compliance needs.

Open to all Aikido levels—beginners, intermediate & advanced.
Open to visiting Law Enforcement or Security Professionals.*

(*Fee waived with Official ID)

Professional participants may wear comfortable, casual clothing or uniforms.
Visitors welcome to observe.

Minimum donation: **\$40**

Aikido Centers-East Hanover

55 Eagle Rock Ave. East Hanover, NJ 07936

email: info@aikidocenters.com www.AikidoCenters.com