



# Aikido Shoshinkan

Japanese martial art & self defense

After school club at Jesse Gray Primary School

Aikido is a Japanese martial art, which has its roots in the old Samurai fighting traditions

It is a practical martial art, which emphasizes techniques over strength allowing smaller, lighter people to overcome much larger opponents.

Because it was a martial art used by the warrior elite, it also emphasizes the ascetics of good form and good manners.

After School Club (Yr 2-6)

Starting 20th April 2023

Thursdays @3:15pm - 4:15pm (Fully Subscribed)

Thursdays @4:30pm - 5:30pm ( *Spaces available* )

For more information call **Tad Narita - 07843600645**  
or visit **[www.aikidoshoshinkan.com](http://www.aikidoshoshinkan.com)**

