

Enrolling new members

# AIKIDO



## ARE YOU LOOKING FOR A NEW CHALLENGE?

Aikido is a great way to make new friends, keep fit, giving you confidence and a sense of well-being. Sport Aikido (Tomiki Style) is the combination of a defensive Japanese Martial Art and a dynamic competitive sport that is practised internationally.

### ESSEX AIKIDO DOJO (SHOSHINKAN)

(First 4 sessions FREE) 6 years +. DBS checked qualified coaches. Great for fitness. Regular grading's and competitions. We are recognised by UK Sport / Sport England. Members of the British Aikido Association, Japan Aikido Association & WSAF

## Basildon Sporting Village, Cranes Farm Rd

Tuesday 7.30pm - 9.00pm Adult 13 years +

Saturday 2.15pm - 3.30pm Family 6 years +

Saturday 2.15pm - 4.30pm Adult 13 years +

### Instructors

Shaun Hoddy 7<sup>th</sup> Dan Tomiki Aikido

1<sup>st</sup> Dan Taiho-Jutsu

Andy Wisbey 5<sup>th</sup> Dan Tomiki Aikido

Alan Cooper 2<sup>nd</sup> Dan Tomiki Aikido

Gary Maiden 2<sup>nd</sup> Dan Tomiki Aikido

[www.essex-aikido.org](http://www.essex-aikido.org)

Tel 07709044545

FREE Four Session Introduction to Aikido



特定非営利活動法人  
日本合気道協会  
NPO JAPAN AIKIDO ASSOCIATION

