

AIKIDO OF MADISON PRESENTS

# INTRODUCTION TO AIKIDO

Explore how a martial art can  
be called “The Art of Peace.”

SESSIONS STARTING OCTOBER 7 & 8



## WHAT IS AIKIDO?

Aikido is a modern martial art that offers a break from the competition and judgment we face every day.

We each train at our own pace and level of intensity in our cooperative exploration of this unique form of human connection.

It's challenging, it's a wonderful form of exercise, and it's fun!

## WHAT STUDENTS ARE SAYING

“I train for the community, and a desire to learn how to live in this crazy world of conflict.”—*B, age 61*

“What got me hooked was the community of people who made learning something as serious as a self-defense art fun and uplifting rather than competitive and frustrating.”—*J, age 32*

## COST

\$50 for a complete 4 week course  
(2 classes per week)

Also includes optional basic  
weapons training  
(Fridays 6:15-7:15 pm)

## CLASS TIMES

Classes available weekdays:  
morning, mid-day, and evening.  
See website or call for times.

## LOCATION

2219 Atwood Ave, Madison



**INFORMATION** [www.AikidoOfMadison.com](http://www.AikidoOfMadison.com) or 608-231-3935