

# AIKIDO



*Aikido is a unique martial art that integrates body, mind and spirit. Graceful and powerful, it emphasizes peace and harmony over aggression and violence.*

## BEGINNER CLASS

**Starts Sunday,  
April 27, 2008  
1:00 - 2:00 p.m.**

**8-week course – \$95**

Adult class (12 and older).  
No martial arts  
experience necessary.  
Call to reserve a space.

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### **Regular Classes**

Tuesday 7:30 p.m.  
Thursday 7:45 p.m.  
Sundays, 1:00 & 2:15 p.m.

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**PLEASE COME AND VISIT  
ANY OF OUR CLASSES  
TO DETERMINE IF  
AIKIDO IS RIGHT FOR YOU!**

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PORTSMOUTH AIKIDO  
at the Seacoast Family Y  
550 Peverly Hill Road  
Portsmouth, NH

CALL 603-431-8560

**[www.PortsmouthAikido.com](http://www.PortsmouthAikido.com)**