

www.pikespeakaikido.org

(719) 574-7420

[pikespeakaikido@gmail.com](mailto:pikespeakaikido@gmail.com)

3425 Van Teylingen Dr.

Colorado Springs, CO 80917





**Monthly Dues**

$75 per person (family discounts available)

$50 for students or active military

**Schedule**

* Mon: 6:30 – 8:30pm
* Tues: 6:00 – 7:15pm
* Thurs: 6:00 – 7:15pm
* Sat: 10:30am – 12:00pm

**Find Us**

@AikidoPikesPeak

[www.pikespeakaikido.org](http://www.pikespeakaikido.org)

**About Aikido and PPA**

Aikido is a modern Japanese martial art that employs joint locks, pins, and throws in response to an attack. Through regular training, Aikido can also facilitate self-cultivation and self-improvement.

Pikes Peak Aikido, established in the mid-1980s, is the oldest continually operating Aikido dojo in the region. We are a non-profit run cooperatively by the dojo members. We’re affiliated with Aikido World Headquarters as a member of Aikido Shimbokukai.

We teach traditional Aikido, as developed by Morihei Ueshiba Sensei.

Visit our website to learn more.

**Who Can Do Aikido**

Anyone, at any age, can practice Aikido. It encourages training within your physical capabilities. Aikido can help improve coordination and reflexes. Long-term study of Aikido is also known to be effective at reducing stress and contributing to improved health.

Pikes Peak Aikido does not currently offer children’s classes. We suggest students be at least 14 years old to participate in our adult classes.

**What You’ll Need**

To get started, all you need is loose-fitting street clothes (such as sweatpants and a t-shirt) and a willingness to train and learn.

Visitors are always welcome.



**Beginner’s Special**

**3 months + uniform**

**$140 (50% off)**