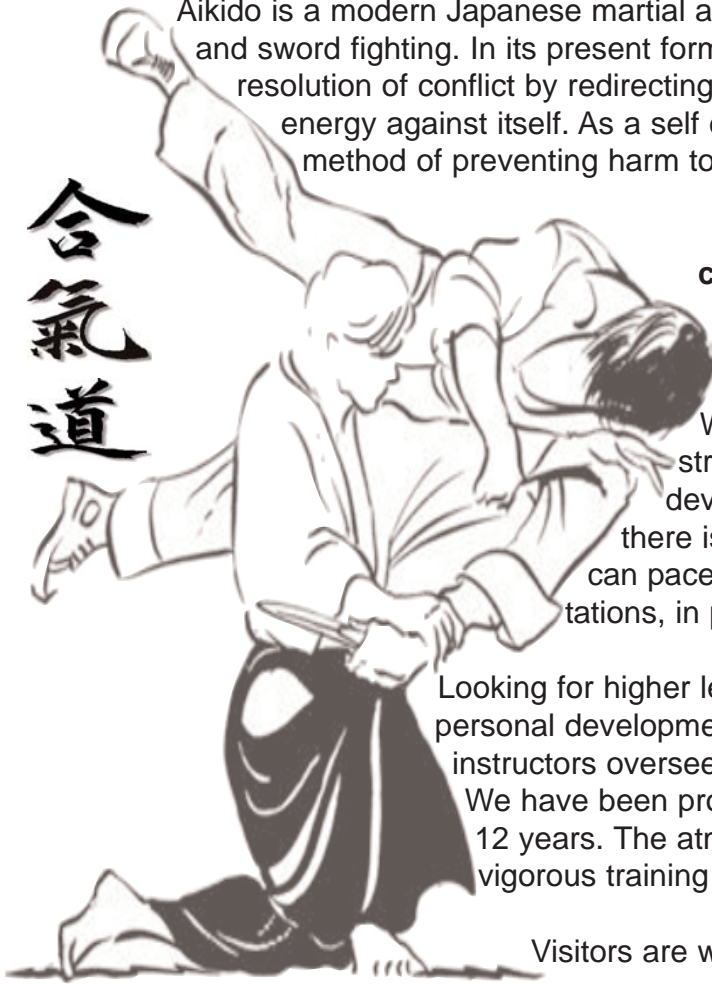


AIKIDO

for Women

Aikido is a modern Japanese martial art derived from older forms of unarmed combat and sword fighting. In its present form, Aikido emphasizes peaceful and nonviolent resolution of conflict by redirecting, controlling, and utilizing an attack's own energy against itself. As a self defense system, Aikido can be a strong method of preventing harm to yourself or your family.

合氣道



“Women's Own” classes provide a safe, co-operative environment where women can develop physically as well as mentally in company with other women.

Women from all fitness levels can become stronger, healthier, more balanced, as well as develop better mind and body co-ordination. Since there is no competition except against themselves, they can pace their training to suit their level, goals, and expectations, in privacy with other women only.

Looking for higher levels of fitness, awareness, self defense, or personal development for yourself? Our large facility has qualified instructors overseeing your development towards personal goals. We have been providing quality training in the community for over 12 years. The atmosphere in a class at the Centre is one of vigorous training with self discipline, as well personal comfort.

Visitors are welcome to visit and view a class at regular times.

Toronto Aikido Centre

Classes for:

- * Adults
- * Women
- * Youth
- * Children

Women's Own Class Times:

- * Tuesdays * 7:00 - 8:30 p.m.
- * Sundays * 11:00 - 12:00 p.m.



For more information, please contact the Center by calling 416-396-3250.

Address:

2115 Midland Ave. , Unit #7
Scarborough, On

Online at:

www.torontoaikido.com