

AIKIDO

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

Youth classes provide a safe, co-operative environment where children can develop physically as well as mentally.

Children 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 thier training to suit thier level, goals, and expectations.

Looking for higher levels of fitness, awareness, self defense, or personal development for your child? Our large facility has qualified instructors overseeing thier development towards 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 fun

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

Toronto Aikido Centre

Classes for:

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

Calss Times:

- * Wednesdays * 6:30 - 7:45 p.m.
- * Saturdays * 9:30 - 10:45 a.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
