



AIKIDO VERENIGING BRUNSSUM FUDO JYUKU DOJO



AIKIDO STAGE MET JOHN LUIJTEN

VRIJDAG 22 November 19U TOT 21U (JO TRAINING)

ZATERDAG 23 November 10U TOT 12U (BOKKEN
TRAINING)

合気道

THE MORE YOU SWEAT IN PRACTICE,
THE LESS YOU BLEED IN BATTLE.

EN GRATIS LUNCH

14u tot 16u (tanto)



**KEEP
CALM
AND
PRACTICE
AIKIDO**

ZONDAG 24 November 11U TOT 13U (AIKIDO)

KOSTEN HELE STAGE 10 EURO

KOSTEN 2UUR 5 EURO

KOSTEN JEUGD 2^e groep 5 EURO HELE STAGE
2 UUR 2 EURO

LOKATIE:

Gymzaal Brede School
Brunssum

Info: www.Aikido-brunssum.nl

合気道

"To injure an opponent is to injure yourself.
To control aggression without inflicting injury
is the ART OF PEACE."

Morihei Ueshiba